

# Strawberry Yogurt Parfait w/Granola

|                      |                           |                       |                  |
|----------------------|---------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00                      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each                 | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Breakfast                 | <b>Recipe ID:</b>     | R-8244           |
| <b>School:</b>       | Central Elementary School |                       |                  |

## Ingredients

| Description              | Measurement | Prep Instructions  | DistPart # |
|--------------------------|-------------|--|------------|
| YOGURT VAN L/F PARFPR    | 4 Ounce     | READY_TO_EAT<br>Ready to use with pouch & serving tip.                 | 811500     |
| CEREAL GRANOLA TSTD OAT  | 2 Ounce     | READY_TO_EAT<br>Ready to eat dry cereal packaged for cereal dispensers | 711664     |
| STRAWBERRY DCD 1/2IN IQF | 1/2 Cup     | READY_TO_EAT<br>Ready to Eat   | 621420     |

## Preparation Instructions

READY\_TO\_EAT

Ready to use with pouch & serving tip.

Strawberries - Thaw and top yogurt

Granola

READY\_TO\_EAT

Ready to eat dry cereal packaged for cereal dispensers

Cup- 773551

## Meal Components

Amount Per Serving

|                                 |       |
|---------------------------------|-------|
| <b>Meat/Meat Alternate</b>      | 1.119 |
| <b>Grain</b>                    | 1.000 |
| <b>Fruit</b>                    | 0.500 |
| <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 Each

| Amount Per Serving       |                         |
|--------------------------|-------------------------|
| <b>Calories</b>          | 219.63                  |
| <b>Fat</b>               | 5.25g                   |
| <b>Saturated Fat</b>     | 0.87g                   |
| <b>Trans Fat</b>         | 0.00g                   |
| <b>Cholesterol</b>       | 3.73mg                  |
| <b>Sodium</b>            | 154.70mg                |
| <b>Carbohydrates</b>     | 48.63g                  |
| <b>Fiber</b>             | 2.50g                   |
| <b>Total Sugar</b>       | 18.21g                  |
| <b>Added Sugar</b>       | 19.69g                  |
| <b>Protein</b>           | 6.23g                   |
| <b>Vitamin A</b> 0.00mcg | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 134.33mg  | <b>Iron</b> 1.50mg      |

## Nutrition - Per 100g

No 100g Conversion Available