

# Yogurt Parfait

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<b>Servings:</b>	4.71	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27466
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL GRANOLA TSTD OAT	1 Pint 1 8/15 Cup (3 8/15 Cup)	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	711664
YOGURT VAN L/F PARFPR	1 Quart 5/7 Cup (4 5/7 Cup)	READY_TO_EAT Ready to use with pouch & serving tip.	811500
YOGURT STRAWB L/F PARFPR	1 Quart 5/7 Cup (4 5/7 Cup)	READY_TO_EAT Ready to use with pouch & serving tip.	811490
BLUEBERRY FREE-FLOW IQF 30 GCHC	1 Pint 5/14 Cup (2 5/14 Cup)		119873
STRAWBERRY DCD 1/2IN IQF	1 Pint 5/14 Cup (2 5/14 Cup)		621420

## Preparation Instructions

You will be using one of each: 20oz cup #672292, Insert 4oz 819340 and Dome 820360

Start by placing 1/2 cup of Yogurt in the bottom of the cup

1/2 cup fruit (either blueberry or strawberry) on top of the yogurt

Then add another 1/2 cup of yogurt and 1/2 cup of fruit (either blueberry or strawberry)

You will measure 3/4 cup of granola into the insert and place it on top of the berries

Finish with placing a dome lid on top

label and keep in the cooler at 41 or below until ready to serve.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	4.108
<b>Grain</b>	1.742
<b>Fruit</b>	1.001
<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: 4.71

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	873.56
<b>Fat</b>	16.50g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	14.94mg
<b>Sodium</b>	524.28mg
<b>Carbohydrates</b>	166.19g
<b>Fiber</b>	6.01g
<b>Sugar</b>	96.76g
<b>Protein</b>	21.95g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 537.80mg	<b>Iron</b> 2.70mg

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

## Nutrition - Per 100g

No 100g Conversion Available