

Alliance K-12 Nutrition Innovations

Recipe Prep Sheet

990040 - Aioli, Red Pepper

Recipe HACCP Process:

Source:

Number of Portions: 16

Portion Size: 2 Tbsp (1 oz)



Ingredient #	Ingredient Name	Measurements	Instructions
			Wash your hands and put on gloves.
990357	PEPPERS Red Roasted Canned	3/4 cup	Peel garlic. Add garlic and bell pepper to blender. Blend 1 minute.
799939	GARLIC,RAW	4 cloves	
009152	LEMON JUICE,RAW	1 tbsp	Add lemon juice, salt and pepper. Blend 30 seconds.
002047	SALT, TABLE	1/4 tsp	
002030	PEPPER,BLACK	1/4 tsp, ground	
990358	YOGURT, Vanilla LF Yoplait 16632000	1/2 cup	Add mayonnaise and yogurt. Blend for 1 minute.
990365	MAYONNAISE, Red Calorie BestFoods	1 cup	
			Cover and refrigerate until ready to use.
			Place into piping bag-portion into 2 oz portion cups. Serve 1 dipping cup as condiment to many entrees. Sauce can also be used to flavor pasta dishes or upscale sandwiches.

*Nutrients are based upon 1 Portion Size (2 Tbsp (1 oz))

Calories ¹	44.542 kcal	Total Fat	3.245 g	Total Dietary Fiber	0.403 g	Vitamin C	4.353 mg	65.561% Calories from Total Fat
Saturated Fat ¹	0.533 g	Trans Fat ²	*0.000* g	Protein	0.274 g	Iron	0.017 mg	10.766% Calories from Sat Fat
Sodium ¹	211.011 mg	Cholesterol	4.156 mg	Vitamin A	0.946 IU	Water	*1.324* g	*0.000%* Calories from Trans Fat
Sugars	*0.899* g	Carbohydrate	2.430 g	Calcium	3.721 mg	Ash	*0.108* g	21.826% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			2.461% Calories from Protein
Type of Fat	-							

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

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® 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.

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Components											
Meat/Meat ALT	oz	eq	Grain	oz	eq	Fruit	cup	Vegetable	cup	Milk	cup

Allergens							
Egg	Dairy						

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