

Lucky Charms Cereal Bar



| | | | |
|----------------------|--------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | 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