

# Assorted BeneFIT Bars

<b>Servings:</b>	4.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-32474
<b>School:</b>	Knox Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST APPL CINN	1 Each		879671
BAR BKFST OATML CHOC CHP	1 Each		240721
BAR BKFST BAN CHOC CHNK IW	1 Each		875860
BAR BKFST FREN TST	1 Each		563413

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	238.00
<b>Fat</b>	7.40g
<b>Saturated Fat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	13.75mg
<b>Sodium</b>	183.50mg
<b>Carbohydrates</b>	39.35g
<b>Fiber</b>	2.80g
<b>Total Sugar</b>	18.25g
<b>Added Sugar</b>	11.90g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 28.00mg	<b>Iron</b> 1.59mg

\*\*One or more nutritional components are missing from at least one item on this recipe.

## **Nutrition - Per 100g**

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No 100g Conversion Available

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