

# 1 oz Cereal Bowl Variety



<b>Servings:</b>	7.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-48753

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Golden Grahams Cereal Bowl	1 Each		509434
CEREAL CINN CHEX BWL	1 Each	READY_TO_EAT Ready To Eat	453143
CEREAL CINN TOAST CRNCH BWL	1 Each	READY_TO_EAT Ready to eat	595934
Honey Nut Cheerios Cereal Bowl	1 Each		509396
CEREAL RICE CHEX WGRAIN BWL	1 Package	READY_TO_EAT Ready to Eat	268711
CEREAL APPLCINN WGRAIN BWL	1 Each	READY_TO_EAT Ready to eat	266052
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	READY_TO_EAT Ready to eat	270401

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	7.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	113.24
<b>Fat</b>	1.79g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	165.44mg
<b>Carbohydrates</b>	23.29g
<b>Fiber</b>	1.20g
<b>Total Sugar</b>	7.00g
<b>Added Sugar</b>	4.43g**
<b>Protein</b>	1.61g
<b>Vitamin A</b> 100.00mcg	<b>Vitamin C</b> 0.51mg
<b>Calcium</b> 85.83mg	<b>Iron</b> 4.01mg

\*\*One or more nutritional components are missing from at least one item on this recipe.

## Nutrition - Per 100g

No 100g Conversion Available