

Granola

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-41631
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRANOLA OATHNY BULK	1 Ounce	READY_TO_EAT READY TO EAT	226671

Preparation Instructions

Use 1 oz. souffle and lid.

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: 1.00 Serving

Amount Per Serving			
Calories	85.82		
Fat	0.93g		
Saturated Fat	0.19g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	111.94mg		
Carbohydrates	18.66g		
Fiber	1.12g		
Total Sugar	7.84g		
Added Sugar	7.84g		
Protein	1.87g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	14.93mg	Iron	0.67mg

Nutrition - Per 100g

No 100g Conversion Available