

Caramel Apple Crunch Parfait (1MMA, 1WG, 1/2c. F)

General Information

ACTIVE

Recipe #	Category	Source
351780	Breakfast Entree 🍴	Local

Ingredients

Name	Quantity	Quantity
Yogurt, Vanilla, NF, Bulk, 4/5#, Upstate Farms, 9886	4 oz.	2
Cereal, Cinnamon Toast Crunch, 25% Less Sugar, 60/2oz, General Mills, 14886000	1 oz.	
Apples, raw, without skin	½ c. slices	
Toppings, butterscotch or caramel	1 tbsp.	

Preparation Instructions

HACCP Process: #1 - No Cook

Food prep areas, Equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking. Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove product from refrigerator using oldest pack date first.

CCP: Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

- HACCP: Ensure cold food is held at a temperature below 41° F.

CORRECTIVE ACTION COLD FOOD: Any food item being served cold must be maintained at or below 41. In the event the temperature of the cold item rises above 41 it must be returned to a refrigerated or frozen atmosphere and temperature reduced to 41 or below.

Prep apples by washing- coring- dicing into about 1/4 inch cubes

To serve, layer as follows into 9 oz clear cup:

1/4 cup yogurt (#16 scoop) ,

2 Tbsp cereal, 1/4 cup diced apples,

1/2 Tbsp caramel drizzle. Repeat layers.

CCP: Record time and internal temperature of completed recipe on daily log.

My School Menus

SHOW

In Use as a Sub Recipe

Menus Using this Recipe

Dates

Last Updated	Created
10-10-2023	05-06-2020



Caramel Apple Crunch Parfait

Serving Size	Yield
1 each	1.00

Nutrition Facts

Serving Size 1 each (217 gm)

Amount Per Serving	
Calories	282.178
% Daily Value*	
Total Fat 2.603 gm	4.004 %
Saturated Fat 0.265 gm	1.323 %
Trans Fat 0.000 gm	
Cholesterol 5.000 mg	1.667 %
Sodium 281.902 mg	11.746 %
Total Carbohydrate 59.980 gm	19.993 %
Dietary Fiber 3.752 gm	15.01 %
Total Sugars 36.809 gm	
Includes 16.569* of Added Sugars	
Protein 4.915 gm	9.831 %
Vitamin A 286.731 iu	5.735 %
Vitamin C 5.340 mg	8.9 %
Vitamin D 5.367 mcg	26.834 %
Calcium 368.606 mg	36.861 %
Iron 2.317 mg	12.87 %
Potassium 273.654 mg	5.822 %
Saturated Fat % of Calories	0.844 %

* Indicates missing Nutrient Information.

^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

Meal Components

Component	Measurement
Meat/Meat Alternates	1.000 oz

Whole Grain-Rich	1.000 oz
Fruits	0.500 cups

Allergens

Milk

Soy

Wheat

Attributes

Vegetarian