

Fruit & Yogurt Parfait w/ Granola & UBR

| | | | |
|----------------------|--------------------|-----------------------|---------|
| Servings: | 7.14 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-21350 |
| School: | Test High School 2 | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------|---|--|------------|
| YOGURT VAN L/F PARFPR | 1 Quart 1 Pint 1 Cup 1 1/7 Fluid Ounce (57 1/7 Fluid Ounce) | READY_TO_EAT Ready to use with pouch & serving tip. | 811500 |
| CEREAL GRANOLA TSTD OAT | 1 11/14 Cup | Ready to eat. | 711664 |
| STRAWBERRY IQF 30 COMM | 1 11/14 Cup | Thaw the day before. Use non-slotted spoodle to add to parfait, so juice is included. | 150450 |
| Wild Blueberries fzn | 1 11/14 Cup | Can put in parfait frozen so juice doesn't bleed. | 100243 |
| ROUND BKFST UBR IW | 7 1/7 Each | Serve on top of parfait cup. | 129001 |

Preparation Instructions

Place 1 cup of yogurt in parfait cup. Top with strawberries and blueberries.

Top off with 2 Tablespoons of granola.

Cover with lid and refrigerate.

Hold at 41F or less.

Serve UBR for 2 Grains

Cup- 672312

Insert- 656521

Lid- 792210

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.866 |
| Grain | 2.581 |
| Fruit | 0.250 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 7.14

Serving Size: 1.00 Each

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 690.26 |
| Fat | 15.50g |
| SaturatedFat | 4.45g |
| Trans Fat | 0.10g |
| Cholesterol | 14.47mg |
| Sodium | 423.87mg |
| Carbohydrates | 125.32g |
| Fiber | 8.90g |
| Sugar | 65.86g |
| Protein | 15.47g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 305.77mg | Iron 2.41mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available