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Product Information

General Mills Product Code: 11947000

UPC: 016000119475 GTIN: 00016000119475 Case Size: 1.779 CFper case

Net Weight:

Length: 16.75 IN Width: 13 IN Height: 14.12 IN Volume: 1.779 CF

Kosher: (1)



Ingredients:

Whole Grain Corn, Sugar, Corn Meal, Com Syrup, Canola and/or Rice Bran Oil, Salt, Trisodium Phosphate, Red 40. Yellow 6, Blue 1 and Other Color Added, Natural and Artificial Flavor, Citric Acid. Malic Acid. 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

Nutrition Facts

Serving Size: 1 Bowl (21g) (3/4 Cup)	
Amount Per Serving	As Packaged
Calories	80
Calories From Fat	10
	% Daily Value
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Potassium 35mg	1%
Total Carbohydrate 18g	6%
Dietary Fiber <1g	3%
Sugars 7g	
Protein 1g	
Vitamin A	6%
Vitamin C	6%
Calcium	6%
Iron	15%
Vitamin D	6%
Thiamin	15%
Riboflavin	15%
Niacin	15%
Vitamin B6	15%
Folic Acid	15%
Vitamin B12	15%
Zinc	15%

rcent Daily Value (DV) are based on a 2,000 calorie diel





All Big G Cereals are made with at least Bg 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.