

# Strawberry 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-8501

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	25 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
STRAWBERRY SLCD 4+1	25 Cup		293393
Fat Free White Milk	25 Cup		22*

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	1.493
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Smoothie

Amount Per Serving	
<b>Calories</b>	231.94
<b>Fat</b>	0.75g
<b>Saturated Fat</b>	0.37g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	6.23mg
<b>Sodium</b>	119.70mg
<b>Carbohydrates</b>	48.38g
<b>Fiber</b>	1.00g
<b>Total Sugar</b>	39.17g
<b>Added Sugar</b>	26.69g
<b>Protein</b>	7.73g
<b>Vitamin A</b> 376.87mcg RAE	<b>Vitamin C</b> 1.20mg
<b>Calcium</b> 303.33mg	<b>Iron</b> 0.50mg

## Nutrition - Per 100g

<b>Calories</b>	204.53
<b>Fat</b>	0.66g
<b>Saturated Fat</b>	0.33g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.50mg
<b>Sodium</b>	105.56mg
<b>Carbohydrates</b>	42.67g
<b>Fiber</b>	0.88g
<b>Total Sugar</b>	34.54g
<b>Added Sugar</b>	23.53g
<b>Protein</b>	6.82g
<b>Vitamin A</b> 332.33mcg RAE	<b>Vitamin C</b> 1.06mg
<b>Calcium</b> 267.49mg	<b>Iron</b> 0.44mg