

# Fruit Smoothie with Donut Hole

NO IMAGE

<b>Servings:</b>	20.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-45625
<b>School:</b>	Walton-Verona Early Childhood Center		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	72 Ounce	READY_TO_EAT Ready to eat. 1. Tear at notch 2. Squeeze Yoplait® Low Fat Yogurt into cup	811500
IQF Frozen Sliced Strawberries	10 Cup	or other frozen fruit option	110860
Fat Free Skim Milk	64 Ounce	BAKE	51801
DONUT CHOC MINI IW	5 Package	3 on straw	738181
DONUT PWDRD MINI IW	5 Package		738201

## Preparation Instructions

Pulse until smooth

Pour into cups

Refrigerate until service Hold cold 41 F or below CCP

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	1.007
<b>Grain</b>	1.000
<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: 20.00

Serving Size: 1.00 Cup

Amount Per Serving	
<b>Calories</b>	548.75
<b>Fat</b>	7.42g
<b>Saturated Fat</b>	3.71g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	19.36mg
<b>Sodium</b>	619.73mg
<b>Carbohydrates</b>	86.67g
<b>Fiber</b>	2.25g
<b>Total Sugar</b>	65.18g
<b>Added Sugar</b>	20.67g
<b>Protein</b>	31.21g
<b>Vitamin A</b> 146.18mcg RAE	<b>Vitamin C</b> 12.80mg
<b>Calcium</b> 233.65mg	<b>Iron</b> 0.70mg

## Nutrition - Per 100g

<b>Calories</b>	284.65
<b>Fat</b>	3.85g
<b>Saturated Fat</b>	1.92g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.04mg
<b>Sodium</b>	321.47mg
<b>Carbohydrates</b>	44.96g
<b>Fiber</b>	1.17g
<b>Total Sugar</b>	33.81g
<b>Added Sugar</b>	10.72g
<b>Protein</b>	16.19g
<b>Vitamin A</b> 75.83mcg RAE	<b>Vitamin C</b> 6.64mg
<b>Calcium</b> 121.20mg	<b>Iron</b> 0.36mg