

# Fruit Parfait

<b>Servings:</b>	12.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-50639
<b>School:</b>	Prairie Crossing		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Strawberries IQF sliced	1 Quart 1 Pint (6 Cup)	Use any canned or frozen fruit of choice.	110860
YOGURT VAN L/F PARFPR	1 Quart 1 Pint (6 Cup)		811500

## Preparation Instructions

1. Spoon 1/4 cup yogurt into bottom of 10-12 oz. cup.
2. Add 1/4 cup fruit.
3. Repeat layers.
4. Cover and chill until ready to serve.

Serve with 1 package of grahams.

Hold in cold pass thru until served.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	0.000
<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: 12.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	150.94
<b>Fat</b>	0.75g
<b>SaturatedFat</b>	0.37g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	3.73mg
<b>Sodium</b>	61.70mg
<b>Carbohydrates</b>	33.13g
<b>Fiber</b>	2.00g
<b>Sugar</b>	21.42g
<b>Protein</b>	3.73g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 134.33mg	<b>Iron</b> 0.00mg

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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