

# Smoothie

<b>Servings:</b>	28.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	9.00 Fluid Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-57848
<b>School:</b>	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

<b>Meat/Meat Alternate</b>	1.000
<b>Grain</b>	0.000
<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: 28.00

Serving Size: 9.00 Fluid Ounce

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

## Nutrition - Per 100g

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