

Quest Food Management

001631 - yogurt granola fruit goldfish : nslp	Components	Attributes
HACCP Process: #1 No Cook Number of Portions: 50 Size of Portion: servings	Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: Milk:	

Ingredients	Measures	Instructions
903098 yogurt upstate farm nf vanilla greco 103.....	3 7/8 tub	yogurt 6 oz
903359 cereal granola cluster nut free gfs 8128.....	3 lbs + 2 ozs	fruit 2oz
903095 berry 3 blend IQF 221020.....	3 lbs + 2 ozs	granola 1 oz
903167 cracker goldfish cinnamon cracker 194510...	50 pack	

*Nutrients are based upon 1 Portion Size (servings)

Calories	382 kcal	Cholesterol	4 mg	Protein	5.95 g	Calcium	565.17 mg	12.78%	Calories from Total Fat
Total Fat	5.42 g	Sodium	267 mg	Vitamin A	9.8 RE	Iron	1.57 mg	3.51%	Calories from Saturated Fat
Saturated Fat	1.49 g	Carbohydrates	75.51 g	Vitamin A	48.9 IU	Water ¹	*0.00* g	0.00%	Calories from Trans Fat
Trans Fat ¹	0.00 g	Dietary Fiber	4.37 g	Vitamin C	5.5 mg	Ash ¹	*0.00* g	79.06%	Calories from Carbohydrates
								6.23%	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