Date: 12/18/2008

Rice Krispie Treat Plain

Lancer Management

Author
Categories
Tools
Locations
Plate/Store

			Prep
Yield	1	pieces	**Cook**
Portion	5.6	oz	**Finish**
Num Portions	1		**Shelf**

Nutrition Facts

Serving Size 5.6 oz (159g)
Servings Per Container 1

Amount Per Serving

Calories 543 Calories From Fat 182

	% Daily Value
Total Fat 20g	30%
Saturated Fat 12g	56%
Cholesterol 53mg	18%
Sodium 613mg	26%
Total Carbohydrates 90g	30%
Dietary Fiber 0g	1%
Protein 4g	

Vitamin A	38%	Vitamin C	15%
Calcium	1%	Iron	14%

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

Nutrition Descriptors

High in Vitamin A
High in Carbohydrates
Good Source of Vitamin C
Good Source of Iron