

Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-57755
School:	Tri-County Jr./Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Yoplait Parfait Pro Lowfat Vanilla Yogurt, Reduced Sugar, Bulk Pouch, 64 Oz Bag, 6/Case	1/2 Cup		499989
Nature Valley Granola Cereal 25% Less Sugar Cinnamon Bulk pack	1/4 Cup		569744
Variety of Fruit	1/2 Cup	BAKE dish into 4 oz. portion cups	

Preparation Instructions

Place 1/4 cup of granola into insert cup. In larger cup place 1/4 cup of yogurt, then 1/2 cup of fruit, and last 1/4 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	1.000
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	257.97		
Fat	2.67g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	3.73mg		
Sodium	143.32mg		
Carbohydrates	52.01g		
Fiber	5.05g		
Total Sugar	27.77g		
Added Sugar	9.81g		
Protein	7.36g		
Vitamin A	119.40mcg	Vitamin C	0.00mg
Calcium	164.18mg	Iron	0.00mg

Nutrition - Per 100g

Calories	947.73		
Fat	9.80g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	13.71mg		
Sodium	526.51mg		
Carbohydrates	191.06g		
Fiber	18.55g		
Total Sugar	102.01g		
Added Sugar	36.04g		
Protein	27.03g		
Vitamin A	438.66mcg	Vitamin C	0.00mg
Calcium	603.16mg	Iron	0.00mg