

# Yogurt Parfait

<b>Servings:</b>	25.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-56853
<b>School:</b>	The Grind		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Yoplait Parfait Pro Lowfat Vanilla Yogurt, Reduced Sugar, Bulk Pouch, 64 Oz Bag, 6/Case	25 Cup		499989
Nature Valley Granola Cereal 25% Less Sugar Cinnamon Bulk pack	12 1/2 Cup		569744
Blueberries - frozen	6 1/4 Cup	You also can use 1/2 cup bananas, peaches, or other fruit on hand	100243
Strawberries Sliced	6 1/4 Cup		

## Preparation Instructions

Step 1: Place 1 Cup of yogurt into a tumbler

Step 2: Place 1/2 Cup of strawberries on top OR

Place 1/2 Cup of blueberries on top

Step 3: Place 2oz of granola on top (or serve with an individual packet of granola)

Step 4: Hold in cooler until service

You can also use a 1/2 of bananas, peaches or other fruit on hand.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	2.000
<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: 25.000

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	455.30
<b>Fat</b>	5.33g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	7.46mg
<b>Sodium</b>	274.55mg
<b>Carbohydrates</b>	89.16g
<b>Fiber</b>	10.18g
<b>Total Sugar</b>	41.50g
<b>Added Sugar</b>	19.62g
<b>Protein</b>	14.72g
<b>Vitamin A</b> 238.81mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 328.36mg	<b>Iron</b> 0.00mg

## Nutrition - Per 100g

No 100g Conversion Available