

# WG Cereal Bowl with Toast

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-44322

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WG Cereal Bowl	1 Serving		R-46437
Toast	1 Serving	375F bake for 4 minutes	R-46304

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	244.40
<b>Fat</b>	9.68g
<b>SaturatedFat</b>	1.31g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	267.00mg
<b>Carbohydrates</b>	35.20g
<b>Fiber</b>	2.62g
<b>Sugar</b>	8.60g
<b>Protein</b>	4.88g
<b>Vitamin A</b> 296.20IU	<b>Vitamin C</b> 5.52mg
<b>Calcium</b> 97.38mg	<b>Iron</b> 8.65mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

\*\*One or more nutritional components are missing from at least one item on this recipe.

### Nutrition - Per 100g

No 100g Conversion Available