



MALT-O-MEAL

058721 - Cereal Shred Frosted Mini Wheat Wg K12



# Nutrition Facts

Servings per Container  
Serving size 1cup (1Cup(US))

Amount per serving  
**Calories 190**

	% Daily Value*
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 45g	<b>16%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 11g	
Includes Added Sugar	<b>%</b>
<b>Protein</b> 5g	
Vitamin D	<b>0%</b>
Calcium 0mg	<b>0%</b>
Iron 16.2mg	<b>90%</b>
Potassium	<b>%</b>

\* 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

## ⚠ Allergens

### Contains:

wheat

### Free From:

crustaceans eggs fish milk  
 peanuts soy tree nuts

## Handling Suggestions

## 📄 Product Specifications

## Serving Suggestions

## Prep & Cooking Suggestions

Brand	Manufacturer	Product Category
MALT-O-MEAL	POST FOODSERVICE	Cold Cereal

MFG #	SPC #	GTIN	Pack	Pack Desc.
09826	058721	10042400098260	6	6/36 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
15.26lb	15.26lb			No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
20in	16in	9.38in	1.74cf	6x5	0DAYS	40°F / 111°F



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Nutrition Analysis - By Serving

Calories	190	Total Fat	1g	Sodium	10mg
Protein	5	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	45g	Saturated Fat	0g	Iron	16.2mg
Sugars	11g	Added Sugars		Potassium	
Dietary Fiber	6g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

Additional Images

