



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	1%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	220mg	9%
Potassium	60mg	2%
Total Carbohydrate	24g	8%
Dietary Fiber	1g	5%
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%	

* 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 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