Cooking for Kids

000334 - Orange Yogurt Smoothie :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 100 Size of Portion: Each Alternate Recipe Name: Orange Delight	Meat/Alt: Grains: Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
009401 APPLESAUCE,CND,UNSWTND,W/ VIT C....... 009209 ORANGE JUC,CHILLED,INCL FROM CONC....	1 1/2 gals + 1 cup 1 1/2 gals + 1 cup	1. Combine applesauce and orange juice together in a container. Chill several hours or overnight in fridge.
001297 YOGURT,GREEK,VANILLA,LOWFAT...............	6 lbs + 4 ozs	2. Add yogurt to refrigerated mixture and whisk together until smooth. 3. To serve, portion 8 ounces into a clear 10 oz cup and cover. Serve chilled.

*Nutrients are based upon 1 Portion Size (Each)

Calories	83 kcal	Cholesterol	1 mg	Sugars	13.6 g	Calcium	37.64 mg	9.15%	Calories from Total Fat
Total Fat	0.84 g	Sodium	14 mg	Protein	2.98 g	Iron	0.23 mg	4.65%	Calories from Saturated Fat
Saturated Fat	0.43 g	Carbohydrates	16.76 g	Vitamin A	149.0 IU	Water[1]	130.44 g	0.00%	Calories from Trans Fat
Trans Fat[2]	0.00 g	Dietary Fiber	0.86 g	Vitamin C	33.8 mg	Ash[1]	0.57 g	80.73%	Calories from Carbohydrates
								14.33%	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.

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.