

# Lucky Charms 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-39063

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL LUCKY CHARMS 48-2.5Z	1 each	Ready To Eat	368248

## 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	280.00		
Fat	6.00g		
Saturated Fat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	170.00mg		
Carbohydrates	52.00g		
Fiber	5.00g		
Total Sugar	16.00g		
Added Sugar	15.00g		
Protein	5.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	420.00mg	Iron	2.40mg

### Nutrition - Per 100g

No 100g Conversion Available