



# Golden Grahams(R), Cereal Bar



1 OZ EQ GRAIN. Meets USDA Whole Grain-Rich Criteria. Whole Grain Oats - First Ingredient. A chewy cereal bar made with Golden Grahams? pieces. 150 calories. No artificial sweeteners.

Product Last Saved Date:09 September 2017

## Nutrition Facts

96 Servings per container

**Serving Size 1 Bar (40g)**

Amount Per Serving

**Calories 150**

% Daily

**Total Fat 3 g 5%**

Saturated Fat 0 g 0%

Trans Fat 0 g

**Cholesterol 0 mg 0%**

**Sodium 110 4%**

**Total Carbohydrate 30 g 10%**

Dietary Fiber 3 g 10%

Total Sugars 9 g

Includes g Added %

**Protein 2 g**

Vitamin D mg 0%

Calcium 0 mg 20%

Iron 0 mg 8%

Potassium mg %

\*The % Daily Values (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.

### Product Specifications:

Man Prod Code	Dist Prod Code	GTIN	Pack	Pack Description
16000-31913	409709	10016000319131	96 X 1.42 ONZ	

Brand	Brand Owner	GPC Description
Golden Grahams(R)	General Mills Inc.	Cereal/Muesli Bars

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
10.45 LBR	8.52 LBR	USA	No	No

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
17.87 INH	12.25 INH	6.37 INH	0.807 FTQ	8x7	248 Days	32 FAH / 95 FAH

### Ingredients :

Whole Grain Oats, Corn Syrup, Sugar, Whole Grain Wheat, Canola Oil, Fructose, Brown Rice Flour, Marshmallows (sugar, corn syrup, modified corn starch, water, gelatin, natural flavor, sodium phosphate), Corn Meal, Chicory Root Extract, Maltodextrin. Contains 2% or less of: Vegetable Glycerin, Calcium Carbonate, Whole Corn Flour, Wheat Starch, Corn Flour, Salt, Brown Sugar Syrup, Dextrose, Modified Wheat Starch, Baking Soda, Cocoa Processed with Alkali, Caramel Color, Natural Flavor, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Soy Lecithin, Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3. CONTAINS WHEAT AND SOY INGREDIENTS.

Allergens(C='Contains' MC='May Contain' N='Free From' UN='Undeclared' 30='Free From Not Tested' 50='Derived From Ingredients' 60='Not Derived From Ingredients' NI='No Info

Eggs - NI	Milk - NI	Peanuts - NI
Soy - C	Wheat - C	TreeNuts - NI
Fish - NI	Crustacean - NI	

### Handling Suggestions :

Store in cool dry location

### Benefits :

1 OZ EQ GRAIN. Meets USDA Whole Grain-Rich Criteria. Whole Grain Oats - First Ingredient. A chewy cereal bar made with Golden Grahams? pieces. 150 calories. No artificial sweeteners.

### Serving Suggestions :

Great as a ready-to-serve snack

### Prep & Cooking Suggestions :

Ready to eat cereal bars

### More Information :