

Very Berry Strawberry Yogurt Parfait



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-51262

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB L/F PARFPR	1/2 Cup		811490
STRAWBERRY SMALL DCD 1/2IN IQF	1/2 Cup		630480

Preparation Instructions

layer 4 oz of yogurt & 4 oz of fruit in a 9 oz cup serv with toast or homemade granola on the side.

jsh 12.10.24

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.119
Grain	0.000
Fruit	0.617
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

Amount Per Serving	
Calories	223.05
Fat	0.75g
Saturated Fat	0.37g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	59.70mg
Carbohydrates	50.29g
Fiber	7.41g
Total Sugar	33.70g
Added Sugar	12.69g
Protein	5.71g
Vitamin A 33.60mcg RAE	Vitamin C 164.64mg
Calcium 183.71mg	Iron 2.67mg

Nutrition - Per 100g

No 100g Conversion Available