



G MILLS

060970 - Bar Cereal Cocoa Puffs

A convenient, no-mess, and portable chewy cereal bar made from Cocoa Puffs(TM) cereal pieces with only 150 calories. Individually wrapped bars meet 1 ounce equivalent grain and USDA Smart Snacks criteria. Available in bulk, 96 - 1.42 oz bars in each case.



Nutrition Facts

Servings per Container 96
Serving size 1bar(40g)

Amount per serving
Calories 160

% Daily Value*

Total Fat	3.5g	4%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	105mg	5%
Total Carbohydrate	30g	11%
Dietary Fiber	3g	11%
Total Sugars	9g	
Includes 9g Added Sugar		18%
Protein	3g	
Vitamin D	0mcg	0%
Calcium	260mg	20%
Iron	1.9mg	11%
Potassium	100mg	2%

* 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

WHOLE GRAIN OATS, CORN SYRUP, CEREAL (WHOLE GRAIN CORN, SUGAR, CORN MEAL, CORN SYRUP, COCOA PROCESSED WITH ALKALI, CANOLA OIL, CARAMEL COLOR, SALT, FRUCTOSE, BROWN SUGAR SYRUP, BAKING SODA, NATURAL FLAVOR, VITAMINS AND MINERALS: TRICALCIUM PHOSPHATE, CALCIUM CARBONATE, VITAMIN C [SODIUM ASCORBATE], A B VITAMIN [NIACINAMIDE], ZINC AND IRON [MINERAL NUTRIENTS], VITAMIN B6 [PYRIDOXINE HYDROCHLORIDE], VITAMIN B2 [RIBOFLAVIN], VITAMIN B1 [THIAMIN MONONITRATE], VITAMIN A [PALMITATE], A B VITAMIN [FOLIC ACID], VITAMIN B12, VITAMIN D3), SUGAR, WHOLE WHEAT FLOUR, FRUCTOSE, CANOLA OIL, BROWN RICE FLOUR, CHICORY ROOT EXTRACT. CONTAINS 2% OR LESS OF: VEGETABLE GLYCERIN, CALCIUM CARBONATE, COCOA PROCESSED WITH ALKALI, WHOLE OAT FLOUR, MALTODEXTRIN, CORN FLOUR, MODIFIED WHEAT STARCH, CARAMEL COLOR, SALT, BAKING SODA, NATURAL FLAVOR. CONTAINS WHEAT; MAY CONTAIN SOY INGREDIENTS

⚠ Allergens

Contains:



wheat

May Contain:



soy

Handling Suggestions

Store in cool dry location

Serving Suggestions

Serve as is

Prep & Cooking Suggestions

Ready to Eat

📄 Product Specifications

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

MFG #	SPC #	GTIN	Pack	Pack Desc.
45577000	060970	10016000455778	96	96/1.42 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
31.7lb	12lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
15.5in	9.4in	10.5in	0.89ft3	8x7	180DAYS	40°F / 111°F



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Nutrition Analysis - By Serving

Calories	160	Total Fat	3.5g	Sodium	105mg
Protein	3	Trans Fats	0g	Calcium	260mg
Total Carbohydrates...	30g	Saturated Fat	0g	Iron	1.9mg
Sugars	9g	Added Sugars	9g	Potassium	100mg
Dietary Fiber	3g	Polyunsaturated Fat		Zinc	0.6
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)	20	Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate	15mg	Riboflavin	0.05mg
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

