



POST

057923 - Cereal Honey Bunch Of Oats Bowlpak Ls 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         |
|-------|----------------------|
| POST  | Post Consumer Brands |

| MFG # | SPC #  | GTIN           | Pack | Pack Desc.   |
|-------|--------|----------------|------|--------------|
| 27313 | 057923 | 10884912273137 | 48   | 48 / 2.0 ONZ |

| Gross Weight | Net Weight | Country of Origin | Kosher | Child Nutrition |
|--------------|------------|-------------------|--------|-----------------|
| 8.87lb       | 6lb        | USA               |        | No              |

| Shipping Information |       |        |         |       |            |                      |
|----------------------|-------|--------|---------|-------|------------|----------------------|
| Length               | Width | Height | Volume  | TLxHI | Shelf Life | Storage Temp From/To |
| 21.5in               | 16in  | 9.5in  | 1.89ft3 | 5x5   | 270DAYS    | 30°F / 100°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 | 0g   | Zinc           | 0     |
| Lactose                |     | Monounsaturated Fat | 0g   | Phosphorus     |       |
| Sucrose                |     | Cholesterol         | 0mg  |                |       |
| Vitamin A(IU)•         | 0   | Vitamin D           | 3mcg | Thiamin        |       |
| Vitamin A(RE)          |     | Vitamin E           |      | Niacin         |       |
| Vitamin C              | 0mg | Folate              | 0mg  | Riboflavin     | 0mg   |
| Magnesium              |     | Vitamin B-6         |      | Vitamin B-1 2• |       |
| Monosodium             |     | Sulphites           |      | Nitrates       |       |

Additional Images

