

IOWA DEPARTMENT OF EDUCATION

Recipe: 000009 Yogurt Parfait
 Recipe Source: ISU Spend Smart
 Recipe Group: SNACKS

Recipe HACCP Process:

Alternate Recipe Name:
 Number of Portions: 4
 Size of Portion: 1 3/4 cup

009316 STRAWBERRIES,RAW.....	3 CUP, sliced	
001184 YOGURT,VAN OR LEM FLAV,NONFAT MILK,SWTND W/LO...	24 OZ	
R000010 Crispy Granola.....	1 cup	

*Nutrients are based upon 1 Portion Size (1 3/4 cup)

Calories	165 kcal	Cholesterol	3.40 mg	Sugars	*24.71* g	Calcium	268.91 mg	6.13%	Calories from Total Fat
Total Fat	1.13 g	Sodium	127.31 mg	Protein	9.02 g	Iron	1.06 mg	1.47%	Calories from Saturated Fat
Saturated Fat	0.27 g	Carbohydrates	33.07 g	Vitamin A	25.63 IU	Water ¹	*266.92* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	3.34 g	Vitamin C	75.12 mg	Ash ¹	*2.29* g	79.92%	Calories from Carbohydrates
								21.80%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

Miscellaneous	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... oz		Y - Milk	N - Peanut	
Grain..... oz		Y - Egg	N - Tree Nut	
Fruit..... cup			N - Fish	
Vegetable..... cup			N - Shellfish	
Milk..... cup			N - Soy	
Moisture & Fat Change			N - Wheat	
Moisture Change. 0%				
Fat Change..... 0%				
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	009316	STRAWBERRIES,RAW			
I	001184	YOGURT,VAN OR LEM FLAV,NONFAT MILK,S			

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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R	000010	Crispy Granola			
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