

Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-57522

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Yoplait Parfait Pro Lowfat Vanilla Yogurt, Reduced Sugar, Bulk Pouch, 64 Oz Bag, 6/Case	1 Cup		499989
Nature Valley Granola Cereal 25% Less Sugar Cinnamon Bulk pack	1/2 Cup		569744
Variety of Fruit	1/2 Cup		

Preparation Instructions

Use 12 ounce cup (GFS#773551). Place 1/2 cup of granola into insert cup. In larger cup place 1/2 cup of yogurt, then 1/2 cup of fruit, and last 1/2 cup of yogurt. Insert granola cup inside of cup and place lid on. Hold in cooler or under refrigeration.

Meal Components

Amount Per Serving

Component	Amount
Meat/Meat Alternate	2.000
Grain	2.000
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	453.12		
Fat	5.33g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	7.46mg		
Sodium	280.34mg		
Carbohydrates	88.59g		
Fiber	8.89g		
Total Sugar	43.02g		
Added Sugar	19.62g		
Protein	14.72g		
Vitamin A	238.81mcg	Vitamin C	0.00mg
Calcium	328.36mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available
