



825182 - Peaches and Cream Parfait

Source: Farm to School

Number of Portions: 48

Size of Portion: each

Components:

Meat/Alt: 1 oz

Grains: 1 oz

Fruit: 0.5 cup

Vegetable:

Milk:

Recipe Subgroups:

Whole Grain Rich

Attributes:

Meat/Meat Alter

Fruits

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
019296 HONEY.....	1/2 cup	In a small container whisk together the lemon juice and honey. Set aside. (Note: Brown sugar may be substituted for honey.)
009524 LEMON JUC FROM CONC,BTLD,REAL LEMON...	1/2 cup	
009236 PEACHES,RAW.....	9 lbs + 13 ozs	CCP: No bare hand contact with ready to eat food. Weigh, then rinse peaches under running water. Using a chef's knife, cut the unpeeled peaches in half, remove the seeds, and dice into ½ inch pieces. Place the diced fresh peaches in a large container. Immediately after dicing, pour honey/lemon juice mixture over the peaches and gently stir until the diced peaches are coated. This is an important step to prevent peaches from turning brown.
825040 Yogurt, Lowfat, Vanilla Pouch, Yoplait 1.....	3 pouch, 64 oz	CCP: No bare hand contact with ready to eat food. Portion ¼ cup of the peaches with a 2 oz spoodle or #16 disher into each serving container. Portion ½ cup yogurt using a 4 oz spoodle or #8 disher into each serving container on top of the peaches. Add additional ¼ cup diced peaches over the top of the yogurt. Immediately prior to service, top each portion with ¼ cup of granola. Alternatively, portion ¼ cup of granola into separate 3 ounce soufflé cup and serve along side the yogurt parfait. CCP: Hold and Serve at 41 degrees F. or lower.
825903 Cereal, Granola, Bulk,WG Nature Valley 2.....	3 qts	

*Nutrients are based upon 1 Portion Size (each)

Calories	231	kcal	Cholesterol	*2*	mg	Sugars	29.7	g	Calcium	105.91	mg	15.55%	Calories from Total Fat
Total Fat	3.98	g	Sodium	117	mg	Protein	5.70	g	Iron	0.61	mg	3.32%	Calories from Saturated Fat
Saturated Fat	0.85	g	Carbohydrates	44.04	g	Vitamin A	802.7	IU	Water ¹	*85.35*	g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00*	g	Dietary Fiber	2.42	g	Vitamin C	6.6	mg	Ash ¹	*0.41*	g	76.42%	Calories from Carbohydrates
												9.88%	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.