

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