Recipe Prep Sheet

American Dairy Association North East

990033 - Dressing, Creamy Herb

Recipe HACCP Process: #1 No Cook
Source: DSB
Number of Portions: 50
Portion Size: 1/4 cup

Ingredient #	Ingredient Name	Measurements
001082	MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A	1 CUP
001287	YOGURT,GREEK,PLN,LOWFAT	2 LB + 1 oz
009160	LIME JUICE,RAW	1/2 CUP
002047	SALT,TABLE	1 tsp
002030	PEPPER,BLACK	1 tsp, ground
002026	ONION POWDER	1 TBSP + 1 TSP
002020	GARLIC POWDER	1 TBSP + 1 TSP
002003	SPICES,BASIL,DRIED	1 tbsp, ground + 1 tsp, ground
002017	DILL WEED,DRIED	1 TBSP + 1 TSP
002029	PARSLEY,DRIED	1 TBSP + 1 tsp

Instructions

Wet your hands with clean,running water — either warm or cold. Apply soap and lather well. Rub your hands vigorously for at least 20 seconds. Remember to scrub all surfaces,including the backs of your hands,...Rinse well. Dry your hands with a clean towel or air-dry them.

Combine milk and lime juice in a mixing bowl. Allow mixture to rest for 10 minutes.

2. Blend in the yogurt to the lime and milk mixture. Let mixture rest for 5 minutes.

3. Add rest of ingredients to mixture in mixing bowl. Mix for 2-3 minutes on low speed until blended.

4. Chill at least 12 hours before serving to allow to thicken.

CCP: Chill 41° F or lower until ready to serve

*Nutrients are based upon 1 Portion Size (1/4 cup)

Calories¹	18.485 kcal	Total Fat	0.424 g	Total Dietary Fiber	0.137 g	Vitamin C	1.014 mg	20.634%	Calories from Total Fat
Saturated Fat¹	0.266 g	Trans Fat²	*0.011* g	Protein	2.154 g	Iron	0.186 mg	12.956%	Calories from Sat Fat
Sodium¹	55.797 mg	Cholesterol	2.115 mg	Vitamin A	75.131 IU	Water	22.272 g	*0.545%*	Calories from Trans Fat
Sugars	*0.985* g	Carbohydrate	1.665 g	Calcium	33.514 mg	Ash	0.332 g	36.021%	Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	$0.000			46.611%	Calories from Protein
Type of Fat	-								

Components									
Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	cup	Milk	cup

N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient
*** - denotes combined nutrient totals with either missing or incomplete nutrient data***
¹ - denotes required nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.