



POST

057920 - Cereal Blueberry Shredded Wheat Bowlpak

8 Essential Vitamins & Minerals



# Nutrition Facts

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

Amount per serving  
**Calories 200**

	% Daily Value*
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 46g	<b>17%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 11g	
Includes 11g Added Sugar	<b>22%</b>
<b>Protein</b> 5g	
Vitamin D 0mcg	<b>0%</b>
Calcium 0mg	<b>0%</b>
Iron 12.6mg	<b>70%</b>
Potassium 188mg	<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 Wheat, Sugar, Dried Blueberries, Gelatin, Purple Carrot Extract (color), Natural Flavor, Freshness Preserved with Vitamin E (mixed tocopherols).  
Vitamins & Minerals: Reduced Iron, Niacinamide (Vitamin B3), Zinc Oxide (source of zinc), Pyridoxine Hydrochloride (Vitamin B6), Folic Acid, Riboflavin (Vitamin B2), Thiamin Mononitrate (Vitamin B1), Vitamin B12  
Contains Wheat

### Allergens

#### Contains:



#### Free From:



### Handling Suggestions

Dry Storage

### Serving Suggestions

Serve with 1/2 cup skim milk

### Prep & Cooking Suggestions

Ready to eat

### Product Specifications

Brand	Manufacturer	Product Category
POST	POST FOODSERVICE	Prepared Entrees

MFG #	SPC #	GTIN	Pack	Pack Desc.
27163	057920	10884912271638	48	48/2 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
8.86lb	6lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
21.5in	16in	9.5in	1.89ft3	5x5	365DAYS	40°F / 111°F



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## Nutrition Analysis - By Serving

Calories	200	Total Fat	1g	Sodium	5mg
Protein	5	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	46g	Saturated Fat	0g	Iron	12.6mg
Sugars	11g	Added Sugars	11g	Potassium	188mg
Dietary Fiber	6g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

## Additional Images

