



G MILLS

057743 - Cereal Chex Cinnamon Gf Wg Bowlpak

A whole grain rice, gluten-free cereal sweetened with real cinnamon in a ready-to-eat bowl for convenient, single serve portion control. For crediting in USDA Child Nutrition Programs: 1 ounce equivalent grain, whole grain-rich criteria, USDA Smart Snacks criteria and CACFP-eligible.



Nutrition Facts

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

Amount per serving
Calories 110

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Total Sugars 6g	
Includes 6g Added Sugar	12%
Protein 1g	
Vitamin D 2.2mcg	11%
Calcium 90mg	7%
Iron 7.5mg	42%
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.

Benefits

A whole grain rice, gluten-free cereal sweetened with real cinnamon.
96 - 1 oz single serve branded bowls per case
This ready-to-eat bowl provides convenient portion control and room for milk. Great for breakfast, or as a grab n go snack.
Gluten Free. Contains no artificial flavors and no colors from artificial sources.
For crediting in USDA Child Nutrition Programs: meets 1 ounce equivalent grain standard, whole grain-rich criteria and CACFP eligible.

Ingredients

Whole Grain Rice, Rice, Sugar, Canola and/or Sunflower Oil, Salt, Cinnamon, Molasses, Rosemary Extract, Natural Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness.
Vitamins and Minerals: Tricalcium Phosphate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B2 (riboflavin), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

Allergens

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.
38387000	057743	10016000383873	96	96/1 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
10.3lb	6lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
16.87in	13in	14in	1.78ft3	9x7	312DAYS	40°F / 111°F



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Nutrition Analysis - By Serving

Calories	110	Total Fat	2.5g	Sodium	160mg
Protein	1	Trans Fats	0g	Calcium	90mg
Total Carbohydrates...	23g	Saturated Fat	0g	Iron	7.5mg
Sugars	6g	Added Sugars	6g	Potassium	0mg
Dietary Fiber	1g	Polyunsaturated Fat	0.5g	Zinc	0
Lactose		Monounsaturated Fat	1.5g	Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•	0	Vitamin D	2.2mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate	0mg	Riboflavin	0mg
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images



GENERAL MILLS			
Product Nutrition Statement for Deconstructing Bowls			
(Showing the amount of grams and milligrams per serving)			
Percent Daily Values are based on a diet of other people's secrets. The amount of ingredients listed here is only a guide. Please consult your doctor for more information. *Percent Daily Values are based on a diet of other people's secrets.			
Product Name: Deconstructing Bowls	Serving Size: 1/2 cup (125g)	Number of Servings: 2	Weight: 1.0000000
Ingredients: CEREAL, MILK, BANANA, COFFEE			
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