

# Yogurt Parfait Side

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27105
<b>School:</b>	Millersburg Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Yoplait Parfait Pro Lowfat Vanilla Yogurt, Reduced Sugar, Bulk Pouch, 64 Oz Bag, 6/Case	1/2 Cup		499989
Blueberries, Frozen	1/4 Cup	THAW Thaw and use	110624
Strawberries, Sliced, IQF	1/4 Cup		110860
Nature Valley Granola Cereal 25% Less Sugar Cinnamon Bulk pack	2 Tablespoon		569744

## Preparation Instructions

Layer each ingredient into a parfait cup.

### Meal Components

Amount Per Serving

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<b>Meat/Meat Alternate</b>	1.000
<b>Grain</b>	0.250
<b>Fruit</b>	0.500
<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>	163.54
<b>Fat</b>	2.11g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	3.73mg
<b>Sodium</b>	103.34mg
<b>Carbohydrates</b>	32.28g
<b>Fiber</b>	2.74g
<b>Total Sugar</b>	17.37g
<b>Added Sugar</b>	7.71g
<b>Protein</b>	5.78g
<b>Vitamin A</b> 119.40mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 164.18mg	<b>Iron</b> 0.00mg

## Nutrition - Per 100g

<b>Calories</b>	1329.61
<b>Fat</b>	17.19g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.34mg
<b>Sodium</b>	840.14mg
<b>Carbohydrates</b>	262.45g
<b>Fiber</b>	22.24g
<b>Total Sugar</b>	141.20g
<b>Added Sugar</b>	62.65g
<b>Protein</b>	46.99g
<b>Vitamin A</b> 970.76mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 1334.79mg	<b>Iron</b> 0.00mg