

Variety of Yogurt

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32475
School:	Knox Elementary	Grams Per Serving:	37.8

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

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

Nutrition - Per 100g

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