Date: 12/18/2008

Rice Krispie Treat with M & M 's

Lancer Management

Author
Categories
Tools
Locations
Plate/Store

			Prep
Yield	1	pieces	**Cook**
Portion	6	oz	**Finish**
Num Portions	1		**Shelf**

Nutrition Facts

Serving Size 6 oz (170g)
Servings Per Container 1

Amount Per Serving

Calories 604 Calories From Fat 215

	% Daily Value
Total Fat 24g	36%
Saturated Fat 15g	66%
Cholesterol 56mg	19%
Sodium 622mg	26%
Total Carbohydrates 97g	32%
Dietary Fiber 1g	3%
Protein 5g	

Vitamin A	38%	Vitamin C	16%
Calcium	3%	Iron	15%

* 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