

# High School: Yogurt Parfait

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 PARFAIT	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32956

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F	1 Cup		881161
Strawberries IQF sliced	1/2 Cup	Commodity Brown Box	110860
CEREAL GRANOLA HNY OATS	2/3 Cup	N/A	818961

## Preparation Instructions

Updated 8.7.24

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.500
<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: 1.00

Serving Size: 1.00 PARFAIT

Amount Per Serving	
<b>Calories</b>	517.96
<b>Fat</b>	9.99g
<b>SaturatedFat</b>	2.49g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	14.93mg
<b>Sodium</b>	198.79mg
<b>Carbohydrates</b>	93.31g
<b>Fiber</b>	5.00g
<b>Sugar</b>	45.87g
<b>Protein</b>	14.96g

**Vitamin A** 0.00IU      **Vitamin C** 0.00mg

**Calcium** 308.96mg      **Iron** 1.60mg

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

### Nutrition - Per 100g

No 100g Conversion Available