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## Lucky Charms™ Gluten Free Cereal Single Serve Bowlpak 1 oz

A frosted and toasted whole grain oat-based, gluten-free cereal with marshmallow pieces in a ready-to-eat bowl for convenient, portion control. For USDA Child Nutrition Programs: meets 1 ounce equivalent grain and whole grain-rich criteria.

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### Product Information

<b>PRODUCT CODE:</b>	31917000
<b>UPC:</b>	016000319172
<b>GTIN:</b>	10016000319179
<b>UNIT SIZE:</b>	1 OZ
<b>CASE COUNT:</b>	96
<b>ATTRIBUTES:</b>	Gluten-Free Zero Trans Fat Whole Grain 1 oz. Eq. Grain No High Fructose Corn Syrup

### Specifications

<b>NET WEIGHT:</b>	N/A
<b>VOLUME:</b>	2.346 CF
<b>HEIGHT:</b>	18.62 IN
<b>LENGTH:</b>	16.75 IN
<b>WIDTH:</b>	13 IN
<b>CASE SIZE:</b>	2.346 CF

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<b>Serving Size↔</b>		<b>1 Bowl (28g)</b>	<b>100g</b>
		As Packaged	As Packaged
<b>Calories</b>		<b>110</b>	<b>390</b>
		<b>% DV</b>	<b>% DV</b>
<b>Total Fat</b>	1g	<b>2%</b>	4g
Saturated Fat	0g	<b>0%</b>	0g
Trans Fat	0g		0g
<b>Cholesterol</b>	0mg	<b>0%</b>	0mg
<b>Sodium</b>	180mg	<b>8%</b>	640mg
<b>Total Carbohydrate</b>	23g	<b>8%</b>	83g
Dietary Fiber	2g	<b>6%</b>	6g
Total Sugars	9g		33g
Incl. Added Sugars	9g	<b>18%</b>	33g
<b>Protein</b>	2g		8g
Vitamin D	1.6mcg	<b>6%</b>	6mcg
Calcium	110mg	<b>6%</b>	360mg
Iron	3.6mg	<b>15%</b>	10mg
Potassium	0mg	<b>0%</b>	220mg
Vitamin A		<b>6%</b>	1155IU
Vitamin C		<b>6%</b>	25mg
Thiamin		<b>15%</b>	1mg
Riboflavin		<b>6%</b>	0mg
Niacin		<b>6%</b>	4mg
Vitamin B6		<b>15%</b>	1mg
Folate		<b>15%</b>	220mcg
Folic Acid	40mcg		125mcg
Vitamin B12		<b>15%</b>	1mcg
Phosphorus		<b>6%</b>	290mg
Magnesium		<b>6%</b>	90mg
Zinc		<b>15%</b>	6mg

\* 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.

