



G MILLS

059907 - Cereal Cheerios Apple Cinn Bowlpak Gf Wg



Sweetened whole grain oat, gluten-free cereal with apple cinnamon taste in a ready-to-eat bowl for convenient, single serve portion control. For crediting in USDA Child Nutrition Programs: 1 ounce equivalent grain, whole grain-rich criteria, and USDA Smart Snacks criteria.



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 110mg	5%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	7%
Total Sugars 9g	
Includes 9g Added Sugar	18%
Protein 2g	
Vitamin D 1.2mcg	6%
Calcium 80mg	6%
Iron 2.7mg	15%
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

Sweetened whole grain oat, gluten-free cereal with apple cinnamon taste. This ready-to-eat bowl provides convenient portion control and room for milk. Great for breakfast, or as a grab n go snack. Contains no artificial flavors and no colors from artificial sources. For crediting in USDA Child Nutrition Programs: meets 1 ounce equivalent grain standard and whole grain-rich criteria. 96 - 1 oz single serve branded bowls per case

Ingredients

Ingredients: Whole Grain Oats, Sugar, Corn Starch, Apple Puree Concentrate, Corn Syrup, Canola Oil, Refiner's Syrup, Salt, Cinnamon, Trisodium Phosphate, Vitamin E (mixed tocopherols) Added to Preserve Freshness, 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 dry cool place

Serving Suggestions

One Bowlpak

Prep & Cooking Suggestions

Ready to Eat

Product Specifications

Brand	Manufacturer	Product Category
G MILLS	GENERAL MILLS, INC.	Cereal

MFG #	SPC #	GTIN	Pack	Pack Desc.
31879000	059907	10016000318790	96	96/1 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
9.1lb	8.7lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
16in	13.2in	13.7in	1.67ft3	9x2	0DAYS	40°F / 111°F



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Nutrition Analysis - By Serving

Calories	110	Total Fat	1.5g	Sodium	110mg
Protein	2	Trans Fats	0g	Calcium	80mg
Total Carbohydrates...	23g	Saturated Fat	0g	Iron	2.7mg
Sugars	9g	Added Sugars	9g	Potassium	0mg
Dietary Fiber	2g	Polyunsaturated Fat	0.5g	Zinc	1.7
Lactose		Monounsaturated Fat	1g	Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)	50	Vitamin D	1.2mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	5mg	Folate	60mg	Riboflavin	0.08mg
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

