

BC Breakfast Smoothie

Servings:	1.00
Serving Size:	0.00
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	Complex Food Prep
BC Breakfast Smoothie	

Nutrition Information

Calories	200.00	Protein	7.00g
Fat	1.50g	SaturatedFat	1.00g
Trans Fat	0.00g	Cholesterol	5.00mg
Carbohydrates	39.00g	Fiber	1.00g
Sugar	28.00g	Sodium	105.00mg
Iron	1.80mg	Vitamin C	0.00mg
Vitamin A	1000.00IU	Calcium	200.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
8 Ounce	811500	YOGURT VAN L/F PARFPR 6-4 YOPL	READY_TO_EAT Ready to use with pouch & serving tip.

Preparation Instructions