

Assorted Cereal

Servings:	17.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9662

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL APPLCINN WGRAIN BWL	1 Each	N/A	266052
CEREAL APPLE JACKS R/S BWL	1 Each		283611
CEREAL CINN TOAST R/S BWL	1 Each	N/A	365790
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	N/A	270401
CEREAL FRSTD FLKS R/S BWL	1 Each		388190
CEREAL CORN FROSTIES BWLPK	1 Each	N/A	704280
CEREAL FROOT LOOPS R/S BWL	1 Each		283620
CEREAL GLDN GRAHAMS BWL	1 Each	N/A	509434
CEREAL CHEERIOS HNYNUT BWL	1 Each	N/A	509396
CEREAL LUCKY CHARMS WGRAIN BWL	1 Package	N/A	265811
CEREAL FRSTD MINI WHE BWL	1 Each		662186
CEREAL RICE CHEX WGRAIN BWL	1 Package	N/A	268711
CEREAL RICE KRISPIES WGRAIN 96-1Z	1 Each		509303
CEREAL RAISIN BRAN BWL	1 Each		247197
CEREAL TRIX R/S WGRAIN BWL	1 Package	N/A	265782
CEREAL CHEERIOS WGRAIN BWL	1 Each	N/A	264702
CEREAL CINN CHEX BWL	1 Each	N/A	453143

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.015
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 17.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		107.34	
Fat		1.14g	
SaturatedFat		0.02g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		150.18mg	
Carbohydrates		23.71g	
Fiber		2.03g	
Sugar		6.65g	
Protein		1.92g	
Vitamin A	35.29IU	Vitamin C	0.42mg
Calcium	53.25mg	Iron	4.28mg

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

Nutrition - Per 100g

No 100g Conversion Available