



Sizing Prep Report

American Dairy Association North East

990065 - Fiesta Parfait

Recipe HACCP Process:

Source: DSB

Number of Portions: 50

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
016146	BEANS,PINTO,CND,DRND SOL	4 can drained solids	<p>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.</p> <p>Drain and rinse beans. Set aside.</p>
001314	YOGURT,GREEK,NONFAT,PLN,CHOBANI	20 LB	
799902	CUMIN,GROUND	1/4 cup	<p>Mix seasonings with the yogurt.</p>
002009	CHILI POWDER	1/4 cup	
011252	LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),RAW	1 LB + 12 oz (shredded)	
122190	Shredded Mild Cheddar Cheese	13 oz	<p>Layer into a 12 oz parfait cup:</p> <p>1/2 cup drained beans</p> <p>3/4 cup seasoned yogurt</p> <p>6 Tbsp salsa</p> <p>1/4 cup shredded lettuce</p> <p>Garnish with 1 Tbsp shredded cheese.</p> <p>Serve with bag of tortilla chips.</p> <p>CCP: Hold for cold service at 41° F or lower.</p> <p>CCP: Refrigerate until served.</p>
120317	Chunky Salsa - Mild	1 gal + 2 3/4 cup	
120072	CHIPS, TORTILLA, OVEN BAKED, REGULAR, WHOLE G	50 BAG	

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.

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*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	299.215 kcal	Total Fat	5.824 g	Total Dietary Fiber	7.050 g	Vitamin C	*1.054* mg	17.518% Calories from Total Fat
Saturated Fat ¹	1.875 g	Trans Fat ²	*0.016* g	Protein	22.855 g	Iron	1.234 mg	5.640% Calories from Sat Fat
Sodium ¹	1005.423 mg	Cholesterol	18.202 mg	Vitamin A	*278.229* IU	Water	*189.896* g	*0.049%* Calories from Trans Fat
Sugars	*6.479* g	Carbohydrate	39.997 g	Calcium	329.341 mg	Ash	*N/A* g	53.469% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			30.553% Calories from Protein
Type of Fat	-							

Components					
Meat/Meat ALT	1.75 oz eq	Grain	1.5 oz eq	Fruit	cup
				Vegetable	.5 cup
				Milk	cup

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