

# Yogurt & Fruit Parfait, Strawberry (East Baton Rouge)

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Recipe

**Recipe: 000249 YOGURT & FRUIT PARFAIT,STRAWBE**

Recipe Source: LCM EBR

Recipe Group: FRUIT

**Recipe HACCP Process:**

Alternate Recipe Name:

Number of Portions: 100

Size of Portion: 1 CUP

009316 STRAWBERRIES,RAW..... 001231 YOGURT,VANILLA FLAVOR,LOWFAT MILK,SWTND W/ LO...	24 LB 0 + 22680 GRAM	LAYER THE YOGURT PARFAIT AS FOLLOWS: 1/2 CUP- WELL DRAINED OR FRESH FRUIT (IN THE BOTTOM OF THE CUP) 2 #8 SCOOPS OF YOGURT 1 WHOLE STRAWBERRY ON TOP  PARFAITS MUST BE SERVED COLD  *****NOTE***** TO OFFER VARIETY, ALTERNATE USING THE TWO FLAVORS OF YOGURT, VANILLA OR STRAWBERRY.  NO BARE CONTACT HAND CONTACT: With ready to eat foods. Must use disposable gloves, tongs, tissue, etc.  COLD HOLDING: All food items being held for service to be served cold will be maintained at or below 41°F.  CORRECTIVE ACTION COLD FOOD: Any food item being served cold must be maintained at or below 41. In the event the temperature of the cold item rises above 41 it must be returned to a refrigerated or frozen atmosphere and temperature reduced to 41 or below.
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\*Nutrients are based upon 1 Portion Size (1 CUP)

Calories	230 kcal	Cholesterol	11.34 mg	Sugars	17.64 g	Calcium	405.25 mg	12.38%	Calories from Total Fat
Total Fat	3.16 g	Sodium	150.78 mg	Protein	11.91 g	Iron	0.61 mg	6.70%	Calories from Saturated Fat
Saturated Fat	1.71 g	Carbohydrates	39.66 g	Vitamin A	110.59 IU	Water <sup>1</sup>	278.18 g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	2.18 g	Vitamin C	65.83 mg	Ash <sup>1</sup>	2.75 g	69.01%	Calories from Carbohydrates
								20.72%	Calories from Protein

\*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  
<sup>1</sup> - denotes optional nutrient values  
<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE: The data contained within this report and the NUTRIKIDS® 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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<b>Miscellaneous</b>		<b>Attributes</b>	<b>Allergens Present</b>	<b>Allergens Absent</b>	<b>Allergens Unidentified</b>
Meat/Alt.....	oz		Y - Milk		? - Egg
Grain.....	oz				? - Peanut
Fruit.....	0.500 cup				? - Tree Nut
Vegetable.....	cup				? - Fish
Milk.....	cup				? - Shellfish
<b>Moisture &amp; Fat Change</b>					
Moisture Change.	0%				? - Soy
Fat Change.....	0%				? - Wheat
Type of Fat.....					

**Production Specification**

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	009316	STRAWBERRIES,RAW			
I	001231	YOGURT,VANILLA FLAVOR,LOWFAT MILK,SW			

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