



825108 - PB&J Yogurt Parfait

Source: K12 Culinary

Number of Portions: 16

Size of Portion: each

Components:

Meat/Alt: 2 oz

Grains: 1 oz

Fruit: 0.5 cup

Vegetable:

Milk:

Recipe Subgroups:

Whole Grain Rich

Attributes:

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
051486 Strawberries, Sliced, Frozen.....	4 lbs + 8 ozs	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° F or lower.
825081R Granola, with Dried Fruit.....	2 lbs	Prepare school-made granola according to recipe #825081. Cool and store in a tightly covered container.
001287 YOGURT,GREEK,PLN,LOWFAT..... 051540 Peanut Butter, Smooth..... 019296 HONEY..... 826517 Jelly, Grape, Polaner, 055485.....	1 gal 1 cup 1/3 cup 1 cup	Divide yogurt evenly into two large mixing bowls by placing 2 quarts into each bowl. In one large bowl, whisk peanut butter and honey with half of the yogurt. In the other large bowl, whisk jelly with the remaining half of yogurt.
826513 Chocolate Chips, Sysco Classic 5335757...	1/3 cup	CCP: No bare hand contact with ready to eat food. Layer ingredients in a 20 oz clear cup in the following order: <ul style="list-style-type: none"> • 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 (1.91 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° F or lower.

*Nutrients are based upon 1 Portion Size (each)

Calories	648	kcal	Cholesterol	23	mg	Sugars	*52.5*	g	Calcium	303.97	mg	29.70%	Calories from Total Fat
Total Fat	21.38	g	Sodium	166	mg	Protein	30.62	g	Iron	2.17	mg	7.99%	Calories from Saturated Fat
Saturated Fat	5.75	g	Carbohydrates	85.39	g	Vitamin A	714.5	IU	Water ¹	*192.63*	g	*0.19%*	Calories from Trans Fat
Trans Fat ²	*0.14*	g	Dietary Fiber	7.15	g	Vitamin C	51.1	mg	Ash ¹	*1.50*	g	52.71%	Calories from Carbohydrates
												18.90%	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.