

# Assorted Flavored Yogurt Cup

<b>Servings:</b>	4.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-40126
<b>School:</b>	Benton Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT RASPB RNBW L/F	1 Each		551770
YOGURT STRAWB BAN BASH L/F	1 Each		551760
YOGURT CHERRY TRPL L/F	1 Each		186911
YOGURT DANIMAL STRAWB N/F	1 Each		885750

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	1.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<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: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	77.50
<b>Fat</b>	0.38g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	3.75mg
<b>Sodium</b>	62.50mg
<b>Carbohydrates</b>	14.75g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	9.25g
<b>Added Sugar</b>	4.75g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 130.00mg	<b>Iron</b> 0.00mg

## Nutrition - Per 100g

<b>Calories</b>	273.37
<b>Fat</b>	1.32g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	13.23mg
<b>Sodium</b>	220.46mg
<b>Carbohydrates</b>	52.03g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	32.63g
<b>Added Sugar</b>	16.75g
<b>Protein</b>	14.11g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 458.55mg	<b>Iron</b> 0.00mg