



G MILLS

060973 - Bar Cereal Golden Grahams

A chewy cereal bar made with Golden Grahams(TM) cereal pieces with the taste of graham cracker crunch and brown sugar and individually wrapped to enjoy on-the-go. For crediting in USDA Child Nutrition Programs: 1 ounce equivalent grain, whole grain-rich criteria, 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 150**

	% Daily Value*
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 115mg	<b>5%</b>
<b>Total Carbohydrate</b> 30g	<b>11%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 9g	
Includes 9g Added Sugar	<b>18%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	<b>0%</b>
Calcium 250mg	<b>19%</b>
Iron 1.3mg	<b>7%</b>
Potassium 0mg	<b>0%</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

WHOLE GRAIN OATS, CORN SYRUP, WHOLE GRAIN WHEAT, SUGAR, CANOLA OIL, FRUCTOSE, BROWN RICE FLOUR, CORN MEAL, MARSHMALLOWS (SUGAR, CORN SYRUP, MODIFIED CORN STARCH, WATER, GELATIN, NATURAL FLAVOR, SODIUM PHOSPHATE), CHICORY ROOT EXTRACT, MALTODEXTRIN. CONTAINS 2 % OR LESS OF: VEGETABLE GLYCERIN, CALCIUM CARBONATE, WHOLE OAT FLOUR, WHOLE CORN FLOUR, WHEAT STARCH, BROWN SUGAR SYRUP, CORN FLOUR, SALT, DEXTROSE, MODIFIED WHEAT STARCH, BAKING SODA, COCOA PROCESSED WITH ALKALI, CARAMEL COLOR, NATURAL FLAVOR, VITAMIN C (SODIUM ASCORBATE), ZINC AND IRON (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. CONTAINS WHEAT; MAY CONTAIN SOY INGREDIENTS.

Allergens

Contains:



May Contain:



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.
31913000	060973	10016000319131	96	96/1.42 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
10.45lb	8.52lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
17.87in	12.25in	6.37in	0.81ft3	8x7	248DAYS	40°F / 111°F



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Nutrition Analysis - By Serving

Calories	150	Total Fat	3.5g	Sodium	115mg
Protein	2	Trans Fats	0g	Calcium	250mg
Total Carbohydrates...	30g	Saturated Fat	0g	Iron	1.3mg
Sugars	9g	Added Sugars	9g	Potassium	0mg
Dietary Fiber	3g	Polyunsaturated Fat		Zinc	0.5
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•	0	Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate	10mg	Riboflavin	0.04mg
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images



**Nutrition Facts** serving size: 1 bar (40g), Amount per serving: **Calories 150**, **Total Fat** 3.5g (4% DV), **Saturated Fat** 0g (0% DV), **Trans Fat** 0g (0% DV), **Sodium** 115mg (5% DV), **Total Carb.** 30g (11% DV), **Dietary Fiber** 3g (10% DV), **Total Sugars** 9g (Incl. 9g Added Sugars, 18% DV), **Protein** 2g, **Vitamin D** (0% DV), **Calcium** (15% DV), **Iron** (8% DV), **Thiamin** (8% DV), **Riboflavin** (4% DV), **Niacin** (2% DV), **Vitamin B6** (4% DV), **Folate** (2% DV) (mg folic acid), **Vitamin B12** (2% DV). Not a significant source of Potassium, Vitamin A and Vitamin C. % DV = % Daily Value

