

# Cocoa Yogurt Parfait

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-35597

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	4 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
Cocoa	1 Tablespoon	Ready To Eat	269654
CEREAL COCOA PUFFS	1 Ounce	Ready To Eat	130745
non dairy whipped topping	2 Tablespoon	THAW	
SYRUP CHOC	1 Tablespoon		199133

## Preparation Instructions

Layer-

Yogurt

Cocoa Puffs

On Top

Chocolate Syrup

Clear Container- 792220

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

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	1.119
<b>Grain</b>	1.563
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	363.58
<b>Fat</b>	3.85g
<b>Saturated Fat</b>	0.97g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	3.73mg
<b>Sodium</b>	234.00mg
<b>Carbohydrates</b>	86.38g
<b>Fiber</b>	2.90g
<b>Total Sugar</b>	45.71g
<b>Added Sugar</b>	27.69g
<b>Protein</b>	7.53g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 307.14mg	<b>Iron</b> 12.85mg

## Nutrition - Per 100g

No 100g Conversion Available