

Granola



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-41631
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRANOLA OATHNY BULK	1 Ounce	READY_TO_EAT READY TO EAT	226671

Preparation Instructions

Use 1 oz. souffle and lid.

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 Serving

Amount Per Serving			
Calories		85.82	
Fat		0.93g	
SaturatedFat		0.19g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		111.94mg	
Carbohydrates		18.66g	
Fiber		1.12g	
Sugar		7.84g	
Protein		1.87g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.93mg	Iron	0.67mg

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

Nutrition - Per 100g

No 100g Conversion Available