

WG Cereal Bowl with Toast

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	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

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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