

# Peach Cheerios 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-39312

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL CHEERIOS PCH 48-2.5Z	1 Each	READY_TO_EAT	368353

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

Component	Amount
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			
<b>Calories</b>	280.00		
<b>Fat</b>	6.00g		
<b>Saturated Fat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	170.00mg		
<b>Carbohydrates</b>	51.00g		
<b>Fiber</b>	5.00g		
<b>Total Sugar</b>	14.00g		
<b>Added Sugar</b>	0.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	460.00mg	<b>Iron</b>	6.60mg

### Nutrition - Per 100g

No 100g Conversion Available