



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

