

Cereals [Bowlpak Cereal](#) | [Bulk Cereal](#) | [Cup Cereal](#) | [Singlepak Cereal](#) | [Portable Cereal](#)

## Golden Grahams®



General Mills Product Code: 11943000

Meets K-12 1 Ounce Equivalent Grain. Top seller. Loved by adults and kids.

<b>Key Features</b>	<b>UPC:</b>	<b>Allergens</b>
Not Available		Contains wheat ingredients
016000119437		
<b>GTIN:</b> 10016000119434		
<b>Unit Size:</b> 1 OZ		
<b>Case Count:</b> 96		

Nutrition Facts		Ingredients
Serving Size: 1 Bowl (28g) (3/4 Cup)		Whole Grain Wheat, Sugar, Corn Meal, Brown Sugar Syrup, Canola and/or Rice Bran Oil, Dextrose, Baking Soda, Salt, Trisodium Phosphate, Artificial Flavor. BHT 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.
Amount Per Serving	As Packaged	
<b>Calories</b>	110	
Calories From Fat	10	
	% Daily Value*	
<b>Total Fat</b> 1g	2%	
Saturated Fat 0g	0%	
Trans Fat 0g		
<b>Cholesterol</b> 0mg	0%	
<b>Sodium</b> 220mg	9%	
<b>Potassium</b> 55mg	2%	
<b>Total Carbohydrate</b> 24g	8%	
Dietary Fiber 1g	4%	
Sugars 9g		
<b>Protein</b> 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%	

**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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