

## Recipe - Shake Apple Pie A La Mode Fortified (Fortified Apple Pie A La Mode Shake)

**Cook Time :**

**Method : Blenderize**

**Serving Size : 8 Fl Oz**

**Cook Temp :**

**Serve Utensil :**

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**INGREDIENT NAME**

**1**

**5**

**10**

**15**

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Instant Breakfast Mix Vanilla Pkt

1 Each

5 Each

10 Each

15 Each

Milk, Whole Bulk

3/4 Cup

3 3/4 Cup

1 7/8 Qt

2/3 Gal

Ice Cream, Vanilla Bulk

1/2 Cup

2 1/2 Cup

1 1/4 Qt

1/2 Gal

Pie Filling, Apple Cnd

1/4 Cup

1 1/4 Cup

2 1/2 Cup

1 Qt

Cinnamon, Ground

1/2 tsp

2 1/2 tsp

1 2/3 Tbsp

2 1/2 Tbsp

Topping, Whip RTS

2 Tbsp

5/8 Cup

1 1/4 Cup

1 7/8 Cup

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1. WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.

Place all ingredients into a blender and process until smooth.

2. Pour into glass and top with whipped cream.

3. Note: Garnish with caramel syrup if desired.

4. Serve immediately.

5. CCP -- Maintain <40F/4C.

6. Discard unused portion.

# Nutrient Analysis

## Shake Apple Pie A La Mode Fortified

Serving Size : 8 Fl Oz (236.59 ml)

Item Type : Recipe

Food Description :

### Macro Nutrients

Calories:	352 Kcal
Protein:	8.88 g
Carbohydrates:	45.16 g
Total Fat:	15.74 g
Monounsaturat Fat:	4.14* g
Polyunsaturat Fat:	0.76* g
Saturated Fat:	9.42* g
Trans Fat:	0.00* g
Water:	257 ml
Total Sugar:	34.00* g
Total Dietary Fiber:	1.83* g
Cholesterol:	56 mg
Alcohol:	0.00 g
Caffeine:	0.00* mg

### Minerals

Calcium:	329.96 mg
Magnesium:	32.25mg
Phosphorus:	248.00 mg
Potassium:	443.04 mg
Sodium:	172.11 mg
Copper:	0.113* mg
Iron:	0.52 mg
Manganese:	0.254* mg
Zinc:	1.253* mg

### Vitamins

Vitamin A:	194.05 RE
Vitamin E:	0.51 mg
Thiamin (B1):	0.15 mg
Riboflavin (B2):	0.52 mg
Niacin (B3):	0.46 mg
Vitamin (B6):	0.13 mg
Vitamin B12:	1.16 mcg
Folacin:	13.12 mcg
Pantothenic Acid:	1.17 mg
Vitamin C:	2.36 mg
Vitamin D:	100.37 IU
Vitamin K:	1.64* mcg

### Fatty Acids

Linoleic:	0.46* g
Oleic:	3.92* g

### Other Information

Calories from Carbohydrates:	50%
Calories from Fat:	40%
Calories from Protein:	10%

Poly/SatFat:	0.08:1
Sodium/Potassium:	0.39:1
Calcium/Phosphorus:	1.33:1

\* indicates 1 or more Unreported values.

## Recipe - Syrup Pumpkin Spice HiCal (HiCal Pumpkin Spice Syrup)

**Cook Time :**

**Method : Heat**

**Serving Size : 2 Tbsp**

**Cook Temp :**

**Serve Utensil :**

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**INGREDIENT NAME**

**1**

**5**

**10**

**15**

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Butter, Unsalted Bulk

1 tsp

1 2/3 Tbsp

3 1/3 Tbsp

1/3 Cup

Syrup, Corn Light

2 tsp

3 1/3 Tbsp

3/8 Cup

5/8 Cup

Sugar, Brown Light

1 tsp

1 2/3 Tbsp

3 1/3 Tbsp

1/3 Cup

Water, Tap

2 tsp

3 1/3 Tbsp

3/8 Cup

5/8 Cup

Pumpkin, Solid Cnd

1 tsp

1 2/3 Tbsp

3 1/3 Tbsp

1/3 Cup

Cinnamon, Ground

1/8 tsp

3/8 tsp

7/8 tsp

1 1/4 tsp

Nutmeg, Ground

1/8 tsp

1/4 tsp

3/8 tsp

5/8 tsp

Ginger, Ground

1/8 tsp

1/4 tsp

3/8 tsp

5/8 tsp

Allspice, Ground

1/8 tsp

1/4 tsp

3/8 tsp

5/8 tsp

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1. WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.

In a saucepan over medium heat, melt butter. Add brown sugar, corn syrup and water. Bring to a rolling boil, stirring constantly.

2. Turn heat to low, add pumpkin puree and spices. Mix well.

3. CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

4. Discard unused product.

5. Note: For use with hot cereal, pancakes, waffles, shakes, and coffee drinks.

# Nutrient Analysis

## Syrup Pumpkin Spice HiCal

Serving Size : 2 Tbsp (29.58 ml)

Item Type : Recipe

Food Description :

### Macro Nutrients

Calories:	96 Kcal
Protein:	0.13 g
Carbohydrates:	16.45 g
Total Fat:	3.94 g
Monounsaturat Fat:	1.12 g
Polyunsaturat Fat:	0.15 g
Saturated Fat:	2.43 g
Trans Fat:	0.00* g
Water:	19 ml
Total Sugar:	15.82* g
Total Dietary Fiber:	0.31 g
Cholesterol:	10 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

### Minerals

Calcium:	11.64 mg
Magnesium:	2.53mg
Phosphorus:	3.69 mg
Potassium:	21.51 mg
Sodium:	11.37 mg
Copper:	0.013 mg
Iron:	0.15 mg
Manganese:	0.079 mg
Zinc:	0.087 mg

### Vitamins

Vitamin A:	72.24 RE
Vitamin E:	0.17* mg
Thiamin (B1):	0.01 mg
Riboflavin (B2):	0.00 mg
Niacin (B3):	0.04 mg
Vitamin (B6):	0.01 mg
Vitamin B12:	0.01 mcg
Folacin:	0.93 mcg
Pantothenic Acid:	0.03* mg
Vitamin C:	0.26 mg
Vitamin D:	0.00 IU
Vitamin K:	1.22* mcg

### Fatty Acids

Linoleic:	0.09 g
Oleic:	0.97 g

### Other Information

Calories from Carbohydrates:	63%
Calories from Fat:	37%
Calories from Protein:	1%
Poly/SatFat:	0.06:1
Sodium/Potassium:	0.53:1
Calcium/Phosphorus:	3.16:1

\* indicates 1 or more Unreported values.

## Recipe - Hot Cocoa Peppermint Fortified (Fortified Peppermint Hot Cocoa)

Cook Time :

Method : Heat

Serving Size : 8 Fl Oz

Cook Temp :

Serve Utensil :

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INGREDIENT NAME	1	5	10	15
Instant Breakfast Mix Chocolate Pkt	1 Each	5 Each	10 Each	15 Each
Milk, Whole Bulk	1 Cup	1 1/4 Qt	5/8 Gal	1 Gal
Extract, Peppermint	1/2 tsp	2 1/2 tsp	1 2/3 Tbsp	2 1/2 Tbsp
Topping, Whip RTS	2 Tbsp	5/8 Cup	1 1/4 Cup	1 7/8 Cup

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1. WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.

In heavy sauce pan or microwave, warm milk. Stir in chocolate breakfast mix and peppermint extract.

2. Pour into mug and garnish with whipped topping.

3. Discard unused portion.

# Nutrient Analysis

## Hot Cocoa Peppermint Fortified

Serving Size : 8 Fl Oz (236.59 ml)

Item Type : Recipe

Food Description :

### Macro Nutrients

Calories:	296 Kcal
Protein:	14.99 g
Carbohydrates:	36.48 g
Total Fat:	10.20 g
Monounsaturat Fat:	2.60 g
Polyunsaturat Fat:	0.65 g
Saturated Fat:	5.87 g
Trans Fat:	0.00* g
Water:	224 ml
Total Sugar:	36.59 g
Total Dietary Fiber:	0.14 g
Cholesterol:	35 mg
Alcohol:	0.00 g
Caffeine:	8.86 mg

### Minerals

Calcium:	384.86 mg
Magnesium:	106.10mg
Phosphorus:	363.39 mg
Potassium:	669.42 mg
Sodium:	242.06 mg
Copper:	0.581 mg
Iron:	4.62 mg
Manganese:	0.000* mg
Zinc:	3.963 mg

### Vitamins

Vitamin A:	348.74 RE
Vitamin E:	3.54 mg
Thiamin (B1):	0.43 mg
Riboflavin (B2):	0.49 mg
Niacin (B3):	5.27 mg
Vitamin (B6):	0.51 mg
Vitamin B12:	1.73 mcg
Folacin:	113.44 mcg
Pantothenic Acid:	0.93* mg
Vitamin C:	27.25 mg
Vitamin D:	125.72 IU
Vitamin K:	32.78 mcg

### Fatty Acids

Linoleic:	0.42 g
Oleic:	2.53 g

### Other Information

Calories from Carbohydrates:	49%
Calories from Fat:	31%
Calories from Protein:	20%
Poly/SatFat:	0.11:1
Sodium/Potassium:	0.36:1
Calcium/Phosphorus:	1.06:1

\* indicates 1 or more Unreported values.

## Recipe - Soup Squash Butternut Fortified (Fortified Butternut Squash Soup)

**Cook Time : 30 min**

**Method : Cook**

**Serving Size : 6 Fl Oz**

**Cook Temp : 400F/204C**

**Serve Utensil :**

**INGREDIENT NAME**

**1**

**5**

**10**

**15**

Squash, Butternut Fresh (Diced)	2 Oz	10 Oz	1 1/4 lb	1 7/8 lb
Oil, Olive	1 1/8 tsp	1 7/8 Tbsp	1/4 Cup	1/3 Cup
Pepper, White	1/8 tsp	1/3 tsp	5/8 tsp	1 tsp
Butter, Unsalted Bulk	3/4 tsp	1 1/4 Tbsp	2 1/2 Tbsp	1/4 Cup
Onion, Yellow	1 1/3 Tbsp	3/8 Cup	7/8 Cup	1 1/4 Cup
Carrot, Diced Frz	2 Tbsp	5/8 Cup	1 1/4 Cup	1 7/8 Cup
Broth, Chicken Liquid	2 Tbsp	5/8 Cup	1 1/4 Cup	1 7/8 Cup
Nutmeg, Ground	1/8 tsp	1/3 tsp	5/8 tsp	1 tsp
Cream Cheese, Bulk (softened)	1 Oz	5 Oz	10 Oz	1 lb
Cream, Whipping Heavy (Divided)	1/4 Cup	1 3/8 Cup	2 3/4 Cup	1 Qt

1. WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.

In a large bowl, mix squash, olive oil, and pepper evenly coating with oil/pepper mixture. Place in a single layer onto baking sheet lined with foil or parchment paper. Roast for 30 minutes. Remove, and allow to cool for 10 minutes. CCP -- Maintain >135F/57C.

2. In a large stock pot over low/medium heat, melt butter. Add onions and carrots stirring occasionally until softened, about 10 minutes.

3. Stir in chicken stock, nutmeg, simmer on low, stirring occasionally for 10 minutes.

4. Add squash to broth, onion and carrot mixture. Working in batches, puree until smooth, adding 1/4 c. heavy as needed to achieve smooth consistency.

5. Return pureed squash mixture to stock pot on low. Mixture will be thick. Stir in softened cream cheese ~1/2 c. at a time, stirring well until melted and well incorporated.

6. Stir in heavy cream 1/2 c. at a time incorporating well. Do not allow to boil.

7. CCP -- Cook to internal temp of 165F/74C held for 15 sec.

8. CCP -- Maintain >135F/57C. Temperature should be taken every 2 hours during holding.

9. CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

10. CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 2 hrs - one time only

11. Note: Garnish with pinch of cinnamon or allspice; if desired.

# Nutrient Analysis

## Soup Squash Butternut Fortified

Serving Size : 6 Fl Oz (177.44 ml)

Item Type : Recipe

Food Description :

### Macro Nutrients

Calories:	438 Kcal
Protein:	4.71 g
Carbohydrates:	12.70 g
Total Fat:	42.36 g
Monounsaturat Fat:	13.22 g
Polyunsaturat Fat:	2.20 g
Saturated Fat:	23.85 g
Trans Fat:	0.84* g
Water:	159 ml
Total Sugar:	5.57* g
Total Dietary Fiber:	1.90 g
Cholesterol:	113 mg
Alcohol:	0.00 g
Caffeine:	0.00* mg

### Minerals

Calcium:	110.11 mg
Magnesium:	30.23mg
Phosphorus:	99.14 mg
Potassium:	354.96 mg
Sodium:	234.34 mg
Copper:	0.079 mg
Iron:	0.68 mg
Manganese:	0.181 mg
Zinc:	0.491 mg

### Vitamins

Vitamin A:	810.37 RE
Vitamin E:	2.65* mg
Thiamin (B1):	0.09 mg
Riboflavin (B2):	0.23 mg
Niacin (B3):	0.89 mg
Vitamin (B6):	0.16 mg
Vitamin B12:	0.18 mcg
Folacin:	24.89 mcg
Pantothenic Acid:	0.76* mg
Vitamin C:	13.66 mg
Vitamin D:	42.53 IU
Vitamin K:	8.65* mcg

### Fatty Acids

Linoleic:	1.83* g
Oleic:	11.94* g

### Other Information

Calories from Carbohydrates:	9%
Calories from Fat:	87%
Calories from Protein:	4%
Poly/SatFat:	0.09:1
Sodium/Potassium:	0.66:1
Calcium/Phosphorus:	1.11:1

\* indicates 1 or more Unreported values.



## Recipe - Pudding Rice Hot Eggnog HiCal (HiCal Hot Eggnog Rice Pudding)

**Cook Time :**

**Method : Cook**

**Serving Size : 1/2 Cup**

**Cook Temp :**

**Serve Utensil :**

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**INGREDIENT NAME**

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Eggnog	3/8 Cup	1 7/8 Cup	3 3/4 Cup	1 3/8 Qt
Rice, White Parboiled (cooked)	3/8 Cup	1 7/8 Cup	3 3/4 Cup	1 3/8 Qt
Extract, Vanilla	1/4 tsp	1 1/4 tsp	2 1/2 tsp	1 1/4 Tbsp
Nutmeg, Ground	1/8 tsp	5/8 tsp	1 1/4 tsp	1 7/8 tsp
Cream, Whipping Heavy	2 Tbsp	5/8 Cup	1 1/4 Cup	1 7/8 Cup
Egg, Shell Med	1/4 Each	1 1/4 Each	2 1/2 Each	3 3/4 Each

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1. WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.

In a heavy sauce pan over medium heat, combine rice, eggnog, vanilla, and nutmeg. Stirring frequently, cook until simmering ~5 minutes.

2. In a separate bowl, whisk cream and egg together. Temper egg/cream mixture by whisking in a spoonful of the hot rice mixture.

3. Combine egg mixture into rice/eggnog mixture. Cook an additional 5 minutes on medium heat until mixture is pudding thick consistency.

4. Top with a dusting of ground nutmeg and ground cinnamon.

5. CCP -- Cook to internal temp of 145F/62C held for 15 sec.

6. CCP -- Maintain >135F/57C. Temperature should be taken every 2 hours during holding.

7. Discard unused product.

# Nutrient Analysis

## Pudding Rice Hot Eggnog HiCal

Serving Size : 1/2 Cup (118.3 ml)

Item Type : Recipe

Food Description :

### Macro Nutrients

Calories:	475 Kcal
Protein:	11.46 g
Carbohydrates:	68.21 g
Total Fat:	16.36 g
Monounsaturat Fat:	4.50 g
Polyunsaturat Fat:	0.98 g
Saturated Fat:	9.90 g
Trans Fat:	0.38* g
Water:	115 ml
Total Sugar:	8.73* g
Total Dietary Fiber:	2.16 g
Cholesterol:	131 mg
Alcohol:	0.37* g
Caffeine:	0.00* mg

### Minerals

Calcium:	152.70 mg
Magnesium:	39.43mg
Phosphorus:	214.95 mg
Potassium:	260.48 mg
Sodium:	76.05 mg
Copper:	0.181 mg
Iron:	3.60 mg
Manganese:	0.807 mg
Zinc:	1.485 mg

### Vitamins

Vitamin A:	197.13 RE
Vitamin E:	0.59* mg
Thiamin (B1):	0.47 mg
Riboflavin (B2):	0.33 mg
Niacin (B3):	3.22 mg
Vitamin (B6):	0.21 mg
Vitamin B12:	0.57 mcg
Folacin:	180.80 mcg
Pantothenic Acid:	1.69* mg
Vitamin C:	1.62 mg
Vitamin D:	74.60 IU
Vitamin K:	1.28* mcg

### Fatty Acids

Linoleic:	0.77 g
Oleic:	3.98 g

### Other Information

Calories from Carbohydrates:	59%
Calories from Fat:	31%
Calories from Protein:	10%
Poly/SatFat:	0.10:1
Sodium/Potassium:	0.29:1
Calcium/Phosphorus:	0.71:1

\* indicates 1 or more Unreported values.