



825108 - PB&J Yogurt Parfait

Source: K12 Culinary

Number of Portions: 16

Size of Portion: each

Components:

Meat/Alt: 2 oz
Grains: 2 oz
Fruit: 0.5 cup
Vegetable:
Milk:

Recipe Subgroups:

Whole Grain Rich

Attributes:

Meat/Meat Alter
Fruits
Grain

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
050365 STRAWBERRIES, FROZEN, THAWED, SLICED, SW... 826517 Jelly, Grape, Polaner, 055485..... 826513 Chocolate Chips, Sysco Classic 5335757.....	4 lbs + 8 ozs 1 cup 1/3 cup	Weigh required amount of frozen strawberries, and place in refrigerator overnight. Fruit is best partially thawed. Thaw only the amount needed for the recipe. CCP: Hold at 41 degrees F. or lower.
825081R Granola.....	2 lbs	Prepare school-made granola according to the recipe. Cool and store in a tightly covered container.
825040 Yogurt, Lowfat, Vanilla Pouch, Yoplait 1..... 050386 PEANUT BUTTER, SMOOTH, WITH ADDED SALT..... 019296 HONEY.....	2 pouch, 64 oz 1 cup 1/3 cup	Divide yogurt evenly into two large mixing bowls by placing 1 pouch into each bowl. In one large bowl, whisk peanut butter and honey with 1 (64 oz) pouch of vanilla yogurt. In the other large bowl, whisk jelly with the remaining 64 ounce pouch of yogurt.
		CCP: No bare hand contact with ready to eat food. Layer ingredients in a 20 oz. clear cup in the following order: • 4 oz. peanut butter flavored yogurt (no. 8 disher) • ½ cup strawberries (no. 8 disher) • 4 oz. jelly flavored yogurt (no. 8 disher) • Place 4 oz. insert in cup and fill with 1/2 cup (2 oz. weight) of school made granola. Top the granola with 1 tsp. mini chocolate chips. Cover parfait cup with the dome or lid. CCP: Hold and Serve at 41 degrees F. or lower.

*Nutrients are based upon 1 Portion Size (each)

Calories	790 kcal	Cholesterol	5 mg	Sugars	*67.9* g	Calcium	254.17 mg	22.68%	Calories from Total Fat
Total Fat	19.90 g	Sodium	196 mg	Protein	16.44 g	Iron	2.75 mg	4.69%	Calories from Saturated Fat
Saturated Fat	4.12 g	Carbohydrates	142.98 g	Vitamin A	1047.3 IU	Water ¹	*5.23* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	7.52 g	Vitamin C	52.8 mg	Ash ¹	*0.11* g	72.43%	Calories from Carbohydrates

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.