

BLUEBERRIES WITH WHIPPED TOPPING-USDA

MEAL COMPONENT CONTRIBUTION:

½ cup fruit

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** ½ cup

RECIPE HACCP PROCESS: #1 - No cook



FRUITS

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Blueberries, Frozen, Unsweetened	26 pounds
Whipped Topping, Tube, Frozen, #1322	1 quart + 3 cups

DIRECTIONS

1. Thaw the blueberries under refrigeration until they reach the desired consistency for serving.
2. Portion ½ cup with a #8 scoop or a 4 ounce spoodle into individual portion containers for service. Dollop about 1 tablespoon whipped topping over each serving of fruit. Cover and chill until ready for service.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service.

3. Portion 1 individual dish per serving. Each portion provides ½ cup of fruit.

CCP: Hold under refrigeration (41 degrees F or lower). Check temperature every 30 minutes. Cover, label, and date any leftovers.

PRODUCTION NOTES

Use USDA Foods or Department of Defense (DoD) products when available.

Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if different varieties of fruit are used (such as fresh).

If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.

"Culinary Techniques for Healthy School Meals: Preparing Fruits" provides seasoning and serving ideas for fruits.

NUTRIENTS PER SERVING

Calories	74	Dietary Fiber	3.18 g	Sodium	1.00 mg	Sat. Fat	1.18 g
Carbohydrates	15.47 g	Protein	0.50 g	Total Fat	1.87 g	Trans Fat	0.00 g