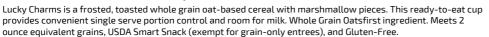


G MILLS

057765 - Cereal Lucky Charms Gf Bowlpak Wg







* Benefits

Whole Grain Oats, Sugar, Corn Starch, Modified Corn Starch, Corn Syrup, Dextrose. Contains 2% or less of: Salt, Gelatin, Trisodium Phosphate, Red 40, Yellow 5 & 6, Blue 1, Natural And Artificial Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Vitamin C (sodium ascorbate), Iron and Zinc (mineral nutrients), A B Vitamin (niacinamide),

Nutrition Facts

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

Amount per serving

210

Calones	210
% Da	ily Value*
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 360mg	16%
Total Carbohydrate 46g	17%
Dietary Fiber 4g	14%
Total Sugars 19g	
Includes 19g Added Sugar	38%
Protein 5g	_
Vitamin D 3.1mcg	16%
Calcium 200mg	15%
Iron 5.6mg	31%
Potassium 120mg	3%

a serving of food contributes to a daily diet. 2,000 calories

a day is used for general nutrition advice.

Handling Suggestions

Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

Keep in a dry cool place

Serving Suggestions

One Bowl

Prep & Cooking Suggestions

Ready to Eat

Product Specifications

	Brand	M	anufacturer	Product Category			
	G MILLS	GENE	RAL MILLS, INC.	Prepa	ared Entrees		
ı							
1	MFG #	SPC #	GTIN	Pack	Pack Desc.		
	1600014884	057765	10016000148847	60	60/2 OZ		
	Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition		
	11lb	7.5lb	USA		No		

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





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Lucky Charms is a frosted, toasted whole grain oat-based cereal with marshmallow pieces. This ready-to-eat cup provides convenient single serve portion control and room for milk. Whole Grain Oatsfirst ingredient. Meets 2 ounce equivalent grains, USDA Smart Snack (exempt for grain-only entrees), and Gluten-Free.

Nutrition Analysis - By Serving

Calories	210	Total Fat	2.5g	Sodium	360mg
Protein	5	Trans Fats	0g	Calcium	200mg
Total Carbohydrates	46g	Saturated Fat	0g	Iron	5.6mg
Sugars	19g	Added Sugars	19g	Potassium	120mg
Dietary Fiber	4g	Polyunsaturated Fat	1g	Zinc	4.3
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	130mg	Riboflavin	0.3mg
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images













