

# Fruit Parfait

Servings:	12.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-50639
School:	Prairie Crossing		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Strawberries IQF sliced	1 Quart 1 Pint (6 Cup)	Use any canned or frozen fruit of choice.	110860
YOGURT VAN L/F PARFPR	1 Quart 1 Pint (6 Cup)		811500

## Preparation Instructions

- 1. Spoon 1/4 cup yogurt into bottom of 10-12 oz. cup.
- 2. Add 1/4 cup fruit.
- 3. Repeat layers.
- 4. Cover and chill until ready to serve.

Serve with 1 package of grahams.  
Hold in cold pass thru until served.

### Meal Components (SLE)

Amount Per Serving	
Meat	1.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 12.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		150.94	
Fat		0.75g	
SaturatedFat		0.37g	
Trans Fat*		0.00g	
Cholesterol		3.73mg	
Sodium		61.70mg	
Carbohydrates		33.13g	
Fiber		2.00g	
Sugar		21.42g	
Protein		3.73g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	134.33mg	Iron	0.00mg

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

## Nutrition - Per 100g

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No 100g Conversion Available

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