



825162 - Blueberry Filling or Topping

Source: Farm to School
 Number of Portions: 24
 Size of Portion: 1/4 cup

Components:
 Meat/Alt:
 Grains:
 Fruit: 0.25 cup
 Vegetable:
 Milk:

Recipe Subgroups:

Attributes:
 Fruits

HACCP Process: #3 Complex Food Preparation

Ingredients	Measures	Instructions
009050 BLUEBERRIES,RAW..... 014429 WATER,MUNICIPAL.....	3 lbs 3/4 cup	Rinse fresh blueberries under running water; drain well. Place 3 lbs. of fresh blueberries in small kettle or stockpot.
019335 SUGARS,GRANULATED.... 020027 CORNSTARCH.....	3 Tbsp 3 Tbsp	Mix sugar and cornstarch together. Stir in cold water to make a smooth slurry. Add to blueberries in stock pot.
		Heat blueberries until boiling. Turn to simmer and cook for 7 to 8 minutes. Stir constantly and gently with a heat resistant spatula to prevent berry damage. Do not overcook blueberries; they should remain whole and maintain shape. Cool completely. Chill and hold at 41 degrees F. The filling is best if made the day before use. Recipe makes 1 ½ quarts of filling for turnovers or topping for pancakes, waffles or French toast and waffle sticks. Serve 1/4 cup with #16 disher or 2 ounce spoodle when portioning as topping. If using a filling for Blueberry Moon Pockets, follow the recipe. CCP: Cool to 41° F or lower within 4 hours. CCP: Hold at 41 degrees F. or lower.

*Nutrients are based upon 1 Portion Size (1/4 cup)

Calories	42 kcal	Cholesterol	0 mg	Sugars	7.2 g	Calcium	3.66 mg	4.00%	Calories from Total Fat
Total Fat	0.19 g	Sodium	1 mg	Protein	0.42 g	Iron	0.16 mg	0.34%	Calories from Saturated Fat
Saturated Fat	0.02 g	Carbohydrates	10.70 g	Vitamin A	30.6 IU	Water ¹	55.23 g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.37 g	Vitamin C	5.5 mg	Ash ¹	0.14 g	101.39%	Calories from Carbohydrates
								4.00%	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
¹ - denotes optional nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.