



825142 - Yogurt Berry Parfait

Source: K12 Culinary

Number of Portions: 8

Size of Portion: each

Components:

Meat/Alt: 2 oz

Grains: 2 oz

Fruit: 0.5 cup

Vegetable:

Milk:

Recipe Subgroups:

Whole Grain Rich

Attributes:

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
051486 Strawberries, Sliced, Frozen.....	1 lb + 2 ozs	Place frozen fruit in refrigerator overnight. Fruit is best partially thawed. Only thaw the amount needed for the recipe. CCP: Hold at 41° F or lower.
825081R Granola, with Dried Fruit.....	1 lb	Prepare school made Granola according to recipe 825081. Cool and store in tightly covered container. CCP: No bare hand contact with ready to eat food.
009050 BLUEBERRIES,RAW.....	11 ozs	CCP: No bare hand contact with ready to eat food. Weigh thawed strawberries and fresh blueberries Rinse blueberries in colander under running water and drain thoroughly in a colander or perforated pan..
825040 Yogurt, Lowfat, Vanilla Pouch, Yoplait 1...	1 pouch, 64 oz	Layer ingredients in a 20 oz clear parfait cup in the following order: <ul style="list-style-type: none"> • ¼ cup strawberries (no. 16 disher or scoop) • 4 oz yogurt (no. 8 disher) • ¼ cup blueberries (no. 16 disher) • 4 oz yogurt (no. 8 disher) Place 4 oz insert in cup and fill with 1/2 cup (2 oz weight) of school made Granola. Top with lid or domed lid. CCP: Hold and Serve at 41° F or lower.

*Nutrients are based upon 1 Portion Size (each)

Calories	500 kcal	Cholesterol	5 mg	Sugars	*58.0* g	Calcium	238.30 mg	17.96%	Calories from Total Fat
Total Fat	9.98 g	Sodium	109 mg	Protein	11.84 g	Iron	1.61 mg	3.23%	Calories from Saturated Fat
Saturated Fat	1.79 g	Carbohydrates	91.40 g	Vitamin A	1024.5 IU	Water ¹	*35.55* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	5.71 g	Vitamin C	28.5 mg	Ash ¹	*0.17* g	73.09%	Calories from Carbohydrates
								9.47%	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.