

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