

Blueberry Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-33068
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	4 Fluid Ounce		811500
BLUEBERRIES FZ WILD IQF 30 COMM	1/2 Cup		764740

Preparation Instructions

Layer fruit and yogurt in a 9 oz cup (#792220) (lid #792201)

Serve with 2 ounces of granola on the side. or whole grain toast.

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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	151.94
Fat	0.75g
Saturated Fat	0.37g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	61.70mg
Carbohydrates	33.13g
Fiber	3.00g
Total Sugar	21.42g
Added Sugar	12.69g
Protein	3.73g
Vitamin A 126.87mcg RAE	Vitamin C 0.00mg
Calcium 134.33mg	Iron 0.00mg

Nutrition - Per 100g

Calories	133.99
Fat	0.66g
Saturated Fat	0.33g
Trans Fat	0.00g
Cholesterol	3.29mg
Sodium	54.41mg
Carbohydrates	29.22g
Fiber	2.65g
Total Sugar	18.89g
Added Sugar	11.19g
Protein	3.29g
Vitamin A 111.87mcg RAE	Vitamin C 0.00mg
Calcium 118.46mg	Iron 0.00mg