



825180 - Orange Smoothie

Source: Farm to School

Number of Portions: 16

Size of Portion: cup

Components:

Meat/Alt: 1 oz

Grains:

Fruit: 0.5 cup

Vegetable:

Milk:

Recipe Subgroups:

Attributes:

Meat/Meat Alter

Fruits

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
825962 Mandarin Orange Sections, Whole Dole.....	1 qt	CCP: No bare hand contact with ready to eat food. Drain mandarin orange sections and chill overnight in refrigerator. Measure one packed quart of sections and reserve remainder for garnish and other recipes.
825040 Yogurt, Lowfat, Vanilla Pouch, Yoplait 1..... 826509 Sweet Potato Puree, F2S, Yamco, LLC.....	1 pouch, 64 oz 1 qt	Combine yogurt, sweet potato puree, and chilled mandarin orange sections in large container or commercial blender. Puree/liquefy all ingredients until smooth using a commercial blender or immersion blender. Using an 8 ounce measure, pre-portion 1 cup smoothie mixture into 10 ounce cups.
825038 Whipped Topping, Deco Bag, Richs 2559.... 825962 Mandarin Orange Sections, Whole Dole.....	4 1/2 ozs 16 section	Top with 2 Tablespoons (.28 oz.) of whipped topping and 1 mandarin orange section. Notes: There are 56 servings of whipped topping per 16 oz. bag. Smoothies may be made one day in advance and held in the refrigerator overnight. Apply whipped topping and orange garnish on the day of service. CCP: Hold and Serve at 41 degrees F. or lower.

*Nutrients are based upon 1 Portion Size (cup)

Calories	216 kcal	Cholesterol	2 mg	Sugars	31.1 g	Calcium	113.52 mg	11.45%	Calories from Total Fat
Total Fat	2.74 g	Sodium	68 mg	Protein	4.86 g	Iron	1.17 mg	10.41%	Calories from Saturated Fat
Saturated Fat	2.49 g	Carbohydrates	42.60 g	Vitamin A	2599.2 IU	Water ¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	1.63 g	Vitamin C	11.3 mg	Ash ¹	*N/A* g	79.05%	Calories from Carbohydrates
								9.01%	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.

Allergens							
Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
?	?	?	?	?	?	?	?
YES = Present NO = Absent ? = Undefined							



NORTH CAROLINA K-12 CULINARY INSTITUTE

MAKING THE ORANGE SMOOTHIE

Start with chilled Mandarin orange wedges and blend into vanilla yogurt and sweet potato puree. Top with a pretty garnish and enjoy!

