

# Yogurt Parfait



|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <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-44179 |

## Ingredients

| Description           | Measurement | Prep Instructions                                      | DistPart # |
|-----------------------|-------------|--|------------|
| YOGURT VAN L/F PARFPR | 4 Ounce     | READY_TO_EAT<br>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<br>READY TO EAT                           | 226671     |

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 1.119 |
| <b>Grain</b>    | 1.000 |
| <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: 1.00

Serving Size: 1.00 Each

| Amount Per Serving      |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 220.26                  |
| <b>Fat</b>              | 1.68g                   |
| <b>SaturatedFat</b>     | 0.56g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 3.73mg                  |
| <b>Sodium</b>           | 171.64mg                |
| <b>Carbohydrates</b>    | 47.29g                  |
| <b>Fiber</b>            | 2.62g                   |
| <b>Sugar</b>            | 27.75g                  |
| <b>Protein</b>          | 6.10g                   |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 160.25mg | <b>Iron</b> 1.17mg      |

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

## Nutrition - Per 100g

No 100g Conversion Available