

Frosted Flakes Cereal- LG

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-48863
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL FRSTD FLKS MULTIGR 60CT KELL	1 Each	Ready to Eat	393934

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	3.56		
Fat	0.00g**		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.93mg		
Carbohydrates	0.86g		
Fiber	0.08g		
Total Sugar	0.22g		
Added Sugar	0.22g		
Protein	0.08g		
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	0.17mg	Iron	0.06mg

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

Nutrition - Per 100g

No 100g Conversion Available