

# EZ- Jammer Lunchable

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-56358

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND SOY BTR & JAM WGRAIN IW	1 Each		630302
CHEESE STRING MOZZ LT IW	1 Each		566413
CARROT BABY WHL PETITE	1/2 Cup		768146

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.500
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	377.50
<b>Fat</b>	17.00g
<b>Saturated Fat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	487.50mg
<b>Carbohydrates</b>	38.00g
<b>Fiber</b>	6.50g
<b>Total Sugar</b>	17.00g
<b>Added Sugar</b>	10.00g
<b>Protein</b>	16.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 357.00mg	<b>Iron</b> 3.00mg

## Nutrition - Per 100g

<b>Calories</b>	332.89
<b>Fat</b>	14.99g
<b>Saturated Fat</b>	4.41g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	8.82mg
<b>Sodium</b>	429.89mg
<b>Carbohydrates</b>	33.51g
<b>Fiber</b>	5.73g
<b>Total Sugar</b>	14.99g
<b>Added Sugar</b>	8.82g
<b>Protein</b>	14.11g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 314.81mg	<b>Iron</b> 2.65mg