

Apple Pie Overnight Oats

Servings:	50.00
Serving Size:	1.00 Serving
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	Complex Food Prep

Overnight Oats

Nutrition Information

Calories	186.72	Protein	6.56g
Fat	2.38g	SaturatedFat	0.81g
Trans Fat	0.00g	Cholesterol	2.61mg
Carbohydrates	34.61g	Fiber	2.67g
Sugar	14.80g	Sodium	53.72mg
Iron	1.74mg	Vitamin C	0.07mg
Vitamin A	490.16IU	Calcium	110.21mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
12 1/2 Cup	304096	OATS OLD FASHIONED 12-42Z QUAK	
196 Ounce	811500	YOGURT VAN L/F PARFPR 6-4 YOPL	READY_TO_EAT Ready to use with pouch & serving tip.
6 1/2 1 carton		1% Lowfat White Milk	
2 Serving	110541-COMM	Applesauce Unsweetened 6/#10 Cans	READY_TO_EAT

Preparation Instructions