

Lucky Charms Cereal Bar



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-39063

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL LUCKY CHARMS 48-2.5Z	1 each	Ready To Eat	368248

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	2.000
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		280.00	
Fat		6.00g	
SaturatedFat		0.50g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		170.00mg	
Carbohydrates		51.00g	
Fiber		5.00g	
Sugar		16.00g	
Protein		5.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	420.00mg	Iron	2.40mg

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

Nutrition - Per 100g

No 100g Conversion Available
