

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

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	280.00
Fat	6.00g
Saturated Fat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	170.00mg
Carbohydrates	52.00g
Fiber	5.00g
Total Sugar	16.00g
Added Sugar	15.00g
Protein	5.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 420.00mg	Iron 2.40mg

Nutrition - Per 100g

No 100g Conversion Available