

WG Cereal Bowl with Toast

| | | | |
|----------------------|-----------|-----------------------|---------|
| 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