

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