



G MILLS

057765 - Cereal Lucky Charms Gf Bowlpak Wg

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 Oats first ingredient. Meets 2 ounce equivalent grains, USDA Smart Snack (exempt for grain-only entrees), and Gluten-Free.



Nutrition Facts

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

Amount per serving
Calories 210

% Daily 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%

* 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

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), 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

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.
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	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	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-12	
Monosodium		Sulphites		Nitrates	

Additional Images

