

Honey Nut Cheerios Bowl

| | | | |
|----------------------|--------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-51425 |
| School: | Hobart High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------|-------------|------------------------------|------------|
| CEREAL CHEERIOS HNYNUT CUP | 1 Each | READY_TO_EAT Ready to eat | 105307 |

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 | 210.00 |
| Fat | 2.50g |
| Saturated Fat | 0.50g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 320.00mg |
| Carbohydrates | 45.00g |
| Fiber | 4.00g |
| Total Sugar | 19.00g |
| Added Sugar | 19.00g |
| Protein | 5.00g |
| Vitamin A 0.00mcg RAE | Vitamin C 0.00mg |
| Calcium 150.00mg | Iron 5.40mg |

Nutrition - Per 100g

No 100g Conversion Available