

Strawberry Smoothie w/Donut Holes



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-23206
School:	Central Elementary School		

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 SLCD 4+1	1/2 Cup		293393
DONUT HOLE WGRAIN .41Z	3 Each		839520
MILK WHT FF	1 Cup		557862

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	0.933
Grain	4.000
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 Serving			
Amount Per Serving			
Calories		415.24	
Fat		8.95g	
SaturatedFat		3.97g	
Trans Fat*		0.00g	
Cholesterol		8.73mg	
Sodium		322.60mg	
Carbohydrates		69.13g	
Fiber		2.00g	
Sugar		47.92g	
Protein		14.03g	
Vitamin A	499.80IU	Vitamin C	0.00mg
Calcium	449.23mg	Iron	1.30mg

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

Nutrition - Per 100g

No 100g Conversion Available