



Rice Chex™ Cereal Single Serve Bowlpak 1 oz



NUTRITION

Nutrition Facts

Serving Size: 1 Bowl (28g)

Amount Per Serving

As Packaged

Calories 110

% Daily Value %

| | |
|------------------------|-----|
| Total Fat 0.5g | 1% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Polyunsaturated 0g | |
| Monounsaturated 0g | |
| Cholesterol 0mg | 0% |
| Sodium 230mg | 10% |
| Total Carbohydrate 24g | 9% |
| Dietary Fiber 1g | 4% |
| Total Sugars 2g | |

Includes 2g Added Sugars

4%

Protein 2g

| | |
|------------|-----|
| Vitamin D | 6% |
| Calcium | 6% |
| Iron | 45% |
| Potassium | 0% |
| Vitamin A | 6% |
| Vitamin C | 6% |
| Thiamin | 10% |
| Riboflavin | 20% |
| Niacin | 6% |
| Vitamin B6 | 10% |
| Folate | 10% |

PACKAGING

| | |
|--|---|
| Base Product Code: 31921000 | Unit Weight: 1 OZ |
| GTIN: 10016000319216 | Gross Case Weight: 9.80 LB |
| Units Per Case: 96 | Net Case Weight: 6 LB |
| Pallet Info: Layer: 9, High: 5, Pal Qty: 45 | Case Dimensions (in): 16.75 (L) X 13 (W) X 18.62 (H) |
| | Kosher: OU: KOSHER PAREVE |

INGREDIENTS

Whole Grain Rice, Rice, Sugar, Salt, Molasses. Vitamin E (mixed tocopherols) Added to Preserve Freshness.

Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B2 (riboflavin), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3. Allergens: Does Not Contain Obligatory Allergens

GENERAL DESCRIPTION

A whole grain rice, gluten-free cereal in a ready-to-eat bowl for convenient, single serve portion control. For crediting in USDA Child Nutrition Programs: 1 ounce equivalent grain, whole grain-rich criteria and CACFP eligible.

PREP & SERVING

READY_TO_EAT : Ready to eat dry cereal in a portable, easy-to-serve bowl. One Bowlpak

BENEFITS

A whole grain rice, gluten-free cereal that contains no artificial flavors and no colors from artificial sources. This single serve, ready-to-eat bowl provides convenient portion control and room for milk. Great for breakfast, or as a grab 'n go snack. For crediting in USDA Child Nutrition Programs: meets 1 ounce equivalent grain standard, whole grain-rich criteria and CACFP eligible. Great for use in K-12 schools and healthcare. General Mills offers 8 of the top 10 K-12 bowlpaks.

(10mcg Folic Acid)

| | |
|-------------|-----|
| Vitamin B12 | 10% |
| Phosphorus | 4% |
| Magnesium | 4% |
| Zinc | 10% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

* - Not a significant nutrient source

NUTRITION

Nutrition Facts

Serving Size: 100g

Amount Per Serving

As Packaged

Calories 390

% Daily Value %

Total Fat 2g

Saturated Fat 0g

Trans Fat 0g

Polyunsaturated 1g

Monounsaturated 1g

Cholesterol 0mg

Sodium 820mg

Total Carbohydrate 87g

Dietary Fiber 4g

Total Sugars 8g

Includes 8g Added Sugars

Protein 7g

Vitamin D 5mcg

Calcium 325mg

Iron 32mg

Potassium 201mg

Vitamin A 1543IU

Vitamin C 23mg

Thiamin 1mg

Riboflavin 1mg

Niacin 4mg

Vitamin B6 1mg

Folate 200mcg

(10mcg Folic Acid)

Vitamin B12 1mcg

Phosphorus 191mg

Magnesium 60mg

Zinc 6mg

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

* - Not a significant nutrient source

PRODUCT BREAKDOWN

UPC BARCODE



General Mills Proprietary and Confidential information. All data is deemed accurate as of 3/7/2023. Please contact General Mills for the most recent product information.

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