

Baseball Berry Parfait

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-56915

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY SMALL DCD 1/2IN IQF	2 Ounce	Bottom	630480
YOGURT VAN L/F PARFPR	2 Ounce	Middle	811500
Free-Flow Cultivated Blueberries, Grade A, IQF, 30 Lb Bag	2 Ounce	Top	119873
TOPPING WHIP W/CRM	1 Teaspoon	Garnish	881450
CRACKER GRHM HNY	1 Package	Garnish	175102

Preparation Instructions

Bottom (Red): Frozen strawberries (or mixed berries)

Middle (White): Vanilla yogurt (or plain yogurt lightly sweetened)

Top (Blue): Fresh or frozen blueberries

Finish:

Small dollop of whipped cream

Graham cracker stick for dipping

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.560
Grain	0.500
Fruit	4.000
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	350.42
Fat	4.21g
Saturated Fat	0.50g
Trans Fat	0.00g
Cholesterol	2.03mg
Sodium	90.43mg
Carbohydrates	78.90g
Fiber	15.00g
Total Sugar	49.38g
Added Sugar	9.51g
Protein	6.48g
Vitamin A 90.65mcg RAE	Vitamin C 140.56mg
Calcium 107.37mg	Iron 2.56mg

Nutrition - Per 100g

Calories	206.01
Fat	2.47g
Saturated Fat	0.30g
Trans Fat	0.00g
Cholesterol	1.19mg
Sodium	53.17mg
Carbohydrates	46.38g
Fiber	8.82g
Total Sugar	29.03g
Added Sugar	5.59g
Protein	3.81g
Vitamin A 53.29mcg RAE	Vitamin C 82.63mg
Calcium 63.12mg	Iron 1.50mg