

Variety of Cereal Bowls (Lower Sugar)

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-43588

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL FRSTD MINI WHE BWL	1 Each		662186
CEREAL CINN TOAST R/S BWL	1 Each	N/A	365790
CEREAL CINN CHEX BWL	1 Each	N/A	453143
CEREAL FRSTD CINN FLKS R/S WGRAIN	1 Each		498190
CEREAL FRSTD FLKS R/S BWL	1 Each		388190
CEREAL CHEERIOS WGRAIN BWL	1 Each		264702
CEREAL CHEERIOS HNY BOWL	1 Each	N/A	261557
CEREAL RICE CHEX WGRAIN BWL	1 Package		268711

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	1.000
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: 8.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	104.90
Fat	1.33g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	151.20mg
Carbohydrates	23.00g
Fiber	2.26g
Total Sugar	4.88g
Added Sugar	4.13g
Protein	2.25g
Vitamin A 37.50mcg RAE	Vitamin C 0.45mg
Calcium 44.05mg	Iron 5.10mg

Nutrition - Per 100g

No 100g Conversion Available