

Sweetheart Strawberry Cup

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-56882

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY SMALL DCD 1/2IN IQF	2 Ounce	Bottom layer	630480
YOGURT STRAWB L/F PARFPR	4 Ounce	Middle layer	811490
TOPPING WHIP W/CRM	1 Teaspoon	Top	881450
CRACKER GRHM HNY	1 Package	Garnish	175102

Preparation Instructions

Assemble parfaits

Bottom layer: Lightly thawed frozen strawberries (adds color, flavor, and natural sweetness)

Middle layer: Creamy strawberry yogurt

Top: A small dollop of whipped cream

Garnish:

One graham cracker stick placed upright (perfect for dipping like a spoon)

One candy heart centered on the whipped cream

Meal Components

Amount Per Serving

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Meat/Meat Alternate	1.100
Grain	0.500
Fruit	2.000
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

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Amount Per Serving	
Calories	266.39
Fat	2.58g
Saturated Fat	0.69g
Trans Fat	0.00g
Cholesterol	3.90mg
Sodium	120.28mg
Carbohydrates	56.47g
Fiber	7.00g
Total Sugar	33.58g
Added Sugar	15.85g
Protein	6.35g
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Vitamin A 27.22mcg RAE	Vitamin C 133.36mg
Calcium 174.53mg	Iron 2.56mg

Nutrition - Per 100g

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Calories	156.61
Fat	1.52g
Saturated Fat	0.41g
Trans Fat	0.00g
Cholesterol	2.29mg
Sodium	70.71mg
Carbohydrates	33.20g
Fiber	4.12g
Total Sugar	19.74g
Added Sugar	9.32g
Protein	3.73g
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Vitamin A 16.00mcg RAE	Vitamin C 78.40mg
Calcium 102.61mg	Iron 1.50mg