

Fruit Smoothie

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Smoothie	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-51090
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F	25 Cup		541966
STRAWBERRY DCD 1/2" IQF	25 Cup		621420
1 % White Milk	25 Carton	N/A	3601

Preparation Instructions

Updated 12.13.24

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
Grain	0.000
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: 50.00

Serving Size: 1.00 Smoothie

Amount Per Serving	
Calories	155.00
Fat	2.50g
Saturated Fat	1.50g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	117.50mg
Carbohydrates	25.50g
Fiber	1.50g
Total Sugar	21.00g
Added Sugar	0.00g
Protein	8.00g
Vitamin A 375.00mcg RAE	Vitamin C 0.00mg
Calcium 270.00mg	Iron 0.90mg

Nutrition - Per 100g

No 100g Conversion Available