

Blueberry Bread



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-35567
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WILD BLUEB IW	1 Piece	THAW AT ROOM TEMPERATURE.	523222

Preparation Instructions

THAW AT ROOM TEMPERATURE.

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	270.00
Fat	8.00g
Saturated Fat	1.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	250.00mg
Carbohydrates	45.00g
Fiber	2.00g
Total Sugar	24.00g
Added Sugar	0.00g
Protein	5.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 46.00mg	Iron 1.00mg

Nutrition - Per 100g

No 100g Conversion Available