

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

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	1.000
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: 3.00 Each

Amount Per Serving			
Calories	154.25		
Fat	7.55g		
Saturated Fat	3.40g		
Trans Fat	0.07g		
Cholesterol	8.00mg		
Sodium	203.80mg		
Carbohydrates	19.50g		
Fiber	1.40g		
Total Sugar	4.50g		
Added Sugar	2.00g		
Protein	2.35g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	6.83mg	Iron	0.94mg

Nutrition - Per 100g

No 100g Conversion Available