

Fruit and Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-49279

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Variety of Fruit	1/2 Cup	Can use a variety of fruit of choice. Any USDA Brown Box Commodity fruit, canned fruit-drained. GFS#630480-Strawberry, GFS#119873 Blueberry, GFS#244620 Four Berry Blend	
YOGURT VAN L/F PARFPR	1 Cup	N/A	811500
CEREAL GRANOLA HNY OATS	2/3 Cup	N/A	818961

Preparation Instructions

Package in parfait cup GFS 773551.

1. Place 1/4 cup of fruit in parfait cup and then 1/2 cup of yogurt. Repeat.
2. Place parfait divider on top of the yogurt.
3. Place 2/3 cup (#6 Disher) of granola in the divider.
4. Place lid on cup.
5. Hold in cooler at 40 F or lower for serving.

Updated 8.25.24

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
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 Each

Amount Per Serving	
Calories	556.70
Fat	8.49g
SaturatedFat	1.75g
Trans Fat	0.00g
Cholesterol	7.46mg
Sodium	180.69mg
Carbohydrates	107.70g
Fiber	4.21g
Sugar	59.36g
Protein	13.46g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 268.66mg	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