

Yogurt Parfait Side

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27105
School:	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

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

Nutrition - Per 100g

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