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# Bars, Honey Cheerio

Hesston College

**Author**

**Categories** Dessert, bar

**Tools** Metal spatula 2", Sheet pan 18x26"

**Locations**

**Plate/Store**

**Yield** 1 pan **Cook**  
**Portion** 2 oz  
**Num Portions** 80

<b>Nutrition Facts</b>	
Serving Size 2 oz (57g)	
Servings Per Container 80	
Amount Per Serving	
<b>Calories 164</b> Calories From Fat 78	
% Daily Value	
<b>Total Fat</b> 9g	13%
Saturated Fat 2g	9%
Trans Fat 0g	
<b>Cholesterol</b> 1mg	0%
<b>Sodium</b> 138mg	6%
<b>Total Carbohydrates</b> 29g	10%
Dietary Fiber 2g	9%
<b>Protein</b> 5g	
Vitamin A 6%	Vitamin C 4%
Calcium 5%	Iron 20%
* Percent Daily Values are based on a 2000 calorie diet.	

**Nutrition Descriptors**

- Cholesterol Free
- Low Sodium
- High in Iron
- Good Source of Carbohydrates
- Good Source of Protein