

GRANOLA - CRUMB



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. whole grains

NUMBER OF PORTIONS: 1 **SIZE OF PORTION:** ¼ cup

RECIPE HACCP PROCESS: #1 - No cook

INGREDIENT	MEASURE (FOR 1 SERVINGS)
Granola Low Fat, Bulk, WGR, #2107	1/4 cups

DIRECTIONS

1. Portion ¼ cup granola with a #16 scoop or 2-ounce spoodle into individual portion containers for service. Cover until ready for service.
2. Each portion provides 1 oz. eq. whole grain.

NUTRIENTS PER SERVING

Calories	83	Dietary Fiber	1.14 g	Sodium	11.00 mg	Sat. Fat	0.19 g
Carbohydrates	16.31 g	Protein	1.90 g	Total Fat	1.71 g	Trans Fat	0.00 g