

# Power Parfait - Power Parfait Box

Recipe:	R-4472	HACCP Process:	Same Day Service		
# of Servings:	1.00	Serving Size:	1 box	Source:	Local
Grams Per Serving:	400.97	Fat Change %:	0.00	Moisture Change %:	0.00
Cost Per Serving:	1.24				

Inventory Item Code	Ingredients	Measurements	Directions
			1. Prepare the workstation by cleaning and sanitizing all areas. Gather all ingredients for preparation. Preheat oven to 325 degrees.
14-00110	SPICE, CINNAMON GROUND shelf stable seasoning (SY14-15)	1/4 TSP	2. Combine oatmeal and cinnamon in large bowl Add brown sugar, vanilla, honey, maple syrup, and oil and continue to mix until all ingredients are combined. Spray sheet pan with pan release spray Spread mixture evenly in a shallow thin layer and bake for 10 minutes Remove from oven, stir and respread mixture. Bake an additional 10 minutes. Look for golden brown color Remove from oven, add raisins, allow to cool, and then store in air tight containers. May be stored for future use and even frozen.
14-00638	Oil, CANOLA, Olive Extra Virgin	5/6 TSP	
14-00103	Extract, Vanilla clear domestic bottle shelf stable (SY14-15)	1/4 TSP	
14-00531	Honey, Clover Shelf Stable	2/3 TSP	
14-00913	Oatmeal, Old Fashioned Oats (!)	0 CONTAINER	
14-00914	Raisins, Seedless		
14-00915	Syrup, Maple, Jug	2/3 TSP	
14-00098	Brown Cane Sugar	0 CUIP	
14-00611	Yogurt, Non Fat Vanilla (GF)	4 OZ	
14-00959	Hardboiled Eggs (GF)	1 EGG	
17446	Strawberries, Whole/Sliced Raw Limehouse/DOD	1/2 CUP WHOLE	3. Cut hard boiled eggs in half lengthwise. Measure out 4 oz of vanilla yogurt and scoop into upper left hand small corner of container. Measure out 2 oz of granola and place in upper right hand of container. Place one hardboiled egg, 6 apple slices, and 4 whole strawberries in the large section of the container**
17465	Apples, Sliced Granny Smith	1/2 CUP APPLE SLICED	

## Notes:

- Production Notes: You will use the pizza lunch kit container (24-00112 and 24-00113)  
 1 batch of Granola = 80 servings  
 1 pouch of yogurt = 17 servings  
 1 case of Strawberries = 50 servings  
 1 bag of Apples = 20 serving / 1 case = 80 servings  
 1 case of Eggs = 144 servings
- Serving Notes: \*\*can use variety of fruit BUT must = 1 cup total. ex/blueb & Straw, sliced peaches/straw etc.

**Nutrients Per Serving:** ( per 1 box )

Calories	394.475	Trans Fat (gm)	0.000	Iron (mg)	0.780*
Protein (gm)	11.967	Chol (mg)	212.520	Calc (mg)	149.000*
Carb (gm)	64.680	Vit A (IU)	27.000*	Sodium (mg)	127.975
Tot Fat (gm)	10.329	Vit C (mg)	91.100*	Fiber (gm)	5.563
Sat Fat (gm)	1.986			Sugars (gm)	42.517

Note: \* means nutrient data is missing or not available.

**Meal Components:** ( per 1 box )

		----- Vegetables (Cups) -----				
Fruit (Cups)	1.000	Dark Green	Red/Orange	Beans/Peas	Starchy	Other
Whole Grain- Rich (Oz. Eq.)	1.000	Enriched Grain (Oz. Eq.)	1.000	Meat/Alt (Oz. Eq.)	3.000	Fluid Milk (Cups)

**Allergens:**

Milk, Eggs, May contain Gluten, May contain Gluten