

HS Yogurt Lunchable

NO IMAGE

| | | | |
|----------------------|----------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 set | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-15448 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------|-------------|--|------------|
| CHEESE STRING MOZZ IW | 1 Each | | 786580 |
| SNACK MIX STRAWB YOG WGRAIN | 1 Package | READY_TO_EAT Ready to serve and eat | 266020 |
| CARROT BABY WHL PETITE | 2 1/2 Ounce | 12 each or 1/2 cup | 768146 |
| APPLE DELICIOUS RED | 1 Piece | | 197696 |
| YOGURT VAR PK N/F | 1 Each | | 719211 |

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 1.000 |
| Grain | 1.250 |
| Fruit | 1.000 |
| DarkGreen | 0.000 |
| Red/Orange | 0.391 |
| OtherVeg | 0.000 |
| Beans, Peas, and Lentils | 0.000 |
| Starchy | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 set

| Amount Per Serving | |
|-------------------------------|-------------------------|
| Calories | 380.04 |
| Fat | 9.20g |
| Saturated Fat | 5.00g |
| Trans Fat | 0.00g |
| Cholesterol | 30.00mg |
| Sodium | 360.99mg |
| Carbohydrates | 58.25g |
| Fiber | 6.66g |
| Total Sugar | 29.13g |
| Added Sugar | 13.00g |
| Protein | 20.30g |
| Vitamin A 69.12mcg RAE | Vitamin C 5.89mg |
| Calcium 378.18mg | Iron 1.48mg |

Nutrition - Per 100g

| | |
|-------------------------------|-------------------------|
| Calories | 536.25 |
| Fat | 12.98g |
| Saturated Fat | 7.06g |
| Trans Fat | 0.00g |
| Cholesterol | 42.33mg |
| Sodium | 509.37mg |
| Carbohydrates | 82.19g |
| Fiber | 9.40g |
| Total Sugar | 41.10g |
| Added Sugar | 18.34g |
| Protein | 28.64g |
| Vitamin A 97.53mcg RAE | Vitamin C 8.31mg |
| Calcium 533.62mg | Iron 2.08mg |