



G MILLS

057737 - Cereal Frosted Corn Flakes Bowlpak Wg

Start your morning right and enjoy the irresistible taste of crunchy corn flakes with a sparkle of sweet frosting in every spoonful. No artificial flavors or high fructose corn syrup in convenient single serve cups for easy breakfasts that kids will love. For crediting in USDA Child Nutrition Programs: 1 ounce equivalent grain, whole grain-rich criteria and USDA Smart Snacks criteria.



* Benefits

Crunchy, sweetened flakes of whole grain corn cereal
Comes in 96 convenient 1 oz bowlpaks, perfect for easy breakfasts
Lightly sweet taste with only 6g added sugar
No high fructose corn syrup or artificial sweeteners
Good source of vitamin D and Smart Snack compliant
1 oz Equiv Grain, CACFP Eligible and K-12 Regulation Ready

Ingredients

Whole Grain Corn, Corn Meal, Sugar, Corn Starch, Corn Syrup, Salt, Brown Sugar Syrup, Barley Malt Extract, Canola and/or Sunflower Oil, Baking Soda, Natural Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness.

Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin B2 (riboflavin), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

⚠ Allergens

May Contain:



wheat

Nutrition Facts

Servings per Container 96
Serving size 1bowl (28g)

Amount per serving
Calories 110

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 24g	9%
Dietary Fiber 1g	4%
Total Sugars 6g	
Includes 6g Added Sugar	12%
Protein 2g	
Vitamin D 2mcg	10%
Calcium 80mg	6%
Iron 7.9mg	44%
Potassium 0mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Handling Suggestions

Keep in a cool, dry place

Serving Suggestions

One Bowlpak

Prep & Cooking Suggestions

Ready to eat

📄 Product Specifications

Brand	Manufacturer
G MILLS	GENERAL MILLS, INC.

MFG #	SPC #	GTIN	Pack	Pack Desc.
11768000	057737	10016000117683	96	96/1 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
9.4lb	9.15lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
16.75in	13in	14.12in	1.78ft3	9x2	0DAYS	40°F / 111°F



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Nutrition Analysis - By Serving

Calories	110	Total Fat	1g	Sodium	180mg
Protein	2	Trans Fats	0g	Calcium	80mg
Total Carbohydrates...	24g	Saturated Fat	0g	Iron	7.9mg
Sugars	6g	Added Sugars	6g	Potassium	0mg
Dietary Fiber	1g	Polyunsaturated Fat	0g	Zinc	0
Lactose		Monounsaturated Fat	0g	Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•	0	Vitamin D	2mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate	0mg	Riboflavin	0mg
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images

