

Chef Brenda, RDN

Recipe: 000235 Graham's PB & Fruit Dipper

Recipe Source: ISDE
 Recipe Group: BREAKFAST

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 100
 Size of Portion: 1/2 cup 2 crkrs

902498 USDA Strawberries, Frozen, Sliced 100254+.... 009040 BANANAS,RAW..... 902491 USDA Peanut Butter, Smooth 100396+.....	25 CUP 25 CUP, mashed 12 1/2 CUP	PREPARE PEANUT BUTTER AND FRUIT DIP: Thaw frozen strawberries andbananas. In a mixer, using the paddle attachment, combine thawed strawberries with their juice, thawed bananas, and peanut butter. NOTE: Fresh or canned bananas can be substituted in this recipe. A new standardized recipe will need to be created accordingly.
009316 STRAWBERRIES,RAW.....	12 1/2 CUP, sliced	PREPARE STRAWBERRY GARNISH: Wash, trim, and quarter fresh strawberries.
903504 Graham Crackers, Honey.....	200 cracker	PREPARE GRAHAM'S PEANUT BUTTER AND FRUIT DIPPER: Place ½ cup (#8 scoop) of peanut butter and fruit dip mixture into a bowl and top with 1/8 cup (#30 scoop) of fresh strawberries. Serve chilled with graham crackers on the side.

*Nutrients are based upon 1 Portion Size (1/2 cup 2 crkrs)

Calories	426 kcal	Cholesterol	0.00 mg	Sugars	*13.89* g	Calcium	130.13 mg	42.67%	Calories from Total Fat
Total Fat	20.18 g	Sodium	279.77 mg	Protein	10.11 g	Iron	2.38 mg	8.69%	Calories from Saturated Fat
Saturated Fat	4.11 g	Carbohydrates	59.64 g	Vitamin A	803.99 IU	Water ¹	*61.01* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	5.88 g	Vitamin C	43.49 mg	Ash ¹	*0.54* g	56.04%	Calories from Carbohydrates
								9.50%	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
¹ - denotes optional nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... 1 oz				? - Milk
Grain..... 1 oz				? - Egg
Fruit..... 0.625 cup				? - Peanut
Vegetable..... cup				? - Tree Nut
Milk..... cup				? - Fish
<u>Moisture & Fat Change</u>				? - Shellfish
Moisture Change. 0%				? - Soy
Fat Change..... 0%				? - Wheat
Type of Fat.....				

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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Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	902498	USDA Strawberries, Frozen, Sliced 100254+			
I	009040	BANANAS,RAW			
I	902491	USDA Peanut Butter, Smooth 100396+			
I	009316	STRAWBERRIES,RAW			
I	903504	Graham Crackers, Honey			

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