



825044 - Blueberry Crisp: Frozen

Source: K12 Culinary

Number of Portions: 25

Size of Portion: 1/2 cup

Components:

Meat/Alt:

Grains:

Fruit: 0.5 cup

Vegetable:

Milk:

Recipe Subgroups:

Attributes:

Fruits

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
051371 BLUEBERRIES, FROZEN, CULTIVATED, IQF.....	6 lbs + 7 ozs	Rinse blueberries under running water. Drain well using colander or perforated pan.
020027 CORNSTARCH.....	1/4 cup	Spray 2 inch full size steamtable pan with food release. Place 6 lbs. 7 oz. of blueberries in each prepared pan. Sprinkle 1/4 cup of cornstarch over berries and toss to combine.
826505 Margarine, TransFat Free, Ventura 16936..... 050401 FLOUR, WHOLE WHEAT..... 019335 SUGARS,GRANULATED..... 050456 OATS, ROLLED, UNENRICHED, QUICK, DRY, NO... 019334 SUGARS,BROWN..... 002010 CINNAMON,GROUND.....	6 ozs 1 cup 1/4 cup 10 ozs 4 ozs 1/2 tsp	Weigh and melt margarine. In mixer or large mixing bowl combine melted margarine, flour, sugar, rolled oats, brown sugar, and cinnamon. Use mixer paddle or gloved hands to mix topping until crumbly (this mixture makes about 1 3/4 quart of topping).
		Place 1 ¾ quart of topping mixture over fruit in each pan. Bake at 350° F for approximately 30 minutes until golden brown. Serve 1/2 cup using no. 8 disher. CCP: Heat to 135° F or higher. CCP: Hold for hot service at 135° F or higher

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

Calories	199 kcal	Cholesterol	0 mg	Sugars	*6.4* g	Calcium	20.91 mg	31.36%	Calories from Total Fat
Total Fat	6.94 g	Sodium	57 mg	Protein	2.96 g	Iron	0.91 mg	11.92%	Calories from Saturated Fat
Saturated Fat	2.64 g	Carbohydrates	32.21 g	Vitamin A	297.5 IU	Water ¹	*0.17* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	4.98 g	Vitamin C	3.0 mg	Ash ¹	*0.02* g	64.71%	Calories from Carbohydrates
								5.95%	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.