



Golden Grahams® Cereal Bar

Cereal - First Ingredient. A chewy cereal bar made with Golden Grahams pieces. 150 calories. 1 oz equivalent grain

ALLERGENS: CONTAINS WHEAT AND SOY INGREDIENTS

UNIT SIZE: 1.42 OZ

CASE COUNT: 96

PRODUCT CODE: 31913000

UPC: 016000319134

GTIN: 10016000319131

Nutrition Facts

Serving Size:	1 Bar (40g)	
Amount Per Serving:	As Packaged	
Calories	150	
Calories From Fat	30	
		% Daily Value*
Total Fat	3.5g	5%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	105mg	4%
Total Carbohydrate	30g	10%
Dietary Fiber	3g	11%
Sugars	9g	
Protein	2g	
Vitamin A	2%	
Vitamin C	*	
Calcium	20%	
Iron	8%	
Vitamin D	*	
Thiamin	6%	
Riboflavin	4%	
Niacin	4%	
Vitamin B6	4%	
Folic Acid	4%	
Vitamin B12	2%	
Zinc	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, Corn Syrup, Cereal (whole grain wheat, corn meal, sugar, brown sugar syrup, canola and/or rice bran oil, dextrose, baking soda, salt, natural flavor. 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), Sugar, Rice Bran and/or Canola Oil, Fructose, Whole Grain Wheat, Brown Rice Flour, Marshmallows (sugar, dextrose, modified corn starch, corn syrup, cocoa, gelatin, natural and artificial flavor), Chicory Root Extract, Maltodextrin. Contains 2% or less of: Whole Grain Corn Flour, Glycerin, Wheat Starch, Modified Wheat Starch, Cocoa Processed with Alkali, Salt, Gelatin, Baking Soda, Color Added, Dextrose, Natural and Artificial Flavor, SoyLecithin. BHT Added to Protect Flavor.

Package Information

NET WEIGHT: N/A
 VOLUME: .807 CF
 HEIGHT: 6.37 IN
 LENGTH: 17.87 IN
 WIDTH: 12.25 IN
 CASE SIZE: .807 CF