

Chef Brenda, RDN

Recipe: 000216 Strawberry Yo Peachy Parfait

Recipe HACCP Process: #2 Same Day Service

Recipe Source: ISDE
 Recipe Group: BREAKFAST

Alternate Recipe Name:
 Number of Portions: 100
 Size of Portion: 1 Parfait

902457 USDA Peaches, Canned, Slice, Extr Lit 100219+...	50 CUP	Preheat convection oven to 200°F.
		PREPARE INGREDIENTS: Drain peaches.
902500 Maple Syrup, Regular..... 902451 USDA Oil, Vegetable, 1 Gal 100439+..... 000049 VANILLA EXTRACT..... 902467 USDA Oats, Rolled, Quick 100467+.....	1 1/3 CUP 1 CUP 1 TBSP + 1 TSP 25 CUP	PREPARE OAT GRANOLA: In a large bowl, combine the maple syrup, oil, and vanilla extract. Whisk ingredients until well blended; do not allow to sit or the mixture will begin to separate. Toss oats with syrup mixture and stir well to coat evenly. Place parchment paper on two full sheet pans per 100 servings. Spread half the granola mixture (12.5 cups) on each full sheet pan. Bake for 30 minutes, stir the mixture, then bake for another 30 minutes or until oats are toasted evenly.
902489 USDA Yogurt, Hi Pro, Strawbry, nofat 110401+.....	50 CUP	PREPARE PARFAIT: Place ½ cup (#8 scoop) of yogurt in the bottom of a 12-ounce cup; top with ½ cup (#8 scoop) of peaches. Then add ¼ cup (#16 scoop) of granola to each cup.

*Nutrients are based upon 1 Portion Size (1 Parfait)

Calories	224 kcal	Cholesterol	5.98 mg	Sugars	*0.00* g	Calcium	111.15 mg	13.29%	Calories from Total Fat
Total Fat	3.31 g	Sodium	57.33 mg	Protein	10.95 g	Iron	57.66 mg	1.97%	Calories from Saturated Fat
Saturated Fat	0.49 g	Carbohydrates	39.72 g	Vitamin A	344.98 IU	Water ¹	*0.00* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.30 g	Vitamin C	*3.80* mg	Ash ¹	*0.00* g	70.89%	Calories from Carbohydrates
								19.55%	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.

Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	1 oz				? - Milk
Grain.....	1 oz				? - Egg
Fruit.....	0.5 cup				? - Peanut
Vegetable.....	cup				? - Tree Nut
Milk.....	cup				? - Fish
Moisture & Fat Change					? - 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	902457	USDA Peaches, Canned, Slice, Extr Lit 100219+			
I	902500	Maple Syrup, Regular			
I	902451	USDA Oil, Vegetable, 1 Gal 100439+			
I	000049	VANILLA EXTRACT			
I	902467	USDA Oats, Rolled, Quick 100467+			
I	902489	USDA Yogurt, Hi Pro, Strawbry, nofat 110401+			

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