

Wild Pink Smoothie



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-51086

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEET DCD	6 1/4 Pound	Drained	118869
RASPBERRY WHL IQF	18 3/4 Pound		244670
YOGURT VAN L/F	25 Pound		881161
MILK WHT FF	1 Quart 1 1/8 Pint (3 1/8 Pint)		557862

Preparation Instructions

Instructions

Chill the drained beets for several hours or overnight under refrigeration.

Place the beets, raspberries, yogurt and milk in a large-capacity blender container (or prepare in batches).

Blend on high speed for 1 minute. Stop the blender and stir the ingredients with a spatula.

Continue to blend until smooth.

Portion into serving cups and cover. Served chilled.

Recipe Notes

Crediting: 1/2 Fruit, 1 Meat/MA

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: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	157.82
Fat	2.13g
SaturatedFat	0.75g
Trans Fat	0.00g
Cholesterol	7.78mg
Sodium	94.84mg
Carbohydrates	31.03g
Fiber	5.75g
Sugar	18.68g
Protein	6.37g
Vitamin A 31.29IU	Vitamin C 0.00mg
Calcium 195.06mg	Iron 0.68mg

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

Nutrition - Per 100g

No 100g Conversion Available