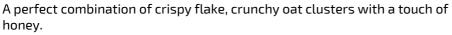


#### **POST**

# 057923 - Cereal Honey Bunch Of Oats Bowlpak Ls Wg







#### \* 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:**



#### Free From:







# milk peanuts soy tree nuts

# **Nutrition Facts**

Servings per Container 1bowl (57g) Serving size

**Amount per serving** Calories

220

Calonies	220
% Dai	ly 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.

#### **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

IVIFG #	SPC #	GIIN	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	TIxHI	Shelf Life	Storage Temp From/To
21.5in	16in	9.5in	1.89ft3	5x5	270DAYS	30°F / 100°F





#### **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 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





