



G MILLS

057747 - Cereal Corn Chex Gf Bowlpak Wg S/O

A whole grain corn, gluten-free cereal oven toasted and in a single serve 1 oz bowl for convenient, 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 1bowl(28g)

Amount per serving
Calories 100

% Daily Value*

Total Fat	0.5g	1%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	200mg	9%
Total Carbohydrate	24g	9%
Dietary Fiber	1g	4%
Total Sugars	3g	
Includes 3g Added Sugar		6%
Protein	2g	
Vitamin D	1.2mcg	6%
Calcium	80mg	6%
Iron	9mg	50%
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

Ingredients

Ingredients: Whole Grain Corn, Corn Meal, Sugar, Corn Starch, Salt, Baking Soda, 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 A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

⚠ Allergens

Handling Suggestions

Keep in a dry cool place

Serving Suggestions

1 bowl

Prep & Cooking Suggestions

READY TO EAT

📄 Product Specifications

Brand	Manufacturer	Product Category
G MILLS	GENERAL MILLS, INC.	Cereal

MFG #	SPC #	GTIN	Pack	Pack Desc.
33213000	057747	10016000332130	96	96/1 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
8.8lb	6lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
16.75in	13in	18.62in	2.35ft3	1x1	372DAYS	40°F / 111°F



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Nutrition Analysis - By Serving

Calories	100	Total Fat	0.5g	Sodium	200mg
Protein	2	Trans Fats	0g	Calcium	80mg
Total Carbohydrates...	24g	Saturated Fat	0g	Iron	9mg
Sugars	3g	Added Sugars	3g	Potassium	0mg
Dietary Fiber	1g	Polyunsaturated Fat	0g	Zinc	1.9
Lactose		Monounsaturated Fat	0g	Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)	90	Vitamin D	1.2mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	8mg	Folate	65mg	Riboflavin	0.1mg
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

