

Fruit Smoothie with Donut Hole

NO IMAGE

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-45625
School:	Walton-Verona Early Childhood Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	72 Ounce	READY_TO_EAT Ready to eat. 1. Tear at notch 2. Squeeze Yoplait® Low Fat Yogurt into cup	811500
IQF Frozen Sliced Strawberries	10 Cup	or other frozen fruit option	110860
Fat Free Skim Milk	64 Ounce	BAKE	51801
DONUT CHOC MINI IW	5 Package	3 on straw	738181
DONUT PWDRD MINI IW	5 Package		738201

Preparation Instructions

Pulse until smooth

Pour into cups

Refrigerate until service Hold cold 41 F or below CCP

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.007
Grain	1.000
Fruit	0.500
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	515.16
Fat	7.42g
Saturated Fat	3.71g
Trans Fat	0.00g
Cholesterol	19.36mg
Sodium	619.73mg
Carbohydrates	86.67g
Fiber	2.25g
Total Sugar	57.79g
Added Sugar	20.67g
Protein	31.21g
Vitamin A 32.00mcg	Vitamin C 12.80mg
Calcium 233.65mg	Iron 0.70mg

Nutrition - Per 100g

No 100g Conversion Available