



Apple Cinnamon Cheerios® Bowlpak Cereal

Whole Grain Oats - First Ingredient. Puffed, toasted, sweetened whole grain oats with apple cinnamon taste. Low in fat and provides 12 vitamins and minerals per 28g serving. 1 oz eq grain. No Artificial Colors or Flavors.

UNIT SIZE: 1 OZ
CASE COUNT: 96

PRODUCT CODE: 31879000
UPC: 016000318793
GTIN: 10016000318790

Nutrition Facts

Serving Size:	1 Bowl (28g)	
Amount Per Serving:	As Packaged	
Calories	110	
Calories From Fat	15	
Total Fat	1.5g	2%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	110mg	5%
Potassium	70mg	2%
Total Carbohydrate	22g	7%
Dietary Fiber	2g	8%
Soluble Fiber	1g	
Sugars	10g	
Protein	2g	
Vitamin A	10%	
Vitamin C	10%	
Calcium	10%	
Iron	20%	
Vitamin D	10%	
Thiamin	20%	
Riboflavin	20%	
Niacin	20%	
Vitamin B6	20%	
Folic Acid	45%	
Vitamin B12	20%	
Phosphorus	6%	
Magnesium	4%	
Zinc	20%	
Insoluble Fiber		

* Percent Daily Value (DV) are based on a 2,000 calorie diet

* - Not a significant nutrient source

* Nutritional information is subject to change. See product label to verify ingredients and allergens.

*Do not eat raw dough or batter.

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Ingredients

Whole Grain Oats, Sugar, Corn Starch, Oat Bran, Corn Syrup, Canola Oil, Apple Puree Concentrate, Salt, Refiner's Syrup, Cinnamon, Trisodium Phosphate, Sodium Citrate. Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: 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.



Kosher:

Package Information

NET WEIGHT: N/A
VOLUME: 1.779 CF
HEIGHT: 14.12 IN
LENGTH: 16.75 IN
WIDTH: 13 IN
CASE SIZE: 1.779 CF

KEY FEATURES:

- Convenience
- Whole Grain