



G MILLS

057771 - Cereal Lucky Charms Gf Bowlpak Red Sugar

Frosted and toasted whole grain, gluten-free cereal with marshmallow pieces. It comes in a ready-to-eat cup for convenient, single serve portion control. CACFP eligible and meets 2 ounce equivalent grain criteria. Perfect for K-12 meal programs. Each case contains 60 units of 2 oz cups.



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 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 440mg	19%
Total Carbohydrate 45g	16%
Dietary Fiber 5g	18%
Total Sugars 12g	
Includes 12g Added Sugar	24%
Protein 5g	
Vitamin D 6.2mcg	31%
Calcium 200mg	15%
Iron 5.6mg	31%
Potassium 150mg	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

Delicious Lucky Charms cereal with 25% less sugar (25% Less Sugar than Original Lucky Charms. Sugar content has been reduced from 19g to 12g per serving), ready to enjoy anytime, anywhere. Convenient single-serve cup to keep the freshness and quality intact. Each cereal cup is 2 oz and perfectly portioned for individual serving. Frosted and toasted gluten-free whole grain-rich cereal with tasty marshmallow pieces. 25% less sugar than Original Lucky Charms, gluten-free and whole grain-rich. Meets 2-ounce equivalent grain, USDA Child Nutrition and CACFP eligibility.

Ingredients

Whole Grain Oats, Sugar, Whole Grain Corn, Corn Starch, Corn Syrup. Contains 2% or less of: Dextrose, Modified Corn Starch, Salt, Trisodium Phosphate, Gelatin, 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 cool, dry place

Serving Suggestions

ready to enjoy anytime, anywhere

Prep & Cooking Suggestions

Ready to eat

Product Specifications

Brand	Manufacturer
G MILLS	GENERAL MILLS, INC.

MFG #	SPC #	GTIN	Pack	Pack Desc.
22489000	057771	10016000224893	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	12.3in	23in	2.7ft3	9x5	312DAYS	40°F / 111°F



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Nutrition Analysis - By Serving

Calories	210	Total Fat	2.5g	Sodium	440mg
Protein	5	Trans Fats	0g	Calcium	200mg
Total Carbohydrates...	45g	Saturated Fat	0.5g	Iron	5.6mg
Sugars	12g	Added Sugars	12g	Potassium	150mg
Dietary Fiber	5g	Polyunsaturated Fat	0g	Zinc	0
Lactose		Monounsaturated Fat	0g	Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•	0	Vitamin D	6.2mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate	0mg	Riboflavin	0mg
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images

