



G MILLS

# 057763 - Cereal Cocoa Puffs Bowlpak Wg

Your favorite Cocoa Puffs(TM) taste with 25% less sugar. Enjoy, the naturally flavored, reduced sugar, frosted corn puff cereal with real cocoa. This ready-to-eat cup provides convenient single serve portion control and room for milk. Whole Grain Corn - first ingredient. Meets 2 ounce equivalent grains and USDA Smart Snack criteria.



## Nutrition Facts

Servings per Container 60  
Serving size 1 Container(56g)

Amount per serving  
**Calories 230**

	% Daily Value*
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 220mg	<b>10%</b>
<b>Total Carbohydrate</b> 47g	<b>17%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 15g	
Includes 15g Added Sugar	<b>30%</b>
<b>Protein</b> 3g	
Vitamin D 3.1mcg	<b>16%</b>
Calcium 200mg	<b>15%</b>
Iron 5.6mg	<b>31%</b>
Potassium 170mg	<b>4%</b>

\* 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, Sugar, Corn Meal, Corn Syrup, Cocoa Processed With Alkali, Canola Oil, Caramel Color, Salt, Fructose, Refiner's Syrup, Baking Soda, Natural Flavor, and Minerals: Tricalcium Phosphate, Calcium Carbonate, Vitamin C (sodium ascorbate), Iron and Zinc (mineral nutrients), 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

Store in a cool, dry location

### Serving Suggestions

One 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.
1600014885	057763	10016000148854	60	60/2 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
11lb	7.5lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
16.5in	12.25in	18in	2.11ft3	9x5	312DAYS	40°F / 111°F



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## Nutrition Analysis - By Serving

Calories	230	Total Fat	2.5g	Sodium	220mg
Protein	3	Trans Fats	0g	Calcium	200mg
Total Carbohydrates...	47g	Saturated Fat	0g	Iron	5.6mg
Sugars	15g	Added Sugars	15g	Potassium	170mg
Dietary Fiber	3g	Polyunsaturated Fat	0g	Zinc	3.4
Lactose		Monounsaturated Fat	1g	Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)	140	Vitamin D	3.1mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	14mg	Folate	125mg	Riboflavin	0.2mg
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

## Additional Images

