



4.3



Cereals are rich in complex carbohydrates that provide you with energy!

Deluxe Cereal Bowl

Serving Size 1 Each Bowl **Carbs: 45.40**

Served on Tue, 05/19/2026

Allergens



Corn



Soy



Wheat



Gluten



Honey

Nutrients

Calories	261.60
Carbohydrate (gm)	45.40
Fiber (gm)	3.80
Total Fat (gm)	4.20
Saturated Fat (gm)	0.40
Protein (gm)	3.80



Disclaimer

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