POST

057923 - **Cereal Honey Bunch Of Oats Bowlpak Wg**

A perfect combination of crispy flake, crunchy oat clusters with a touch of honey.

Nutrition Facts

Servings per Container	**1**
Serving size	**1bowl (57g)**
Amount per serving	
Calories	**220**
	% Daily Value*
Total Fat 3g	**4%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 150mg	**7%**
Total Carbohydrate 47g	**17%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 11g Added Sugar	**22%**
Protein 4g	
Vitamin D 3mcg	**15%**
Calcium 0mg	**0%**
Iron 18mg	**100%**
Potassium 188mg	**4%**

* 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, Rice, Whole Grain Rolled Oats, Canola and/or Soybean Oil, Corn Syrup, Wheat Flour, Degermed Corn Meal, Malted Barley Flour, Salt,
Molasses, Honey, Caramel Color, Natural and Artificial Flavor. Vitamins and Minerals: Reduced Iron, Niacinamide (Vitamin B3), Zinc Oxide, Pyridoxine Hydrochloride (Vitamin B6), Vitamin A Palmitate, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Vitamin B12, Folic Acid, Vitamin D3.
CONTAINS WHEAT.

Allergens

Contains:

wheat

Free From:

crustaceans, shellfish, eggs, fish, milk, peanuts, soy, tree nuts

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	Cereal

MFG #	SPC #	GTIN	Pack	Pack Desc.
27313	057923	10884912273137	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	TIxHI	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	220	Total Fat	3g	Sodium	150mg
Protein	4	Trans Fats	0g	Calcium	0mg
Total Carbohydrates•••	47g	Saturated Fat	0g	Iron	18mg
Sugars	12g	Added Sugars	11g	Potassium	188mg
Dietary Fiber	4g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•		Vitamin D	3mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images

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