

Smoothie

NO IMAGE

Servings:	28.00	Category:	Entree
Serving Size:	9.00 Fluid Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-57848
School:	Tri-County Jr./Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Strawberries IQF sliced	4 Pound	May use other frozen, unsweetened fruits.	110860
JUICE ORNG CRTN 70-4FLZ COMM	8 Each	May use other 100% juice varieties.	251390
Yoplait Parfait Pro Lowfat Vanilla Yogurt, Reduced Sugar, Bulk Pouch, 64 Oz Bag, 6/Case	14 Cup		499989

Preparation Instructions

1. Add orange juice and fruit to blender.
2. Puree until smooth. Add yogurt. Puree until well-mixed.
3. Portion into 9 fl. oz. cups.

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
Grain	0.000
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: 28.00

Serving Size: 9.00 Fluid Ounce

Amount Per Serving	
Calories	148.77
Fat	0.75g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	77.34mg
Carbohydrates	31.13g
Fiber	2.14g
Total Sugar	18.66g
Added Sugar	5.97g
Protein	4.76g
Vitamin A 119.40mcg	Vitamin C 0.00mg
Calcium 164.18mg	Iron 0.00mg

Nutrition - Per 100g

Calories	229.58
Fat	1.15g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	5.76mg
Sodium	119.35mg
Carbohydrates	48.04g
Fiber	3.31g
Total Sugar	28.80g
Added Sugar	9.21g
Protein	7.35g
Vitamin A 184.26mcg	Vitamin C 0.00mg
Calcium 253.36mg	Iron 0.00mg