

Wild Pink Smoothie



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-51086

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEET DCD	100 Ounce	Drained	118869
RASPBERRY WHL IQF	300 Ounce		244670
YOGURT VAN L/F	400 Ounce		881161
MILK WHT FF	6 Cup 4 Tablespoon (3 1/8 Pint)		557862

Preparation Instructions

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Chill the drained beets for several overs or overnight under refrigeration.

Place the beets, raspberries, yogurt and milk in a large-capacity blender container (or prepare in batches).

Blend on high speed for 1 minute. Stop the blender and stir the ingredients with a spatula.

Continue to blend until smooth.

Portion into serving cups and cover (1 CUP each) . Served chilled.

Recipe Notes

Crediting: 1/2 Fruit, 1 Meat/MA

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: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		157.82	
Fat		2.13g	
SaturatedFat		0.75g	
Trans Fat*		0.00g	
Cholesterol		7.78mg	
Sodium		94.84mg	
Carbohydrates		31.03g	
Fiber		5.75g	
Sugar		18.68g	
Protein		6.37g	
Vitamin A	31.29IU	Vitamin C	0.00mg
Calcium	195.06mg	Iron	0.68mg

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

Nutrition - Per 100g

No 100g Conversion Available