

BENTO BOX WITH NUTTY YOGURT DIP**NUTRITION INFORMATION**

Serving Size 1 box

NUTRIENTS AMOUNT

Calories 245

Total Fat 19 g

Saturated Fat 1.5 g

Cholesterol 0 mg

Sodium 210 mg

Total Carbohydrate 35 g

Dietary Fiber 3 g

Total Sugars 15 g

Added Sugars 9 g

Protein 7 g

Vitamin D 1.6 mcg

Calcium 100 mg

Iron 1.1 mg

Potassium 330 mg

N/A=data not available.

ALLERGENS: Milk, Peanuts, Wheat

Allergen and nutrient information may vary based on the specific products and ingredients used on site.

***MARKETING GUIDE**

Food as Purchased for	20 Servings	100 Servings
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N/A		

NOTES

Bento Box can be assembled with any fresh fruit and grain items that are good for dipping.

YIELD/VOLUME**20 Servings****100 Servings**

Weight Yogurt Dip: 4 lb. 8.4 oz

Weight Yogurt Dip: 22 lb 10 oz

Volume Yogurt Dip: 1 qt

Volume Yogurt Dip: 1 gal + 1 qt

