



## Recipe Production

**Recipe Number:** YG003

**Recipe Name:** PINEAPPLE CHIA PUDDING

**Hot:** No

**Recipe Source:** Danone North America

**HACCP Process Category:**

Same Day

**Serving Description:** 1 1/4c yogurt mix 1/2c fruit

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	1 3/4 CUP				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
1500	MILK, 1%, LOWFAT	2	Gal.	3 1/2	Quart	(Unassigned)
1526	YOGURT LF VANILLA 5 LB	4	Gal.	2 3/4	Quart	(Unassigned)
9610	CHIA SEEDS	2	Pound	9 1/2	Ounce	(Unassigned)
1214	BROWN RICE SYRUP	1	Quart			(Unassigned)
1011	SALT KOSHER 12/3 LB	1	Tbsp			(Unassigned)
9113	STRAWBERRIES 8/1 LB	10	Pound			(Unassigned)
9609	PINEAPPLE, FRESH	16	Pound			(Unassigned)
1209	COCONUT FLAKES UNSWEETENED	1	Pound	2	Ounce	(Unassigned)
9612	PUMPKIN SEEDS	2	Pound	3 1/4	Ounce	(Unassigned)

**Cooking Instructions**

**Cooking Temperature:** 0      **Cooking Times:**    **Hours:** 0      **Minutes:** 0

**Pre-Preparation Instructions**

Sourced by Danone North America  
 Strawberries yield: 88%  
 Pineapples yield: 54%  
 Wash all fruit  
 Skin and small dice pineapple  
 Hull and small dice strawberries

**Preparation Instructions**

1. Mix yogurt, milk, syrup, salt and chia
2. In a 325F oven, toast coconut and pumpkin seeds in separate pans until lightly browned and fragrant. Allow to cool.
3. Portion 1 1/4 cup yogurt mixture into cups and refrigerate overnight
4. Top with a 2 oz spoodle (1/4 cup) of pineapple and a 2 oz spoodle of strawberry
5. Garnish with 1 tablespoon of toasted coconut and 1 tbsp of pumpkin seed if desired

**Serving Instructions**



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Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	43,350.3800	105.2825	433.5038		
Saturated Fat	g	663.4164	1.6112	6.6342	13.77	
Sodium	mg	26,739.5248	64.9407	267.3952		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	1,492.2750	3.6242	14.9228	30.98	
Cholesterol	mg	1,479.9636	3.5943	14.7996		
Carbohydrate	g	5,818.8515	14.1319	58.1885	53.69	*
Total Dietary Fiber	g	737.4495	1.7910	7.3745		
Protein	g	1,877.7582	4.5604	18.7776	17.33	
Vitamin A (RE)	RE	9,209.0606	22.3655	92.0906		*
Vitamin A (IU)	IU	32,652.3795	79.3009	326.5238		
Vitamin C	mg	4,367.4224	10.6069	43.6742		*
Calcium	mg	55,563.7136	134.9443	555.6371		*
Iron	mg	112.0380	0.2721	1.1204		*
Moisture	g	31,609.7799	76.7688	316.0978		*
Ash	g	314.1675	0.7630	3.1417		*

Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
1500	MILK, 1%, LOWFAT	1.00	(Unassigned)	2	0.88	GAL	/
1526	YOGURT LF VANILLA 5 LB	1.00	(Unassigned)	40	0.51	LB	/
9610	CHIA SEEDS	1.00	(Unassigned)	2	0.60	1 lb	/
1214	BROWN RICE SYRUP	1.00	(Unassigned)	1	0.61	21 OZ	/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.01	BOX (3 LB)	/
9113	STRAWBERRIES 8/1 LB	1.00	(Unassigned)	10	0.00	CONT (1 LB)	/
9609	PINEAPPLE, FRESH	1.00	(Unassigned)	8	0.02	1 CT	/
1209	COCONUT FLAKES UNSWEETEN	1.00	(Unassigned)	1	0.12	LB	/
9612	PUMPKIN SEEDS	1.00	(Unassigned)	0	0.44		/

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