



Recipe Project Name/Written By:	Project School Nutrition and American Dairy Association of Indiana
Recipe Category:	Breakfast, Grab n' Go, Quick Scratch
Cooking Process:	#1 No Cook
Prep Time:	30 minutes
Cook Time:	
Total Time:	30 minutes
K-12 Portion Size:	2 bars

[illegible]

FROZEN YOGURT BARK	
NUTRITION INFORMATION	
Serving Size	2 bars
NUTRIENTS	AMOUNT
Calories	230
Total Fat	3 g
Saturated Fat	0 g
Cholesterol	3 mg
Sodium	133 mg
Total Carbohydrate	45 g
Dietary Fiber	7 g
Total Sugars	19 g
Added Sugars	9 g
Protein	7 g
Vitamin D	2.0 mcg
Calcium	109 mg
Iron	1.4 mg
Potassium	270 mg
N/A=data not available.	

ALLERGENS: Milk, Wheat
Allergen and nutrient information may vary based on the specific products and ingredients used on site.

*MARKETING GUIDE		
Food as Purchased for	16 Servings	64 Servings
N/A		

NOTES

YIELD/VOLUME	
16 Servings	64 Servings
Total Weight: 7 lb 10 oz	Total Weight: 15 lb 4 oz

