# Recipe Prep Sheet

American Dairy Association North East

## 990071 - Fruit & Yogurt Parfait ~ Berry Breakfast

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

| Ingredient # | Ingredient Name | Measurements | Instructions |
|---|---|---|---|
| 051486 | Strawberries, Sliced, Frozen | 6 1/2 qt | No Instructions Assigned |
| 009048 | BLACKBERRIES,FRZ,UNSWTND | 3 qt + 1 cup | |
| 051735 | GRANOLA | 3 LB | |
| 001297 | YOGURT,GREEK,VANILLA,LOWFAT | 25 LB | |
| 121124 | Muffins, Blueberry, Whole Grain (1.5 oz) | 2 oz | |
| | | | Thaw and mix the strawberries and blackberries together.<br><br>Build the Parfait in the suggested 12oz clear plastic cup:  Layer #16 Scoop of Vanilla Yogurt then, #8 scoop of berries, then #16 scoop of Vanilla Yogurt.<br><br>Garnish with 1 tbsp granola.<br><br>Serve with 1-2oz blueberry muffin |

*Nutrients are based upon 1 Portion Size (EACH)

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| Calories[1] | 442.612 kcal | Total Fat | 7.824 g | Total Dietary Fiber | 7.911 g | Vitamin C | *58.005* mg | 15.909% Calories from Total Fat |
| Saturated Fat[1] | 3.778 g | Trans Fat[2] | 0.000 g | Protein | 21.985 g | Iron | 1.709 mg | 7.682% Calories from Sat Fat |
| Sodium[1] | 128.349 mg | Cholesterol | 11.673 mg | Vitamin A | *908.934* IU | Water | *227.101* g | 0.000% Calories from Trans Fat |
| Sugars | 55.501 g | Carbohydrate | 73.111 g | Calcium | 275.728 mg | Ash | *N/A* g | 66.072% Calories from Carbohydrates |
| Moisture Change | 0.000 % | Fat Change | 0.000 % | Portion Cost | $0.000 | | | 19.868% Calories from Protein |
| Type of Fat | - | | | | | | | |

### Components

| | | | | |
|---|---|---|---|---|
| Meat/Meat ALT   2 oz eq | Grain   2 oz eq | Fruit   .5 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.

Aug 24, 2021