

Recipe Prep Sheet

American Dairy Association North East



990178 - Papaya Smoothie

Recipe HACCP Process: #1 No Cook

Source: ADANE

Number of Portions: 50

Portion Size: 12 oz

**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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| Ingredient # | Ingredient Name | Measurements | Instructions |
|--------------|---|-------------------|--|
| 009226 | PAPAYAS,RAW | 12 LB | No Instructions Assigned |
| 001314 | YOGURT,GREEK,NONFAT,PLN, | 1 1/2 gal + 2 cup | |
| 008402 | CEREALS,QUAKER,QUICK OATS,DRY | 1 CUP | |
| 002052 | VANILLA EXTRACT,IMITN,NO ALCOHOL | 1 TBSP | |
| 019296 | HONEY | 1 CUP | |
| 001085 | MILK,NONFAT,FLUID,W/ VIT A (FAT FREE OR SKIM) | 3 qt | |
| | | | <p>CCP: Hold for cold service at 41° F or lower.</p> <p>Use frozen papaya or mango for ease in preparation.</p> <p>If using fresh papaya</p> <p>Prepare papaya- :</p> <p>Use a sharp knife to carefully cut the papaya in half lengthways.</p> <p>Use a spoon to scoop out the black seeds. Discard</p> <p>Cut into wedges. Run a knife between the peel and flesh to separate. Discard the peel.</p> |
| | | | <p>Combine all ingredients in blender,add 1 cup ice-blend to smooth consistency. Serve in 12 oz cup- may top with additional fruit,granola,cereal. If add any other items add to components if applicable.</p> |

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*Nutrients are based upon 1 Portion Size (12 oz)

| | | | | | | | | |
|----------------------------|--------------|------------------------|-----------|---------------------|-------------|-----------|-----------|-------------------------------------|
| Calories ¹ | 105.432 kcal | Total Fat | 0.493 g | Total Dietary Fiber | 2.059 g | Vitamin C | 66.397 mg | 4.209% Calories from Total Fat |
| Saturated Fat ¹ | 0.171 g | Trans Fat ² | *0.002* g | Protein | 4.840 g | Iron | 0.399 mg | 1.459% Calories from Sat Fat |
| Sodium ¹ | 41.913 mg | Cholesterol | 2.503 mg | Vitamin A | 1154.142 IU | Water | 169.842 g | *0.017%* Calories from Trans Fat |
| Total Sugars | *17.133* g | Carbohydrate | 22.168 g | Calcium | 119.441 mg | Ash | 1.066 g | 84.102% Calories from Carbohydrates |
| Added Sugars | *N/A* g | | | | | | | |
| Moisture Change | 0.000 % | Fat Change | 0.000 % | Portion Cost | \$0.000 | | | 18.363% Calories from Protein |
| Type of Fat | - | | | | | | | |

| Components | | | | | |
|---------------|---------|-----------|-------|-------|---------|
| Meat/Meat ALT | 1 oz eq | Grain | oz eq | Fruit | .5 cup |
| | | Vegetable | cup | Milk | .25 cup |

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