

Fruit Smoothie with Donut Hole

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-45625
School:	Walton-Verona Early Childhood Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	3 1/2 Ounce	READY_TO_EAT Ready to eat. 1. Tear at notch 2. Squeeze Yoplait® Low Fat Yogurt into cup	811500
IQF Frozen Sliced Strawberries	1/2 Cup	or other frozen fruit option	110860
Fat Free Skim Milk	8 Ounce	BAKE	51801
DONUT HOLE WGRAIN .41Z	1 Each	Put 4 donut holes with smoothie	839520

Preparation Instructions

Pulse until smooth

Pour into cups

Refrigerate until service Hold cold 41 F or below

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.000
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 Serving

Amount Per Serving	
Calories	877.11
Fat	3.32g
SaturatedFat	1.49g
Trans Fat	0.00g
Cholesterol	43.26mg
Sodium	1145.57mg
Carbohydrates	132.74g
Fiber	1.33g
Sugar	113.87g
Protein	67.93g
Vitamin A 80.00IU	Vitamin C 32.00mg
Calcium 359.87mg	Iron 0.24mg

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

Nutrition - Per 100g

No 100g Conversion Available