



G MILLS

057753 - Cereal Chex Blueberry Gf Bowlpak

A whole grain rice, gluten-free cereal dusted with sweet blueberry flavor 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 and CACFP eligible.



Nutrition Facts

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

Amount per serving
Calories 120

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Total Sugars 6g	
Includes 6g Added Sugar	12%
Protein 1g	
Vitamin D	6%
Calcium	6%
Iron	45%
Potassium	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. This ready-to-eat bowl provides convenient portion control and room for milk. Great for breakfast, or as a grab n go snack. 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. Great for use in K-12 schools and healthcare. 96 - 1 oz single serve branded bowls per case

Ingredients

Ingredients: Whole Grain Rice, Sugar, Canola and/or Sunflower Oil, Blueberry Powder, Salt, Molasses, 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 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 dry cool place

Serving Suggestions

One Bowlpak

Prep & Cooking Suggestions

Ready to eat

✍ Product Specifications

Brand	Manufacturer	Product Category
G MILLS	GENERAL MILLS, INC.	Prepared Entrees

MFG #	SPC #	GTIN	Pack	Pack Desc.
18446000	057753	10016000184463	96	96/1 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
9.2lb	6lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
16.87in	13in	14in	1.78ft3	9x2	312DAYS	40°F / 111°F



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Nutrition Analysis - By Serving

Calories	120	Total Fat	2.5g	Sodium	180mg
Protein	1	Trans Fats	0g	Calcium	
Total Carbohydrates...	23g	Saturated Fat	0g	Iron	
Sugars	6g	Added Sugars	6g	Potassium	
Dietary Fiber	1g	Polyunsaturated Fat	0.5g	Zinc	
Lactose		Monounsaturated Fat	1.5g	Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

