

VERY BERRY OVERNIGHT OATS

NUTRITION INFORMATION

Serving Size	1 parfait
NUTRIENTS	AMOUNT
Calories	260
Total Fat	3 g
Saturated Fat	0.5 g
Cholesterol	5 mg
Sodium	95 mg
Total Carbohydrate	47 g
Dietary Fiber	6 g
Total Sugars	18 g
Added Sugars	5 g
Protein	11 g
Vitamin D	2.0 mcg
Calcium	190 mg
Iron	1.4 mg
Potassium	400 mg

N/A=data not available.

ALLERGENS: Milk

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

Quick oats are not recommended as they get mushy quickly.

Yogurt brands vary in consistency, which can affect the texture of overnight oats.

If the mixture is too thin, try adding more oats and reassess the nutrition information accordingly.

YIELD/VOLUME

16 Servings	64 Servings
Total Weight: 9 lb 6 oz	Total Weight: 37 lb 8 oz
Total Volume: 1 gal	Total Volume: 4 gal

