

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