

EZ- Jammer Lunchable

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

Meat/Meat Alternate	2.000
Grain	1.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.500
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	377.50
Fat	17.00g
Saturated Fat	5.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	487.50mg
Carbohydrates	38.00g
Fiber	6.50g
Total Sugar	17.00g
Added Sugar	10.00g
Protein	16.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 357.00mg	Iron 3.00mg

Nutrition - Per 100g

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