



Breakfast Parfait

Handout 2

Serving Size: 1/4 of recipe

Yield: 4 serving

Ingredients:

- 2 cups pineapple, canned and chopped
- 1 cup thawed berries, frozen
- 1 cup yogurt, low-fat vanilla
- 1 peeled and sliced banana
- 1/3 cup raisins

Instructions:

1. In glasses or bowls, layer pineapple, berries, yogurt, banana and raisins.

Cost:

Per Recipe: \$3.44

Per Serving: \$0.86

Source:

Adapted from:

Recipes to Grow On

University of Illinois Extension Service

Nutrition Facts			
Serving Size 1 burrito			
Servings Per Container			
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Amount Per Serving			
Calories 202	Calories from Fat 72		
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% Daily Value*			
Total Fat 8g			12%
Saturated Fat 1g			0%
<i>Trans Fat</i> 0g			
Cholesterol 106mg			35%
Sodium 471mg			20%
Total Carbohydrate 26g			9%
Dietary Fiber 4g			16%
Sugars 2g			
Protein 13g			
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Vitamin A 14%	•	Vitamin C 52%	
Calcium 8%	•	Iron 14%	
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram			
	Fat 9	• Carbohydrate 4	• Protein 4

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