

Yogurt

| | | | |
|----------------------|--------------------------------------|-----------------------|---------------------|
| Servings: | 5.00 | Category: | Condiments or Other |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-28222 |
| School: | Concord Community Elementary Schools | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------|-------------|-------------------|------------|
| YOGURT CHERRY TRPL L/F | 1 Each | | 186911 |
| YOGURT STRAWB BAN BASH L/F | 1 Each | | 551760 |
| YOGURT RASPB RNBW L/F | 1 Each | | 551770 |
| YOGURT DANIMAL STRAWB N/F | 1 Each | | 885750 |
| YOGURT DANIMAL STRAWB BAN N/F | 1 Each | | 869921 |

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| 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: 5.00

Serving Size: 1.00 Each

| Amount Per Serving | |
|------------------------------|-------------------------|
| Calories | 76.00 |
| Fat | 0.30g |
| Saturated Fat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 3.00mg |
| Sodium | 61.00mg |
| Carbohydrates | 14.60g |
| Fiber | 0.00g |
| Total Sugar | 9.40g |
| Added Sugar | 4.80g |
| Protein | 4.00g |
| Vitamin A 0.00mcg RAE | Vitamin C 0.00mg |
| Calcium 124.00mg | Iron 0.00mg |

Nutrition - Per 100g

| | |
|------------------------------|-------------------------|
| Calories | 335.10 |
| Fat | 1.32g |
| Saturated Fat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 13.23mg |
| Sodium | 268.96mg |
| Carbohydrates | 64.37g |
| Fiber | 0.00g |
| Total Sugar | 41.45g |
| Added Sugar | 21.16g |
| Protein | 17.64g |
| Vitamin A 0.00mcg RAE | Vitamin C 0.00mg |
| Calcium 546.74mg | Iron 0.00mg |