

Recipe Prep Sheet

BLT Food and Nutrition LLC

990177 - Canned Peach Smoothie

Recipe HACCP Process: #1 No Cook

Source:

Number of Portions: 100

Portion Size: 1

Ingredient #	Ingredient Name	Measurements	Instructions
051480	Peaches, Sliced, Extra Light Syrup, Canned	450 1/2 oz	No Instructions Assigned
051543	Yogurt, High-Protein, Vanilla, Tubs	25 LB	

*Nutrients are based upon 1 Portion Size (1)

Calories ¹	162.134 kcal	Total Fat	0.000 g	Total Dietary Fiber	0.000 g	Vitamin C	1.226 mg	0.000% Calories from Total Fat
Saturated Fat ¹	0.000 g	Trans Fat ²	0.000 g	Protein	10.024 g	Iron	0.000 mg	0.000% Calories from Sat Fat
Sodium ¹	55.449 mg	Cholesterol	5.012 mg	Vitamin A	308.980 IU	Water	*N/A* g	0.000% Calories from Trans Fat
Sugars	24.369 g	Carbohydrate	28.458 g	Calcium	130.453 mg	Ash	*N/A* g	70.208% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			24.730% Calories from Protein
Type of Fat	-							

Components									
Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	cup	Milk	cup

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 required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® 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.



USDA Foods in Schools

100219- Peaches, Sliced, Extra Light Syrup, Canned Category: **Fruit**



Product Description

- This item is U.S. Grade B canned sliced peaches packed in extra light syrup or fruit juice. This product is available in cases containing six #10 cans.

Crediting/Yield

- One case yields about 108 1/2-cup servings of drained, sliced peaches.
- CN Crediting: 1/2 cup sliced peaches credit as 1/2 cup fruit.

Culinary Tips and Recipes

- Peaches can be added to fruit salads, used as a topping for yogurt, or served as a side at breakfast, lunch or afterschool snack.
- Use sliced peaches to make a peach sauce or glaze for chicken.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's Team Nutrition](#).

Food Safety Information

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

Visit us at www.fns.usda.gov/usda-fis

Nutrition Facts

Serving size: 1/2 cup (124g) peaches, canned, sliced, extra light syrup

Amount Per Serving

Calories 60

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 10mg

Total Carbohydrate 14g

Dietary Fiber 0g

Sugars 12g

Protein 0g

Source: USDA Foods Vendor Labels

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, contact the product manufacturer.

Nutrient values in this section are from the USDA Food Composition Database or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

USDA Foods Product Information Sheet

For Child Nutrition Programs



110398— Yogurt, High Protein, Vanilla, Nonfat

Category: **Meat/Meat Alternate**



PRODUCT DESCRIPTION

This item is a nonfat vanilla high protein yogurt. This yogurt is delivered refrigerated and is offered in cases containing six 32-ounce containers.

CREDITING/YIELD

- One case yields 48 ounce-equivalent servings of Meat/Meat Alternate.
- CN Crediting: 1/2 cup of yogurt credits as 1 ounce-equivalent Meat/Meat Alternate.

CULINARY TIPS AND RECIPES

- Serve yogurt as a Meat Alternate at breakfast, lunch, or afterschool snack.
- Offer yogurt with fresh or frozen fruit and granola to allow children to build their own parfaits.
- For more culinary techniques and recipe ideas, visit [NFSMI](#) or [Team Nutrition](#).

FOOD SAFETY INFORMATION

- Yogurt should be maintained at or below 41° F during storage and service.
- For more information on safe storage and cooking temperatures, and safe handling practices please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

NUTRITION FACTS

Serving size: 1/2 cup (113 g) vanilla yogurt

Amount Per Serving

Calories 100

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 5mg

Sodium 45mg

Total Carbohydrate 14g

Dietary Fiber 0g

Sugars 13g

Protein 10g

Source: USDA Foods Vendor Labels

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

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