

Yogurt Parfait

NO IMAGE

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-23571
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD XL/S	1/2 Cup		256760
BLUEBERRIES FZ WILD IQF 30 COMM	1/2 Cup		764740
YOGURT VAN L/F PARFPR	8 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500

Preparation Instructions

Layer fruit and yogurt in a 9 oz cup (#792220) (lid #792201)

Serve with a cereal packet on the side.

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.500
Grain	1.000
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: 2.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	156.94
Fat	0.75g
Saturated Fat	0.37g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	63.20mg
Carbohydrates	35.13g
Fiber	2.00g
Total Sugar	25.42g
Added Sugar	12.69g
Protein	3.73g
Vitamin A 276.87mcg RAE	Vitamin C 1.80mg
Calcium 134.33mg	Iron 0.18mg

Nutrition - Per 100g

Calories	138.40
Fat	0.66g
Saturated Fat	0.33g
Trans Fat	0.00g
Cholesterol	3.29mg
Sodium	55.73mg
Carbohydrates	30.98g
Fiber	1.76g
Total Sugar	22.41g
Added Sugar	11.19g
Protein	3.29g
Vitamin A 244.15mcg RAE	Vitamin C 1.59mg
Calcium 118.46mg	Iron 0.16mg