

Orfalea Foundation- SFI

Page 1

Recipe Sizing Report

Sep 13, 2013

000124 - School Food Peabody Smoothie :

HACCP Process: #1 No Cook

Number of Portions: 32

Size of Portions: 6 Oz..

009318 STRAWBERRIES,FRZ,UNSWTND.....	2 QTS (unthawed)
001116 YOGURT,PLN,WHL MILK,8 GRAMS PROT PER 8 O.....	2 qts + 1 cup
050355 ORANGE JUICE, FROM CONCENTRATE, PASTEURI..	1 cup
001175 MILK,FLUID,1% FAT,WO/ ADDED VIT A & VIT	1 qt + 2 cups
014429 WATER, TAP, MUNICIPAL.....	1/2 cup
902479 WATER, TAP, MUNICIPAL, ICE CUBES.....	1 lb + 4 ozs

1. Place all ingredients in a 22- quart container and blend with immersion blender until smooth. Scrape down sides of container as needed.

(Orange juice is thawed, undiluted concentrate)

EQUIPMENT:

1-22 quart container

1-4 quart container

1-Scale

2-Liquid measuring cups, gallon, pint (based on volume)

1-Rubber spatula

1-Immersion blender

*Nutrients are based upon 1 Portion Size (6 Oz..)

Calories	*76*	kcal	Cholesterol	*11*	mg	Protein	*4.04*	g	Calcium	*143.29*	mg	*31.77%*	Calories from Total Fat
Total Fat	*2.70*	g	Sodium	*51*	mg	Vitamin A	*27.8*	RE	Iron	*0.33*	mg	*20.21%*	Calories from Sat Fat
Sat Fat	*1.72*	g	Carbs	*9.57*	g	Vitamin A	*113.3*	IU	Water ¹	*136.02*	g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00*	g	D. Fiber	*0.79*	g	Vitamin C	*18.7*	mg	Ash ¹	*0.96*	g	*50.10%*	Calories from Carbs
												21.13%	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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.