

Blueberry or Strawberry Yogurt Dessert- HS

Servings:	300.00	Category:	Fruit
Serving Size:	5.00 Fluid Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11949
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
TOPPING WHIP	8 Carton	307092
YOGURT BLUEB L/F	40 Pound	558311
Blueberries, Frozen	4 Gallon	110624

Preparation Instructions

In a larger mixer bowl, whip topping according to carton instructions. Fold in yogurt & berries (if using frozen fruit, drain well). Dip into 5 oz. plastic souffle cups to serve. Keep cold.

Meal Components (SLE)

Amount Per Serving

Meat	0.500
Grain	0.000
Fruit	0.125
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 5.00 Fluid Ounce

Amount Per Serving			
Calories	141.08		
Fat	6.74g		
SaturatedFat	6.05g		
Trans Fat	0.03g		
Cholesterol	2.67mg		
Sodium	53.87mg		
Carbohydrates	20.04g		
Fiber	0.85g		
Sugar	17.43g		
Protein	2.13g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	66.83mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available
