



G MILLS

058496 - Cereal Lucky Charms Gf Bowlpak Red Sugar

Enjoy a convenient and delicious gluten-free breakfast cereal with Lucky Charms. Easy grab and go bowlpaks are perfect for USDA Child Nutrition Programs, providing 1 oz equivalent grain and meeting whole grain-rich criteria. No high fructose corn syrup and 6g added sugar per dry oz. Case contains 96 units, each in a 1 oz bowlpak.



Nutrition Facts

Servings per Container 96
Serving size 1bowl (28g)

Amount per serving
Calories 110

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	10%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Total Sugars 6g	
Includes 6g Added Sugar	12%
Protein 3g	
Vitamin D 3.1mcg	16%
Calcium 90mg	7%
Iron 2.8mg	16%
Potassium 0mg	0%

* 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

Delicious Lucky Charms cereal with 25% less sugar (25% Less Sugar than Original Lucky Charms. Sugar content has been reduced from 9g to 6g per serving), ready to enjoy anytime, anywhere. Pre-portioned in single serve convenient bowls for portion control. Case contains 96 units, each unit is a 1 oz bowlpak. Gluten-free, made with whole grains (19g whole grain per serving; at least 48g recommended daily), and with marshmallow pieces. 1 oz equivalent grain; meets USDA Whole Grain-Rich criteria. 6g added sugar per oz; no high fructose corn syrup.

Ingredients

Whole Grain Oats, Sugar, Whole Grain Corn, Corn Starch, Corn Syrup. Contains 2% or less of: Dextrose, Modified Corn Starch, Salt, Trisodium Phosphate, Gelatin, Red 40, Yellow 5 & 6, Blue 1, Natural and Artificial Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Vitamin C (sodium ascorbate), Iron and Zinc (mineral nutrients), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

Allergens

Handling Suggestions

Keep in a cool, dry place

Serving Suggestions

ready to enjoy anytime, anywhere

Prep & Cooking Suggestions

Ready to eat

Product Specifications

Brand	Manufacturer
G MILLS	GENERAL MILLS, INC.

MFG #	SPC #	GTIN	Pack	Pack Desc.
22488000	058496	10016000224886	96	96/1 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
18.8lb	9.4lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
16.75in	13in	18.62in	2.35ft3	9x3	360DAYS	40°F / 111°F



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Nutrition Analysis - By Serving

Calories	110	Total Fat	1.5g	Sodium	220mg
Protein	3	Trans Fats	0g	Calcium	90mg
Total Carbohydrates...	22g	Saturated Fat	0g	Iron	2.8mg
Sugars	6g	Added Sugars	6g	Potassium	0mg
Dietary Fiber	2g	Polyunsaturated Fat	0g	Zinc	0
Lactose		Monounsaturated Fat	0g	Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•	0	Vitamin D	3.1mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate	0mg	Riboflavin	0mg
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images

