

Date: 7/2/2012
Time: 12:17 PM



Bars, Rice Krispie

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

Nutrition Facts	
Serving Size 2 oz (57g)	
Servings Per Container 80	
Amount Per Serving	
Calories 133 Calories From Fat 63	
% Daily Value	
Total Fat 7g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 168mg	7%
Total Carbohydrates 26g	9%
Dietary Fiber 0g	0%
Protein 1g	
Vitamin A 9%	Vitamin C 4%
Calcium 0%	Iron 17%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Descriptors

Cholesterol Free
Good Source of Iron