

# Yogurt Parfait

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57755
<b>School:</b>	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

<b>Meat/Meat Alternate</b>	1.000
<b>Grain</b>	1.000
<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: 1.00

Serving Size: 1.00 Each

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

## Nutrition - Per 100g

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