

# Yogurt Smoothies Apple- Ore Creek

<b>Servings:</b>	16.00
<b>Serving Size:</b>	16.00 Fluid Ounce
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Complex Food Prep

yogurt and juice

## Nutrition Information

<b>Calories</b>	107.50	<b>Protein</b>	3.50g
<b>Fat</b>	0.75g	<b>SaturatedFat</b>	0.50g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	2.50mg
<b>Carbohydrates</b>	21.38g	<b>Fiber</b>	0.50g
<b>Sugar</b>	15.75g	<b>Sodium</b>	54.69mg
<b>Iron</b>	0.90mg	<b>Vitamin C</b>	7.50mg
<b>Vitamin A</b>	500.00IU	<b>Calcium</b>	100.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
<b>4 Pound</b>	811500	YOGURT VAN L/F PARFPR 6-4 YOPL	READY_TO_EAT Ready to use with pouch & serving tip.
<b>8 Cup</b>	589741	JUICE APPLE 100 4-128FLZ HV	

## Preparation Instructions