



EATING SMART
BEING ACTIVE

Candy Corn Parfait

Makes: 1 serving (1 cup per serving)

Preparation Time: 5 minutes

Ingredients

1/3 cup pineapple tidbits

1/3 cup mandarin oranges

1/3 cup vanilla Greek yogurt

Directions

1. In layers, place pineapple tidbits, mandarin oranges and Greek yogurt in a clear cup or glass.
2. Serve immediately & enjoy!

Nutrition Facts

1 servings per container

Serving size 1 cup (234g)

Amount per serving

Calories 140

% Daily Value*

Total Fat 2.5g 3%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 40mg 2%

Total Carbohydrate 25g 9%

Dietary Fiber 1g 4%

Total Sugars 23g

Includes 5g Added Sugars 10%

Protein 6g

Vitamin D 0mcg 0%

Calcium 94mg 8%

Iron 0mg 0%

Potassium 195mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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