

# Baseball Berry Parfait

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat/Meat Alternate</b>	0.560
<b>Grain</b>	0.500
<b>Fruit</b>	4.000
<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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	350.42
<b>Fat</b>	4.21g
<b>Saturated Fat</b>	0.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	2.03mg
<b>Sodium</b>	90.43mg
<b>Carbohydrates</b>	78.90g
<b>Fiber</b>	15.00g
<b>Total Sugar</b>	49.38g
<b>Added Sugar</b>	9.51g
<b>Protein</b>	6.48g
<b>Vitamin A</b> 90.65mcg RAE	<b>Vitamin C</b> 140.56mg
<b>Calcium</b> 107.37mg	<b>Iron</b> 2.56mg

## Nutrition - Per 100g

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