

# Strawberry Smoothie w/Donut Holes



|                      |                           |                       |         |
|----------------------|---------------------------|-----------------------|---------|
| <b>Servings:</b>     | 1.00                      | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Serving              | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast                 | <b>Recipe ID:</b>     | R-23206 |
| <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     |
| STRAWBERRY SLCD 4+1          | 1/2 Cup     |  | 293393     |
| MILK WHT FF                  | 1 Cup       |  | 557862     |
| DONUT HOLE YST RSD WGRAIN FZ | 3 Each      |  | 583292     |

## Preparation Instructions

Smoothie Cup- 672292 (20 oz) or 672312 (16 oz)

Smoothie Lid- 792210

Straw- 705980

18 oz. Smoothie

1. Place all ingredients in container. Add ice to increase volume and creaminess if needed.
2. Pulse with immersion blender until smooth.
3. Pour into appropriate - sized cups.

CCP: Refrigerate until service.

CCP: Hold for cold service below 41 F or lower.

Donut Holes-

Basic Preparation

Thaw and serve.

## Meal Components

Amount Per Serving

|                                 |       |
|---------------------------------|-------|
| <b>Meat/Meat Alternate</b>      | 1.119 |
| <b>Grain</b>                    | 1.200 |
| <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 Serving

| Amount Per Serving         |                         |
|----------------------------|-------------------------|
| <b>Calories</b>            | 248.23                  |
| <b>Fat</b>                 | 1.38g                   |
| <b>Saturated Fat</b>       | 0.67g                   |
| <b>Trans Fat</b>           | 0.00g                   |
| <b>Cholesterol</b>         | 8.73mg                  |
| <b>Sodium</b>              | 176.89mg                |
| <b>Carbohydrates</b>       | 55.51g                  |
| <b>Fiber</b>               | 1.11g                   |
| <b>Total Sugar</b>         | 37.01g                  |
| <b>Added Sugar</b>         | 26.96g                  |
| <b>Protein</b>             | 12.25g                  |
| <b>Vitamin A</b> 499.83mcg | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 442.89mg    | <b>Iron</b> 0.64mg      |

## Nutrition - Per 100g

No 100g Conversion Available