

Wow Uncrustable

| | | | |
|----------------------|--------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-51875 |
| School: | Hobart High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------|-------------|-------------------|------------|
| APPLESAUCE STRAWB UNSWT CUP | 1 Each | | 699211 |
| CARROT BABY WHL PETITE | 4 Ounce | | 768146 |
| SAND SOY BTR & JAM WGRAIN IW | 1 Each | | 661222 |
| CRACKER CHEEZ-IT WGRAIN | 1 Package | | 512342 |

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 2.000 |
| Grain | 3.500 |
| Fruit | 0.500 |
| DarkGreen | 0.000 |
| Red/Orange | 0.625 |
| 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 | 767.50 |
| Fat | 33.50g |
| Saturated Fat | 7.00g |
| Trans Fat | 0.00g |
| Cholesterol | 5.00mg |
| Sodium | 687.50mg |
| Carbohydrates | 97.00g |
| Fiber | 14.50g |
| Total Sugar | 36.00g |
| Added Sugar | 16.00g |
| Protein | 21.00g |
| Vitamin A 0.00mcg RAE | Vitamin C 0.00mg |
| Calcium 308.00mg | Iron 6.20mg |

Nutrition - Per 100g

| | |
|------------------------------|-------------------------|
| Calories | 676.81 |
| Fat | 29.54g |
| Saturated Fat | 6.17g |
| Trans Fat | 0.00g |
| Cholesterol | 4.41mg |
| Sodium | 606.26mg |
| Carbohydrates | 85.54g |
| Fiber | 12.79g |
| Total Sugar | 31.75g |
| Added Sugar | 14.11g |
| Protein | 18.52g |
| Vitamin A 0.00mcg RAE | Vitamin C 0.00mg |
| Calcium 271.60mg | Iron 5.47mg |