

WG Cereal Bowl with Toast



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-44322

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WG Cereal Bowl	1 Serving		R-46437
Toast	1 Serving	375F bake for 4 minutes	R-46304

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	244.00
Fat	9.90g
Saturated Fat	1.25g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	282.00mg
Carbohydrates	36.00g
Fiber	2.80g
Total Sugar	8.00g
Added Sugar	8.00g
Protein	5.00g
Vitamin A 140.00mcg	Vitamin C 0.72mg
Calcium 120.50mg	Iron 3.38mg

Nutrition - Per 100g

No 100g Conversion Available
