



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

Total Fat	1g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	180mg
Potassium	55mg
Total Carbohydrate	23g
Dietary Fiber	2g
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%

% Daily Value*

2%
0%
0%
0%
7%
2%
8%
6%

* 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