

# HOMEMADE GRANOLA BAR

NO IMAGE

<b>Servings:</b>	18.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-29212
<b>School:</b>	Manchester High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL RICE CHEX	1 Quart 1 Pint (6 Cup)	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	768812
OATS QUICK HOT CEREAL	1 Quart		467251
CRUMB CRACKER GRAHAM	3/4 Cup		109568
MARSHMALLOW MINI	2 Quart 1 Pint 1 1/4 Cup (11 1/4 Cup)		191736
BUTTER PRINT SLTD GRD AA	3/4 Cup		191205
HONEY	3/8 Cup		225614
CHOC CHIPS SMISWT 1000/	1 Cup		242115
Wheat Germ	3/8 Cup	UNSPECIFIED	145534
Peanut Butter, Smooth	4 Fluid Ounce 1 Tablespoon (9 Tablespoon)		100396

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.250
<b>Grain</b>	1.028
<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: 18.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	439.19
<b>Fat</b>	16.95g
<b>SaturatedFat</b>	7.86g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	243.99mg
<b>Carbohydrates</b>	67.25g
<b>Fiber</b>	4.23g
<b>Sugar</b>	31.57g
<b>Protein</b>	7.58g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 51.51mg	<b>Iron</b> 5.54mg

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

## Nutrition - Per 100g

No 100g Conversion Available