

Menu Item:

Yogurt Berry Parfait

Calories	Calories from fat	Total Fat	Saturated Fat	Trans Fat
330	40	5g	1.5g	0g
Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars
< 5mg	190mg	63g	3g	45g
Protein	Vitamin A	Vitamin C	Calcium	Iron
9g	15%	60%	50%	15%