

# Variety of Yogurt

<b>Servings:</b>	3.00	<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-32475
<b>School:</b>	Knox Elementary		

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

Component	Amount
Meat/Meat Alternate	1.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	76.67
<b>Fat</b>	0.33g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	3.33mg
<b>Sodium</b>	61.67mg
<b>Carbohydrates</b>	14.67g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	9.33g
<b>Added Sugar</b>	4.67g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 126.67mg	<b>Iron</b> 0.00mg

## Nutrition - Per 100g

<b>Calories</b>	202.82
<b>Fat</b>	0.88g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	8.82mg
<b>Sodium</b>	163.14mg
<b>Carbohydrates</b>	38.80g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	24.69g
<b>Added Sugar</b>	12.35g
<b>Protein</b>	10.58g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 335.10mg	<b>Iron</b> 0.00mg