

Lucky Charms Cereal Bowl, 2 oz. , #14884000 – General Mills

Ingredients:

Whole Grain Oats, Sugar, Corn Starch, Modified Corn Starch, Corn Syrup, Dextrose. Contains 2% or less of: Salt, 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.

Contains: No Allergens

****This is a representation of the nutrition label. The actual nutrition label on the product may vary slightly.****

Nutrition Facts

Serving Size		1 Container (56g)
		As Packaged
Calories		210
		% DV
Total Fat	2.5g	3%
Saturated Fat	0g	0%
Trans Fat	0g	
Polyunsaturated Fat	1g	
Monounsaturated Fat	1g	
Cholesterol	0mg	0%
Sodium	360mg	16%
Total Carbohydrate	46g	17%
Dietary Fiber	4g	13%
Total Sugars	19g	
Incl. Added Sugars	19g	38%
Protein	5g	
Vitamin D	3.1mcg	15%
Calcium	200mg	15%
Iron	5.6mg	30%
Potassium	120mg	2%
Vitamin A		15%
Vitamin C		15%
Thiamin		30%
Riboflavin		15%
Niacin		15%
Vitamin B6		30%
Folate		30%
Folic Acid	70mcg	
Vitamin B12		30%
Phosphorus		15%

Newington Foods and Nutrition Services
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