

Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 PARFAIT	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31522
School:	Knox High School	Grams Per Serving:	

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Yoplait Parfait Pro Lowfat Vanilla Yogurt, Reduced Sugar, Bulk Pouch, 64 Oz Bag, 6/Case	3/4 Cup		499989
BERRIES THREE BLEND	1/2 Cup		221020
GRANOLA BAG IW	1 Package	N/A	649742

Preparation Instructions

Use 12 oz cup. Put 3/4 cup yogurt and 1/2 cup frozen mixed berries and serve a bag of the granola on the side.

Updated June 2025

Meal Components

Amount Per Serving

Component	Amount
Meat/Meat Alternate	1.500
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 PARFAIT

Amount Per Serving	
Calories	289.33
Fat	3.37g
Saturated Fat	0.50g
Trans Fat	0.00g
Cholesterol	5.60mg
Sodium	181.94mg
Carbohydrates	53.13g
Fiber	5.00g
Total Sugar	26.17g
Added Sugar	14.96g
Protein	10.72g
Vitamin A	179.10mcg RAE
Vitamin C	0.00mg
Calcium	270.27mg
Iron	1.10mg

Nutrition - Per 100g

No 100g Conversion Available
