

Yogurt Parfait



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-44179

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	4 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
STRAWBERRY WHL IQF	1/2 Cup	Can you other variety of fruits	244630
GRANOLA OATHNY BULK	1 Ounce	READY_TO_EAT READY TO EAT	226671

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.119
Grain	1.000
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	220.26
Fat	1.68g
SaturatedFat	0.56g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	171.64mg
Carbohydrates	47.29g
Fiber	2.62g
Sugar	27.75g
Protein	6.10g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 160.25mg	Iron 1.17mg

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

Nutrition - Per 100g

No 100g Conversion Available