



Lucky Charms™ Bowlpak Cereal

Whole Grain Oats - First Ingredient. A frosted, toasted, whole grain oat-based cereal with marshmallow pieces. Provides 12 vitamins and minerals per 28g serving. Gluten-Free. Whole Grain. 1 oz Eq. Grain.

UNIT SIZE: 1 OZ
CASE COUNT: 96

PRODUCT CODE: 31917000
UPC: 016000319172
GTIN: 10016000319179

Nutrition Facts

Serving Size:	1 Bowl (28g)	
Amount Per Serving:	As Packaged	
Calories	110	
Calories From Fat	10	
		% Daily Value*
Total Fat	1g	2%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	180mg	7%
Potassium	55mg	2%
Total Carbohydrate	23g	8%
Dietary Fiber	2g	6%
Sugars	10g	
Protein	2g	
Vitamin A	10%	
Vitamin C	10%	
Calcium	10%	
Iron	25%	
Vitamin D	10%	
Thiamin	25%	
Riboflavin	25%	
Niacin	25%	
Vitamin B6	25%	
Folic Acid	50%	
Vitamin B12	25%	
Zinc	25%	

* 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, Oat Flour, Corn Syrup, Modified Corn Starch, Corn Starch, Dextrose, Salt, Gelatin, Trisodium Phosphate, Yellows 5 ; 6, Red 40, Blue 1, Natural and Artificial Flavor. Vitamin E (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.

Preparation Instructions:

1. Ready to eat dry cereal in a portable, easy-to-serve bowl

Package Information

NET WEIGHT: N/A
 VOLUME: 2.346 CF
 HEIGHT: 18.62 IN
 LENGTH: 16.75 IN
 WIDTH: 13 IN
 CASE SIZE: 2.346 CF

KEY FEATURES:

- Gluten-Free
- Whole Grain
- 1 oz. Eq. Grain