

# Fruit Smoothie

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Smoothie	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-51090
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F	25 Cup		541966
STRAWBERRY DCD 1/2" IQF	25 Cup		621420
1 % White Milk	25 Carton	N/A	3601

## Preparation Instructions

Updated 12.13.24

### Meal Components

Amount Per Serving

Meat/Meat Alternate	Amount
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: 50.00

Serving Size: 1.00 Smoothie

Amount Per Serving	
<b>Calories</b>	155.00
<b>Fat</b>	2.50g
<b>Saturated Fat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	117.50mg
<b>Carbohydrates</b>	25.50g
<b>Fiber</b>	1.50g
<b>Total Sugar</b>	21.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	8.00g
<b>Vitamin A</b> 375.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 270.00mg	<b>Iron</b> 0.90mg

### Nutrition - Per 100g

No 100g Conversion Available