

Salad Bar Nutrition for Parfaits & Desserts

Product Name	Allergens	Serving Size (oz)	Calories	Calories from fat	Total Fat (g)	Sat Fat (g)	Trans fats (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Gluten Free
Parfait Cups														
Banana Pudding Cup	Milk, Soy, Wheat	7oz.	395	123	14	6	0.5	0.3	435	66	1	38	1	N
Banana & Chocolate Pudding Cup	Milk, Soy	7oz.	396	196	22	16	0	0	167	53	2	42	2	Y
Chocolate Pudding & Fresh Berry Cup	Milk	7oz.	215	49	5	2	0	0	149	40	6	29	3	Y
Chocolate Pudding, Berry, Whipped Topping	Milk	7oz.	275	108	12	9	0	0	149	41	3	32	3	Y
Chocolate Pudding, Oreo, Chips, Topping	Milk, Soy, Wheat	7oz.	418	142	16	9	0	0	344	65	3	48	5	N
Vanilla Pudding & Fresh Berry Cup	Milk	7oz.	227	51	6	1	0	1	194	43	4	30	3	Y
Vainilla Pudding, Berry, Whipped Topping	Milk	7oz.	287	110	12	8	0	1	194	44	2	33	3	Y
Vanilla Pudding , Graham Crumbs, Topping	Milk, Wheat	7oz.	440	135	15	7	1	2	498	72	1	47	5	N
Tapioca Pudding & Berry Cup	Milk, Soy	7oz.	199	43	5	1	0	0	203	39	4	25	3	Y
Tapioca Pudding, Berry, Whipped Topping	Milk, Soy	7oz.	259	102	11	8	0	0	203	39	2	28	3	Y
Tapioca Pudding, Berry, Granola Cup	Milk, Soy, Wheat, Nut (Almond)	7oz.	262	53	6	1	0	0	260	51	4	28	5	N
Strawberry Yogurt & Berry Parfait	Milk	7oz.	170	12	1	1	0	3	64	35	4	23	5	Y
Strawberry Yogurt, Berry & Granola Parfait	Milk, Wheat, Nut (Almond)	7oz.	233	23	3	1	0	3	121	48	4	27	7	N
Strawberry Yogurt, Berry, Granola, Topping	Milk, Wheat, Nut (Almond)	7oz.	261	43	5	3	0	3	121	50	4	29	7	N
Vanilla Yogury & Berry Parfait	Milk	7oz.	170	12	1	4	0	4	65	37	4	24	5	Y
Vanilla Yogurt, Berry, Granola Parfait	Milk, Wheat, Nut (Almond)	7oz.	233	22	2	4	0	4	122	49	4	27	6	N
Vanilla Yogur, Berry, Granola, Topping	Milk, Wheat, Nut (Almond)	7oz.	267	46	5	7	0	4	122	52	4	30	6	N
Desserts														
Cake, American Flag	Milk, Egg, Wheat	4	204	41	4.5	3	0	48	308	38	1	25	3	N
Cake, Strawberry Shortcake	Milk, Egg, Wheat	4	234	69	8	7	0	47	300	39	1	27	3	N