

# Cereal



<b>Servings:</b>	60.00	<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-33891

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS MULTIGR BKFST KIT	10 Package	READY_TO_EAT Ready to eat.	585321
CEREAL LUCKY CHARMS BKFST KIT	10 Each	READY_TO_EAT Ready-to-eat	525290
CEREAL TRIX RS BKFST KIT	10 Each	READY_TO_EAT Ready-to-eat	525340
CEREAL COCO PUFFS BKFST KIT R/S	10 Package	READY_TO_EAT Ready-to-eat	533130
CEREAL RS BKFST KIT	10 Package		872040
CEREAL APPL JK R/S BKFST KIT	10 Package		676160

## 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>	0.500
<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: 60.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	243.33
<b>Fat</b>	4.25g
<b>SaturatedFat</b>	0.33g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	226.67mg
<b>Carbohydrates</b>	50.00g
<b>Fiber</b>	3.50g
<b>Sugar</b>	17.83g
<b>Protein</b>	3.33g
<b>Vitamin A</b> 558.33IU	<b>Vitamin C</b> 46.90mg
<b>Calcium</b> 121.83mg	<b>Iron</b> 5.36mg

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

## Nutrition - Per 100g

No 100g Conversion Available