

Milam 2

Recipe: 000328 Apple Raspberry Salad

Recipe HACCP Process: #2 Same Day Service

Recipe Source:
Recipe Group: FRUIT

Alternate Recipe Name:
Number of Portions: 24
Size of Portion: 1/2 cup

019703 GELATINS, DRY MIX, RED-CAL, ASP-SWTND, W/ADDED P, ...	1 OZ	In 2-quart mising bowl, dissolve gelatin in boiling water
900112 iqf raspberries..... 900113 IQF Marion/black Berries.....	16 OZ 16 OZ	Add frozen raspberries and marionberries and stir gently until berries are thawed
009401 APPLESAUCE, CANNED, UNSWTND, W/+VIT C..... 009003 APPLES, FRESH, W/SKIN.....	3 CUP 4 medium (3 dia)"	Chop apples finely and stir into gelatin mixture along with appleace.
Pour into a 12"x20" pan and refrigerate for 2 hours. Slice 6x4.		

Calories	55	Iron	13.15 mg	Protein	1.01* g	7.38%	Calories from Prot
Cholesterol	0 mg	Calcium	13.27 mg	Carbohydrates	13.22 g	96.86%	Calories from Carb
Sodium	34 mg	Vitamin A	25.2* IU	Total Fat	0.20 g	3.38%	Calories from T Fat
Dietary Fiber	3.24 g	Vitamin A	2.4 RE	Saturated Fat	0.01 g	0.19%	Calories from S Fat
		Vitamin C	19.19 mg	Trans. Fat	0.00* g	%	Calories from Trans. Fat

Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.

Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	oz.			N - Milk	
Grain/Bread.....	srv.			N - Egg	
F/V/J.....	cup			N - Peanut	
Milk.....	fl. oz.			N - Tree Nut	
				N - Fish	
				N - Shellfish	
				N - Soy	
				N - Wheat	
Moisture & Fat Change					
Moisture Change.	0%				
Fat Change.....	0%				
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	900112	iqf raspberries			
I	900113	IQF Marion/black Berries			

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.

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I	009401	APPLESAUCE,CANNED,UNSWTND,W/+VIT C			
I	019703	GELATINS,DRY MIX,RED-CAL,ASP-SWTND,W/			
I	009003	APPLES,FRESH,W/SKIN			

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