

Fruit Smoothie with Donut Hole

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Cup	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	4 Pound 8 Ounce (72 Ounce)	READY_TO_EAT Ready to eat. 1. Tear at notch 2. Squeeze Yoplait® Low Fat Yogurt into cup	811500
IQF Frozen Sliced Strawberries	2 Quart 1 Pint (10 Cup)	or other frozen fruit option	110860
Fat Free Skim Milk	4 Pound	BAKE	51801
DONUT CHOC MINI IW	5 Package	3 on straw	738181
DONUT PWDRD MINI IW	5 Package		738201

Preparation Instructions

Pulse until smooth

Pour into cups

Refrigerate until service Hold cold 41 F or below CCP

Meal Components (SLE)

Amount Per Serving

Meat	1.007
Grain	1.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	548.75
Fat	7.42g
SaturatedFat	3.71g
Trans Fat	0.00g
Cholesterol	19.36mg
Sodium	619.73mg
Carbohydrates	86.67g
Fiber	2.25g
Sugar	65.18g
Protein	31.21g
Vitamin A 32.00IU	Vitamin C 12.80mg
Calcium 231.40mg	Iron 0.75mg

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

Nutrition - Per 100g

No 100g Conversion Available