

Yogurt Parfait Cup

Lancer Management

Author

Categories

Tools

Locations

Plate/Store

Yield 1 servings

Portion 1 servings

Num Portions 1

Prep

Cook

Finish

Shelf

Nutrition Facts

Serving Size 1 servings

Servings Per Container 1

Amount Per Serving

Calories 317 Calories From Fat 18

% Daily Value

Total Fat 2g 3%

Saturated Fat 0g 2%

Cholesterol 3mg 1%

Sodium 188mg 8%

Total Carbohydrates 70g 23%

Dietary Fiber 2g 9%

Protein 9g

Vitamin A 10% Vitamin C 12%

Calcium 26% Iron 13%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Descriptors

Low Fat

Low Saturated Fat

Low Cholesterol

Healthy

High in Calcium

High in Carbohydrates

Good Source of Vitamin A

Good Source of Vitamin C

Good Source of Iron

Good Source of Protein