



Lucky Charms™ Cereal Single Serve K12 2oz Eqt Grain

UPC: 016000148840	Information Accurate as of: November 16, 2019
DESCRIPTION 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.	
Case GTIN: 10016000148847	
Unit Weight: 2 OZ	Units per case: 60

Nutrition Facts	Amount/serving	% Daily Value**	Amount/serving	% Daily Value**	**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.
	Total Fat 2.5g	3%	Sodium 350mg	15%	
1 Container (56g) Serving Size	Saturated Fat 0g	0%	Total Carbohydrate 46g	15%	*Not a significant nutrient source
	Trans Fat 0g		Dietary Fiber 3g	12%	
Calories per serving	Polyunsaturated Fat 1g		Sugars 20g		
	Monounsaturated Fat 1g		Protein 4g		
210	Cholesterol 0mg	0%			
	Potassium 110mg	3%			
	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%		

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.

KOSHER APPROVAL:	ALLERGENS:
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Nutritional information is subject to change. See product label to verify ingredients and allergens. Do not eat raw dough or batter. This product profile is correct through the date above. Because product formulations and related product attributes may change, this information is subject to change. Search results are based on the system information available. Nutritional information is subject to change. See product label on package to verify ingredients and allergens.