

Milam 1

Recipe: 000351 BLUEBERRY COMPOTE

Recipe HACCP Process: #3 Complex Food Preparation

Recipe Source:
Recipe Group: SAUCE

Alternate Recipe Name:
Number of Portions: 48
Size of Portion: 1/4 CUP

019335 SUGAR,GRANULATED..... 020027 CORNSTARCH.....	3/4 CUP 3 TBSP	In 6-quart saucepan, stir sugar and cornstarch together until blended.
009054 BLUEBERRIES,FRZ,UNSWTND...	5 1/4 QT, unthawed	Add frozen blueberries; toss until uniformly coated with sugar/cornstarch mixture. Cover and cook over medium heat, stirring occasionally until blueberries thaw and mixture begins to boil. About 15 minutes. Remove lid and cook, stirring constantly, until boiled and thickened. About 5 minutes. Stir in an additional 1/4 cup sugar, if needed.

Calories	49	Iron	0.12 mg	Protein	0.29 g	2.35%	Calories from Prot
Cholesterol	0 mg	Calcium	5.47 mg	Carbohydrates	11.86 g	97.44%	Calories from Carb
Sodium	1 mg	Vitamin A	31.2 IU	Total Fat	0.43 g	8.03%	Calories from T Fat
Dietary Fiber	1.84 g	Vitamin A	5.4 RE	Saturated Fat	0.03 g	0.63%	Calories from S Fat
		Vitamin C	1.70 mg	Trans. Fat	N/A* 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.	%				
Fat Change.....	%				
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	009054	BLUEBERRIES,FRZ,UNSWTND			

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.

Milam 1

Page 2

Recipe

Mar 4, 2010

I	019335	SUGAR,GRANULATED			
I	020027	CORNSTARCH			

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.