



## 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. 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	
<b>Calories</b>	110	
Calories From Fat	10	
<b>Total Fat</b>	1g	2%
Saturated Fat	0g	0%
Trans Fat	0g	
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	180mg	7%
<b>Potassium</b>	55mg	2%
<b>Total Carbohydrate</b>	23g	8%
Dietary Fiber	2g	6%
Sugars	10g	
<b>Protein</b>	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.  
 \* Nutritional information is subject to change. See product label to verify ingredients and allergens.

### 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 and Other Color Added, Natural and Artificial Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness. 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.

### 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