



CHEX

126989 - Snack Chex Mix Hot & Spicy S/O

A spicy snack made with whole grain Chex(TM) cereal pieces, pretzels, mini breadsticks, and crispy crackers mixed with hot 'n spicy seasoning. Individually packaged 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 crediting in USDA Child Nutrition Programs: 1 ounce equivalent grain, whole grain-rich criteria, USDA Smart Snacks criteria, and CACFP eligible.



Nutrition Facts

Servings per Container	60
Serving size	1pouch(26g)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 2g Added Sugar	4%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.9mg	5%
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

Ingredients

Ingredients: Whole Wheat, Enriched Wheat Flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Enriched Corn Meal (degermed yellow corn meal, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Vegetable Oil (soybean, canola, rice bran and/or sunflower), Sugar. Contains 2% or less of: Maltodextrin, Salt, Whey Powder, Natural Flavor, Spice, Yeast Extract, Yeast, Cheddar Cheese (milk, cheese cultures, salt, enzymes), Dextrose, Garlic Powder, Paprika Extract Added for Color, Distilled Monoglycerides, Trisodium Phosphate, Calcium Carbonate, Onion Powder, Yellow Corn Flour, Soy Sauce (wheat, soybeans, salt), Baking Soda, Barley Malt Syrup. Freshness Preserved by BHT.

⚠ Allergens

Contains:

milk soy wheat

Handling Suggestions

Store in cool dry location

Serving Suggestions

Serve as is

Prep & Cooking Suggestions

Ready to serve and eat

Product Specifications

Brand		Manufacturer				
CHEX		GENERAL MILLS, INC.				
MFG #	SPC #	GTIN	Pack	Pack Desc.		
31934000	126989	10016000319346	60	60/1.25 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	248DAYS	40°F / 111°F



CHEX  
126989 - Snack Chex Mix Hot & Spicy S/O

A spicy snack made with whole grain Chex(TM) cereal pieces, pretzels, mini breadsticks, and crispy crackers mixed with hot 'n spicy seasoning. Individually packaged 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 crediting in USDA Child Nutrition Programs: 1 ounce equivalent grain, whole grain-rich criteria, USDA Smart Snacks criteria, and CACFP eligible.



Nutrition Analysis - By Serving

Calories	110	Total Fat	2.5g	Sodium	150mg
Protein	2	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	20g	Saturated Fat	0.5g	Iron	0.9mg
Sugars	2g	Added Sugars	2g	Potassium	0mg
Dietary Fiber	1g	Polyunsaturated Fat		Zinc	
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		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images



Nutrition Facts	
Serving size 1 pouch (26g)	
Amount per serving	
<b>Calories</b>	<b>110</b>
	% Daily Value*
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 150mg	<b>6%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 1g	<b>5%</b>
Total Sugars 2g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 2g	
Iron 0.9mg	<b>4%</b>
Not a significant source of vitamin D, calcium and potassium.	
*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.	