



Lucky Charms™ Cereal Single Serve K12 2oz Eq Grain

Lucky Charms™ is a frosted, toasted whole grain oat-based gluten-free cereal with marshmallow pieces This ready-to-eat cup provides convenient portion control and room for milk. Whole Grain Oats—first ingredient. Meets 2 ounce equivalent grains.



Product Information:

PRODUCT CODE: 14884000
 UPC: 016000148840
 GTIN: 10016000148847
 UNIT SIZE: 2 OZ
 CASE COUNT: 60
 ATTRIBUTES: Gluten-Free
 Zero Trans Fat
 Whole Grain
 2 oz. Eq. Grain
 No High Fructose Corn Syrup

Nutrition Information:

Serving Size:	1 Container (56g)	
Amount Per Serving:	As Packaged	
Calories	210	
Calories From Fat	20	
	% Daily Value*	
Total Fat	3g	3%
Saturated Fat	0g	0%
Trans Fat	0g	
Polyunsaturated Fat	1g	
Monounsaturated Fat	1g	
Cholesterol	0mg	0%
Sodium	350mg	15%
Potassium	110mg	3%
Total Carbohydrate	46g	15%
Dietary Fiber	3g	12%
Sugars	20g	
Protein	4g	
Vitamin A	20%	
Vitamin C	20%	
Calcium	15%	
Iron	50%	
Vitamin D	20%	
Thiamin	50%	
Riboflavin	50%	
Niacin	50%	
Vitamin B6	50%	
Folic Acid	100%	
Vitamin B12	50%	
Zinc	50%	

* 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.

Ingredients:

Whole Grain Oats, Sugar, Oat Flour, Corn Syrup, Modified Corn Starch, Corn Starch, Dextrose, Salt, Gelatin, Trisodium Phosphate, Yellow 5 ; 6, Red 40, Blue 1, 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.

ALLERGENS:

Preparation Instructions:

N/A

Package Information:

NET WEIGHT N/A
VOLUME: 2.105 CF
HEIGHT: 18 IN
LENGTH: 16.5 IN
WIDTH: 12.25 IN
CASE SIZE: 2.105 CF

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