

Yogurt & Fruit Parfaits

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-53984

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	1/2 Cup	READY_TO_EAT Ready to eat.1. Tear at notch2. Squeeze Yoplait® Low Fat Yogurt into cup	811500
Variety of Fresh Fruits	1/2 Cup	READY_TO_EAT	

Preparation Instructions

layer 4 oz of yogurt & 4 oz of fruit in a 9 oz cup, serve with Fresh baked muffin.

Meal Components

Amount Per Serving

Component	Amount
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	180.51
Fat	0.75g
Saturated Fat	0.37g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	59.89mg
Carbohydrates	41.13g
Fiber	2.80g
Total Sugar	31.42g
Added Sugar	12.69g
Protein	3.73g
Vitamin A 126.87mcg RAE	Vitamin C 0.00mg
Calcium 151.45mg	Iron 0.00mg

Nutrition - Per 100g

Calories	159.18
Fat	0.66g
Saturated Fat	0.33g
Trans Fat	0.00g
Cholesterol	3.29mg
Sodium	52.81mg
Carbohydrates	36.27g
Fiber	2.47g
Total Sugar	27.71g
Added Sugar	11.19g
Protein	3.29g
Vitamin A 111.87mcg RAE	Vitamin C 0.00mg
Calcium 133.56mg	Iron 0.00mg