

# Strawberry Chocolate Parfait

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	8.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3877
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPRINKLES CHOC DECOR	1 Pint 1 Tablespoon 1 0.030680172444744 Teaspoon (100 Teaspoon)	Sprinkle on top to finish	421600
SYRUP CHOC	3 Quart 3 Fluid Ounce 1 15/16 Tablespoon (200 Tablespoon)	2 Tbsp per parfait	433941
YOGURT VAN L/F	3 Gallon 1 Pint (50 Cup)		541966
Strawberry Cup	3 Gallon 1 Pint (50 Cup)	Use USDA Commodity cup, or fresh strawberry or diced frozen strawberry 621420	100256
GRANOLA BAG IW	100	READY_TO_EAT Great to eat out of the pack, on breakfast and salad bars, or as a topping for desserts, yogurt, or parfaits. Perfect for healthcare-- nursing homes, rehabilitation centers, long-term care, senior living; schools, day cares, camps, golf courses and recreation programs.	649742

## Preparation Instructions

Assemble ingredients in to- go parfait cup.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.056
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 8.00 Serving

Amount Per Serving	
<b>Calories</b>	340.00
<b>Fat</b>	6.17g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	6.67mg
<b>Sodium</b>	155.00mg
<b>Carbohydrates</b>	66.11g
<b>Fiber</b>	4.22g
<b>Sugar</b>	46.00g
<b>Protein</b>	7.78g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 197.43mg	<b>Iron</b> 2.06mg

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

## Nutrition - Per 100g

No 100g Conversion Available