

Fresh Berries Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-51937
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	1/2 Cup	READY_TO_EAT Ready to eat.1. Tear at notch2. Squeeze Yoplait® Low Fat Yogurt into cup	811500
Blueberries, Frozen	1/4 Cup	Thaw and use USDA Brown Box Commodity	110624
Strawberries IQF sliced	1/4 Cup	Thaw and use USDA Brown Box Commodity	110860
CEREAL GRANOLA TSTD OAT	1/4 Cup	READY_TO_EAT Follow instruction on the package	711664

Preparation Instructions

Layer Yogurt and berries and then top with Granola for service.

Meal Components (SLE)

Amount Per Serving

Meat	1.119
Grain	1.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		271.44	
Fat		5.75g	
Saturated Fat		0.87g	
Trans Fat		0.00g	
Cholesterol		3.73mg	
Sodium		156.20mg	
Carbohydrates		52.13g	
Fiber		3.00g	
Sugar		29.42g	
Added Sugar		19.69g	
Protein		5.73g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	134.33mg	Iron	0.60mg

Nutrition - Per 100g

No 100g Conversion Available