

Cornbread Poppers



Servings:	1.00	Category:	Grain
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-50895
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORNBREAD BITE WGRAIN	3 Each	Bake to cook.	963499

Preparation Instructions

Bake to cook.

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: 3.00 Each

Amount Per Serving			
Calories	154.25		
Fat	7.55g		
SaturatedFat	3.40g		
Trans Fat*	0.07g		
Cholesterol	8.00mg		
Sodium	203.80mg		
Carbohydrates	19.50g		
Fiber	1.40g		
Sugar	4.50g		
Protein	2.35g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.83mg	Iron	0.94mg

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

Nutrition - Per 100g

No 100g Conversion Available