

Recipe Prep Sheet

Columbia Heights ISD

991098 - Fruit, Aronia Berry Applesauce

Recipe HACCP Process: #1 No Cook

Source:

Number of Portions: 25

Portion Size: 4 oz spoodle

Ingredient #	Ingredient Name	Measurements	Instructions
R-991099	Aronia Berry Puree	1 cup	Whisk together applesauce and puree until evenly blended. Adjust consistency with water if needed. CCP: Hold for cold service at 41° F or lower. □
991259	Applesauce, Unsw, Canned	1 #10 can	

*Nutrients are based upon 1 Portion Size (4 oz spoodle)

Calories ¹	51.274 kcal	Total Fat	0.000 g	Total Dietary Fiber	1.071 g	Vitamin	0.105 mg	0.000% Calories from Total Fat
Saturated Fat ¹	0.000 g	Trans Fat	0.000 g	Protein	0.031 g	Iron	0.050 mg	0.000% Calories from Sat Fat
Sodium ¹	1.994 mg	Cholesterol	0.000 mg	Vitamin A	*N/A* mcg RAE	Water	2.398 g	0.000% Calories from Trans Fat
Total Sugars	10.943 g	Carbohydrate	13.999 g	Calcium	0.746 mg	Ash	0.002 g	109.211% Calories from Carbohydrates
Added Sugars	0.000 g							
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.09			0.242% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	.5 cup	Vegetable	cup	Milk	cup
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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

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.