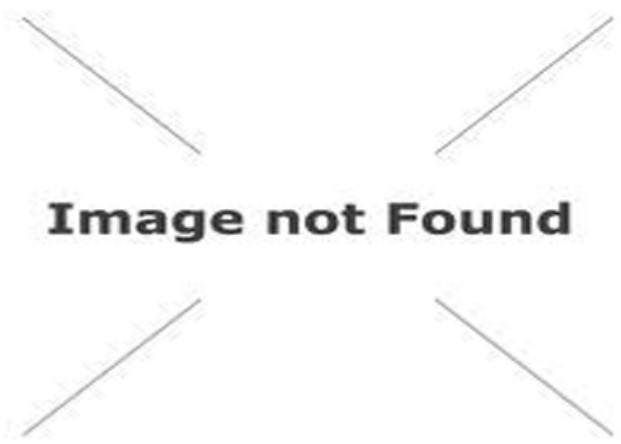


multigrain cheerios(r), bowlpak



General Mills Product Code: 32263000

Key Features
Not Available

Allergens
Data not available

Nutrition Facts	
Serving Size: 1 Bowl (28g) (1 Cup)	
Amount Per Serving	As Packaged
Calories	100
Calories From Fat	10
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Potassium 135mg	4%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	10%
Sugars 6g	
Protein 2g	
Vitamin A	10%
Vitamin C	8%
Calcium	8%
Iron	40%
Vitamin D	10%
Thiamin	25%
Riboflavin	25%
Niacin	25%
Vitamin B6	25%
Folic Acid	50%
Vitamin B12	25%
Phosphorus	8%
Magnesium	4%
Zinc	25%

Ingredients
Whole Grain Corn, Whole Grain Wheat, Sugar, Whole Grain Oats, Whole Grain Barley, Whole Grain Rice, Corn Starch, Brown Sugar Syrup, Corn Bran, Salt, Tripotassium Phosphate, Canola and/or Rice Bran Oil, Color Added. VitaminE (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (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: K D

* 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.

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