



SIMPLY CHEX

126879 - Snack Chex Simply Chocolate Caramel Wg



A chocolatey mix of whole grain Chex(TM) cereal pieces with great tasting chocolate and caramel flavors. Individually wrapped in a single serve portion for a convenient, grab and go snack, with 60% less fat than potato chips. Made without gelatin. No artificial flavors, no colors from artificial sources, and no high fructose corn syrup. For USDA Child Nutrition Programs: meets 1 ounce equivalent grain, whole grain-rich, USDA Smart Snacks criteria, and is CACFP eligible.



Nutrition Facts

Servings per Container **60**
Serving size **1pouch(29g)**

Amount per serving
Calories 130

	% Daily Value*
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Total Sugars 6g	
Includes 6g Added Sugar	12%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1.3mg	7%
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 WHEAT, SUGAR, ENRICHED CORN MEAL (DEGERMED YELLOW CORN MEAL, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (SOYBEAN OIL AND/OR RICE BRAN OIL), FRUCTOSE, COCOA PROCESSED WITH ALKALI. CONTAINS 2% OR LESS OF: COCOA, SALT, CORN STARCH, DISTILLED MONOGLYCERIDES, TRISODIUM PHOSPHATE, CALCIUM CARBONATE, YELLOW CORN FLOUR, BAKING SODA, NATURAL FLAVOR. FRESHNESS PRESERVED WITH BHT. CONTAINS WHEAT INGREDIENTS.

⚠ Allergens

Contains:



wheat

Handling Suggestions

Keep in a dry cool place

Serving Suggestions

Serve as is

Prep & Cooking Suggestions

Ready To Eat

📄 Product Specifications

Brand	Manufacturer	Product Category
SIMPLY CHEX	GENERAL MILLS, INC.	Grocery

MFG #	SPC #	GTIN	Pack	Pack Desc.
31933000	126879	10016000319339	60	60/1 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
6lb	6lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
16in	10in	10in	0.93ft3	12x5	186DAYS	40°F / 111°F



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Nutrition Analysis - By Serving

Calories	130	Total Fat	4g	Sodium	50mg
Protein	2	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	22g	Saturated Fat	0.5g	Iron	1.3mg
Sugars	6g	Added Sugars	6g	Potassium	100mg
Dietary Fiber	2g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images



Nutrition Facts	
Serving size 1 pouch (29g)	
Amount per serving	Calories 130
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 0.5g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	8%
Total Sugars 6g	
Includes 6g Added Sugars	12%
Protein 2g	
Iron 1.3mg	6%
Potassium 100mg	2%

Not a significant source of vitamin D and calcium.
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