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Product Information

General Mills Product Code:11974000

UPC: 016000119741 GTIN: 00016000119741 Case Size: 1.779 CFper case

Net Weight:

Length: 16.75 IN Width: 13 IN Height: 14,12 IN Volume: 1,779 CF

Kosher: (ii)



Ingredients:

Whole Grain Corn, Sugar, Corn Meal, Com Syrup, Canola and/or Rice Bran Oil, Cocoa Processed with Alkali, Color Added, Salt, Fructose, Natural and Artificial Flavor, Trisodium Phosphate. BHT Added to Preserve Freshness. Vitamins and Minerals: Tricalcium Phosphate, Calcium Carbonate, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate). Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

MAY CONTAIN WHEAT INGREDIENTS.

All Big G Cereals are made with at least 8g of whole grain per standard serving, 48g recommended daily. Due to smaller serving sizes, some Bowlpaks do not contain 8g of whole grain, but all contain whole grain.

Trans fat values are calculated based on formula as of the date listed, values are based on serving sizes indicated, larger serving sizes may have different trans fat values. Different preparation techniques may change the amount of trans fat.

Nutrition Facts

Serving Size: 1 Bowl (24g) (3/4 Cup)	
Amount Per Serving	As Packaged
Calories	90
Calories From Fat	10
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Potassium 65mg	2%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	6%
Sugars 9g	
Protein 1g	
Vitamin A	8%
Vitamin C	8%
Calcium	8%
Iron	20%
Vitamin D	8%
Thiamin	20%
Riboflavin	20%
Niacin	20%
Vitamin B6	20%
Folic Acid	20%
Vitamin B12	20%
Zinc	20%

^{*} Percent Daily Value (DV) are based on a 2,000 calorie diet * - Not a significant nutrient source

