

# Assorted Cereal Bars

<b>Servings:</b>	4.00	<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-50452

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL COCOA RICE KRISPY 96-1.34Z	1 Each		282431
BAR STRAWB WGRAIN	1 Each		209761
BAR CHOC CHIP OATML	1 Each	READY_TO_EAT Ready to Eat	194031
BAR DBL CHOC OATML	1 Each		262103

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<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: 4.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	150.00		
<b>Fat</b>	4.50g		
<b>SaturatedFat</b>	0.88g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	126.25mg		
<b>Carbohydrates</b>	27.00g		
<b>Fiber</b>	2.75g		
<b>Sugar</b>	10.25g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	52.50mg	<b>Iron</b>	1.15mg

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

### Nutrition - Per 100g

No 100g Conversion Available