

# Strawberry Smoothie w/Vanilla Goldfish



|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <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-52410 |

## 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 SLCD 4+1     | 1/2 Cup     | Thaw                                                   | 293393     |
| MILK WHT FF             | 1 Cup       | Ready to Drink                                         | 557862     |
| CRACKER GLDFSH GRHM VAN | 1 Each      | READY_TO_EAT<br>Ready to Enjoy                         | 198472     |

## Preparation Instructions

Smoothie Cup- 672292 (20 oz) or 672312 (16 oz)

Smoothie Lid- 792210  
Straw- 705980

18 oz. Smoothie

- 1. Place all ingredients in container. Add ice to increase volume and creaminess if needed.
- 2. Pulse with immersion blender until smooth.
- 3. Pour into appropriate - sized cups.

CCP: Refrigerate until service.

CCP: Hold for cold service below 41 F or lower.

Donut Holes-

Basic Preparation

Thaw and serve.

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: 1.00 |          |           |        |
|---------------------------|----------|-----------|--------|
| Serving Size: 1.00 Each   |          |           |        |
| Amount Per Serving        |          |           |        |
| Calories                  |          | 395.24    |        |
| Fat                       |          | 4.95g     |        |
| SaturatedFat              |          | 1.47g     |        |
| Trans Fat*                |          | 0.00g     |        |
| Cholesterol               |          | 8.73mg    |        |
| Sodium                    |          | 257.60mg  |        |
| Carbohydrates             |          | 73.13g    |        |
| Fiber                     |          | 2.00g     |        |
| Sugar                     |          | 50.92g    |        |
| Protein                   |          | 14.03g    |        |
| Vitamin A                 | 499.80IU | Vitamin C | 0.00mg |
| Calcium                   | 442.23mg | Iron      | 0.57mg |

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

Nutrition - Per 100g

No 100g Conversion Available