



Golden Grahams® Bowlpak Cereal

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

ALLERGENS: CONTAINS WHEAT INGREDIENTS

UNIT SIZE: 1 OZ
CASE COUNT: 96

PRODUCT CODE: 11943000
UPC: 016000119437
GTIN: 10016000119434

Nutrition Facts

Serving Size:	1 Bowl (28g)
Amount Per Serving:	As Packaged
Calories	100
Calories From Fat	10
Total Fat	1g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	220mg
Potassium	60mg
Total Carbohydrate	24g
Dietary Fiber	1g
Sugars	9g
Protein	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%

% Daily Value*

Ingredients

Whole Grain Wheat, Sugar, Corn Meal, Brown Sugar Syrup, Dextrose, Rice Bran and/or Canola Oil, Baking Soda, Salt, Trisodium Phosphate, 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.



Kosher:

Package Information

NET WEIGHT: N/A
VOLUME: 1.779 CF
HEIGHT: 14.12 IN
LENGTH: 16.75 IN
WIDTH: 13 IN
CASE SIZE: 1.779 CF

* 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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