

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 |