

Cooking for Kids

Recipe Sizing Report

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Feb 14, 2022

000401 - Yogurt Parfait CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: No HACCP Process Number of Portions: 25 Size of Portion: each	Meat/Alt: Grains: Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
001118 YOGURT,PLN,SKIM MILK.....	12 1/2 cups	1. Add 1/2 cup of yogurt.
051485 Strawberries, Diced, Cup, Frozen... 902934 Granola.....	5 5/8 cups 6 1/4 cups	2. Top with strawberries and granola.

*Nutrients are based upon 1 Portion Size (each)

Calories	237 kcal	Cholesterol	2 mg	Sugars	*17.4* g	Calcium	260.77 mg	10.27%	Calories from Total Fat
Total Fat	2.71 g	Sodium	143 mg	Protein	10.35 g	Iron	1.31 mg	2.01%	Calories from Saturated Fat
Saturated Fat	0.53 g	Carbohydrates	44.00 g	Vitamin A	9.6 IU	Water ¹	*104.41* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.88 g	Vitamin C	22.7 mg	Ash ¹	*1.45* g	74.11%	Calories from Carbohydrates
								17.44%	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.

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.