



G MILLS

# 126979 - Snack Chex Mix Cheddar

A savory mix of Chex(TM) cereal pieces, pretzels, mini breadsticks, and crispy crackers mixed with cheddar seasoning. Individually packaged in a single serve portion for a convenient, grab and go snack, with 60% less fat than potato chips. Available in bulk, 60-1.75 oz bags.



## Nutrition Facts

Servings per Container 60  
Serving size 1pouch(49g)

Amount per serving  
**Calories 210**

	% Daily Value*
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 380mg	<b>17%</b>
<b>Total Carbohydrate</b> 36g	<b>13%</b>
Dietary Fiber 2g	7%
Total Sugars 5g	
Includes 5g Added Sugar	10%
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1mg	6%
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

- Contains 60% less fat than potato chips
- Zero Trans Fat
- Contains zero grams trans fat.
- Individually wrapped single serve portion is great for grab and go, kiosks, and vending machines.

### Ingredients

ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), DEGERMED YELLOW CORN MEAL, WHOLE WHEAT, VEGETABLE OIL (SOYBEAN, CANOLA, SUNFLOWER AND/OR RICE BRAN), SUGAR, WHEY POWDER, CORN SYRUP SOLIDS. CONTAINS 2% OR LESS OF: SALT, HIGH FRUCTOSE CORN SYRUP, YEAST, SOUR CREAM (CREAM, NONFAT MILK, CULTURES), NATURAL AND ARTIFICIAL FLAVOR, BAKING SODA, BARLEY MALT SYRUP, BUTTER CONCENTRATE (CREAM, SALT, NATURAL FLAVOR), ANNATTO, WHEY, DISTILLED MONOGLYCERIDES, ONION POWDER, DRIED CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), TRISODIUM PHOSPHATE, YELLOW CORN FLOUR, CALCIUM CARBONATE, SODIUM ACID PYROPHOSPHATE, YELLOW 5, MALTODEXTRIN, YELLOW 6, CHEDDAR CHEESE POWDER (MILK, SALT, CHEESE CULTURES, ENZYMES, DISODIUM PHOSPHATE), SOUR CREAM SOLIDS (SOUR CREAM [CREAM, CULTURES, LACTIC ACID]), CULTURED NONFAT DRY MILK SOLIDS (CITRIC ACID), MONOCALCIUM PHOSPHATE, AUTOLYZED YEAST EXTRACT, YELLOW 5 LAKE, DISODIUM PHOSPHATE, YELLOW 6 LAKE, LACTIC ACID, CITRIC ACID, SPICE. FRESHNESS PRESERVED BY SODIUM METABISULFITE AND BHT.

### Allergens

#### Contains:

- milk
- 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.	Oils and Shortening

MFG #	SPC #	GTIN	Pack	Pack Desc.
12408000	126979	00016000124080	60	60/1.7 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
8lb	7.78lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
16in	10in	10in	0.93ft3	12x3	0DAYS	40°F / 111°F



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## Nutrition Analysis - By Serving

Calories	210	Total Fat	6g	Sodium	380mg
Protein	3	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	36g	Saturated Fat	1g	Iron	1mg
Sugars	5g	Added Sugars	5g	Potassium	0mg
Dietary Fiber	2g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		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

