

# Yogurt Parfait

<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

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
<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