



## 000630 - DRESSING, BLUEBERRY

Source: Hannah & Kelsie

Number of Portions: 48

Size of Portion: TBSP

### Components:

Meat/Alt:

Grains:

Fruit:

Vegetable:

Milk:

### Recipe Subgroups:

### Attributes:

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
051370 BLUEBERRIES, FROZEN, WILD, IQF...	2 cups	<b>To Prepare:</b> 1. Partially thaw blueberries. 2. Combine all ingredients and blend until smooth. 3. Refrigerate until served.  <b>CCP:</b> Hold for cold service at 41° F or lower.  <b>CCP: No bare-hand contact of any exposed cooked or ready-to-eat food.</b> <b>CCP:</b> Refrigerate until served.
902820 VINEGAR, BALSAMIC.....	1/2 cup	
004053 OIL, OLIVE, SALAD OR COOKING.....	1 1/2 cups	
009152 LEMON JUICE, RAW.....	2 tsp	
019335 SUGARS, GRANULATED.....	2 Tbsp	
002047 SALT, TABLE.....	1/8 tsp	

\*Nutrients are based upon 1 Portion Size (TBSP)

Calories	67 kcal	Cholesterol	0 mg	Protein	0.05 g	Calcium	1.09 mg	90.79%	Calories from Total Fat
Total Fat	6.75 g	Sodium	7 mg	Vitamin A	2.1 RE	Iron	0.14 mg	12.54%	Calories from Saturated Fat
Saturated Fat	0.93 g	Carbohydrates	1.72 g	Vitamin A	10.7 IU	Water <sup>1</sup>	*0.20* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	0.17 g	Vitamin C	0.2 mg	Ash <sup>1</sup>	*0.02* g	10.26%	Calories from Carbohydrates
								0.27%	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

Allergens							
Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
NO	NO	NO	NO	NO	NO	NO	NO
YES = Present NO = Absent ? = Undefined							