

# BC Breakfast Smoothie

<b>Servings:</b>	1.00
<b>Serving Size:</b>	0.00
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Complex Food Prep

BC Breakfast Smoothie

## Nutrition Information

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