

Cinnamon Chex- LG



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-35656
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cinnamon Chex 2 oz. Bowl	1 Each	READY_TO_EAT Ready To Eat	14883

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 Each

Amount Per Serving			
Calories	230.00		
Fat	5.00g		
Saturated Fat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	340.00mg		
Carbohydrates	45.00g		
Fiber	2.00g		
Total Sugar	12.00g		
Added Sugar	0.00g		
Protein	3.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available