

# Cinnamon Toast Crunch Soft Cereal Bar

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-28695
<b>School:</b>	Graves County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST CINN TST CHS IW	1 Package	Heat & Serve: Heat frozen filled bars in ovenable pouch. Preheat oven to 350 degrees F. Place pouch flat on a baking sheet and heat in convection oven for 8-9 minutes* or conventional oven from 13-14 minutes*. For warming unit preheat to 150 degrees F and heat for 90 minutes. For thaw and serve, thaw at room temperature for 2 hours prior to serving. *Do not place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type of load. Consume within 6 hours of preparing.	880415

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CCP: Heat to 165° F or higher for at least 15 seconds.

CCP: Hold for hot service at 135° F or higher.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	2.000
<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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	240.00
<b>Fat</b>	6.00g
<b>Saturated Fat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.00mg
<b>Sodium</b>	280.00mg
<b>Carbohydrates</b>	41.00g
<b>Fiber</b>	3.00g
<b>Total Sugar</b>	14.00g
<b>Added Sugar</b>	13.00g
<b>Protein</b>	5.00g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 30.00mg	<b>Iron</b> 2.00mg

## Nutrition - Per 100g

No 100g Conversion Available