

Yogurt & Granola

NO IMAGE

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31348

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT CHERRY TRPL L/F	1 Each	Ready to eat single serving	186911
YOGURT STRAWB BAN BASH L/F	1 Each	Ready to eat single serving	551760
YOGURT RASPB RNBW L/F	1 Each	Ready to eat single serving	551770
YOGURT DANIMAL STRAWB BAN N/F	1 Each	Ready to eat single serving	869921
YOGURT DANIMAL STRAWB N/F	1 Each	Ready to eat single serving	885750
GRANOLA BAG IW	5 Package	Can also order 'Awesome Granola' from Commercial Foods. #40058	649742

Preparation Instructions

This recipe shows the 5 different yogurt varieties that can be offered (or ordered one flavor at time.)

The recipe nutrient information shows one serving of a packet of granola and a yogurt.

To Serve: One packet of IW granola + one container of yogurt of choice.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	196.00
Fat	3.80g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	3.00mg
Sodium	136.00mg
Carbohydrates	34.60g
Fiber	2.00g
Sugar	15.40g
Protein	7.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 124.00mg	Iron 0.72mg

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

Nutrition - Per 100g

No 100g Conversion Available