

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 RAE
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 RAE	Vitamin C 0.00mg
Calcium 603.16mg	Iron 0.00mg