

HONEY ROASTED SESAME STICKS



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44015
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Honey Roasted Sesame Sticks	1 Ounce	READY_TO_EAT	

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
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 Ounce

Amount Per Serving			
Calories	150.00		
Fat	9.00g		
SaturatedFat	1.50g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	360.00mg		
Carbohydrates	15.00g		
Fiber	1.00g		
Sugar	3.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

Calories	529.11		
Fat	31.75g		
SaturatedFat	5.29g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	1269.86mg		
Carbohydrates	52.91g		
Fiber	3.53g		
Sugar	10.58g		
Protein	10.58g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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