

Lucky Charms Strawberry Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-35596

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB L/F PARFPR	1 4 oz.	Ready To Eat	811490
CEREAL LUCKY CHARMS	1 Ounce	READY_TO_EAT Ready to eat	427829

Preparation Instructions

Layer-

Strawberry Yogurt

Lucky Charms

Clear Container- 792220

CCP- Hold for cold service at 41° or lower.

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.119
Grain	0.750
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	251.94		
Fat	2.25g		
Saturated Fat	0.37g		
Trans Fat	0.00g		
Cholesterol	3.73mg		
Sodium	289.70mg		
Carbohydrates	53.13g		
Fiber	2.00g		
Total Sugar	28.42g		
Added Sugar	24.69g		
Protein	6.73g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	264.33mg	Iron	3.60mg

Nutrition - Per 100g

No 100g Conversion Available
