

# WG Cereal Bowl with Toast

NO IMAGE

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <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