



Lucky Charms is a frosted, toasted whole grain cereal with marshmallow pieces. This ready-to-eat cup provides convenient single serve portion control and room for milk. Whole Grain Oats—first ingredient. Gluten-Free.



Product Information:

PRODUCT CODE:	14884000
UPC:	16000148840
GTIN:	10016000148847
UNIT SIZE:	2
CASE COUNT:	60
ATTRIBUTES:	Zero Trans Fat 2 oz. Eq. Grain Whole Grain No High Fructose Corn Syrup Gluten Free

Ingredients & Allergens

Whole Grain Oats, Sugar, Whole Grain Corn, Corn Starch, Corn Syrup, Dextrose. Contains 2% or less of: Salt, Modified Corn Starch, Gelatin, Trisodium Phosphate, Red 40, Yellow 5 & 6, Blue 1, Natural and Artificial Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Vitamin C (sodium ascorbate), Iron and Zinc (mineral nutrients), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

Nutrition Facts

Serving Size		1 container (56g)	100 g (100g)
Calories		As Packaged 210	As Packaged 380
% DV			
Total Fat	2g	3%	4g
Saturated Fat	0g	-	1g
Trans Fat	0g		0g
Polyunsaturated	1g		2g
Monounsaturated	1g		1g
Cholesterol	0mg	-	0mg
Sodium	350mg	15%	624mg
Total Carbohydrate	47g	17%	83g
Dietary Fiber	4g	13%	6g
Total Sugars	19g	-	33g
Incl. Added Sugars	19g	37%	33g
Protein	4g		8g
Vitamin D	-	30%	
Calcium	-	15%	
Iron	-	30%	
Potassium	-	2%	
Vitamin A	-	15%	
Vitamin C	-	15%	
Thiamin	-	30%	
Riboflavin	-	15%	
Niacin	-	15%	
Vitamin B6	-	30%	
Folate	-	30%	
Folic Acid	70µg	-	125µg
Vitamin B12	-	30%	
Zinc	-	30%	
Water	-	-	1g
Ash	-	-	4g

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

* Nutritional information is subject to change. See product label to verify ingredients and allergens.

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