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Product Information

General Mills Product Code:29445000

UPC: 016000294455 GTIN: 00016000294455 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, Corn Meal, Sugar, Com Syrup, Com Bran, Rice Bran and/or Canola Oil, Salt, Trisodium Phosphate, Natural and Artificial Flavor, Red 40, Yellow 6, Blue 1 and Other Color Added, Sodium Citrate, Citric Acid, Malic Acid. Vitamin E (mixed tocopherols) and BHT Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate. Tricalcium Phosphate. 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.

Nutrition Facts

Serving Size: 1 Bowl (21g) (3/4 Cu	nb)
Amount Per Serving	As Packaged
Calories	80
Calories From Fat	10
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	4%
Potassium 40mg	1%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	6%
Sugars 5g	
Protein 1g	
Vitamin A	6%
Vitamin C	6%
Calcium	8%
Iron	20%
Vitamin D	6%
Thiamin	20%
Riboflavin	20%
Niacin	20%
Vitamin B6	20%
Folic Acid	20%
Vitamin B12	15%
Zinc	20%

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



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.