

Recipe Prep Sheet

Columbia Heights ISD

991099 - Aronia Berry Puree

Recipe HACCP Process: #1 No Cook
 Source:
 Number of Portions: 50
 Portion Size: cup

Ingredient #	Ingredient Name	Measurements	Instructions
991343	Aronia Berries	12 1/2 LB	CCP: No bare hand contact: Must wear disposable gloves or use utensil Slack 2-3 days before: Divide berries between two deep storage containers, like 20 qt cambro type. Cover and refrigerate. 12.5 lbs = 2 gal 1 quart per container. Prep: add water, then use immersion blender, gradually increasing the speed, to puree berries until very smooth, and no chunks of berries remain. Portion and freeze until needed. CCP: Hold at 41 degrees F or lower
991090	Water	12 1/2 cup	

*Nutrients are based upon 1 Portion Size (cup)

Calories ¹	49.430 kcal	Total Fat	0.000 g	Total Dietary Fiber	2.903 g	Vitamin	2.619 mg	0.000% Calories from Total Fat
Saturated Fat ¹	0.000 g	Trans Fat	0.000 g	Protein	0.782 g	Iron	1.253 mg	0.000% Calories from Sat Fat
Sodium ¹	1.800 mg	Cholesterol	0.000 mg	Vitamin A	*N/A* mcg RAE	Water	59.942 g	0.000% Calories from Trans Fat
Total Sugars	7.938 g	Carbohydrate	11.805 g	Calcium	18.641 mg	Ash	0.060 g	95.527% Calories from Carbohydrates
Added Sugars	0.000 g							
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$1.25			6.328% 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

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.