

Yogurt Parfait



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-44179

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY WHL IQF	1/2 Cup	Can you other variety of fruits	244630
Yoplait Parfait Pro Lowfat Vanilla Yogurt, Reduced Sugar, Bulk Pouch, 64 Oz Bag, 6/Case	4 Ounce		499989
Nature Valley Granola Cereal 25% Less Sugar Cinnamon Bulk pack	1 Ounce		569744

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
Grain	1.000
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	212.14
Fat	2.66g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	3.32mg
Sodium	131.37mg
Carbohydrates	41.10g
Fiber	5.50g
Total Sugar	17.79g
Added Sugar	9.31g
Protein	7.48g
Vitamin A 106.19mcg RAE	Vitamin C 0.00mg
Calcium 157.01mg	Iron 0.50mg

Nutrition - Per 100g

Calories	149.66
Fat	1.88g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	2.34mg
Sodium	92.68mg
Carbohydrates	29.00g
Fiber	3.88g
Total Sugar	12.55g
Added Sugar	6.57g
Protein	5.28g
Vitamin A 74.91mcg RAE	Vitamin C 0.00mg
Calcium 110.77mg	Iron 0.35mg