

Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-44179

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	4 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
STRAWBERRY WHL IQF	1/2 Cup		244630
GRANOLA OATHNY BULK	2 1/2 Ounce	READY_TO_EAT READY TO EAT	226671

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.933
Grain	2.332
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	348.99
Fat	3.08g
SaturatedFat	0.84g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	339.55mg
Carbohydrates	75.28g
Fiber	4.30g
Sugar	39.51g
Protein	8.90g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 182.64mg	Iron 2.18mg

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

Nutrition - Per 100g

No 100g Conversion Available