



B&G Foods, Inc. Four Gatehall Drive, Suite 110, Parsippany, NJ 07054

TECHNICAL DATA SHEET
CREAM OF WHEAT FOOD SERVICE 2 ½ MIN COOK 28 OZ (1 LB 12 OZ) 794 GM

PRODUCT ITEM NUMBER: 80101379

UNIT UPC NUMBER: 0 19320 01379 9

PRODUCT DESCRIPTION:

Cooked breakfast cereal made with whole ground wheat (farina).

PRODUCTION DATE CODE:

All products are identified with a "Best By" date on each container. Additional digits represent manufacturing location codes and the military time.

CODE DATE FORMAT:

Best by MMM DD YYYY PLL TTTT

CODE DATE EXAMPLE:

BEST BY MAY 02 2015 M 12 08:00

KOSHER STATUS: This product is Kosher certified by Circle K.

PACKAGING & STORAGE RECOMMENDATIONS:

Store at room temperature.

Nutrition Facts

Serving Size 3 tbsp (33g)
Servings Per Container About 24

Amount Per Serving	Prepared with 1 1/4 cup Fat Free Milk	
	Dry Cereal	Free Milk
Calories	110	220
Calories from Fat	0	0
% Daily Value**		
Total Fat 0g*	0%	0%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Cholesterol 0mg	0%	2%
Sodium 100mg	4%	10%
Total Carbohydrate 24g	8%	13%
Dietary Fiber 1g	4%	4%
Sugars 1g		
Protein 4g		
Vitamin A	0%	15%
Vitamin C	0%	0%
Calcium	20%	60%
Iron	50%	50%
Thiamin	10%	20%
Riboflavin	4%	35%
Niacin	6%	8%
Folic Acid	10%	15%
*Amount in Dry Cereal. Prepared with 1 1/4 cup Fat Free Milk contributes an additional 110 Calories, 5 mg Cholesterol, 130 mg Sodium, 15 g Total Carbohydrate (15 g Sugars), 10 g Protein.		
**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Saturated Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
		4

ALLERGEN STATEMENT: Contains Wheat

INGREDIENTS LISTING:

WHEAT FARINA, CALCIUM CARBONATE, DEFATTED WHEAT GERM, DISODIUM PHOSPHATE, FERRIC ORTHOPHOSPHATE, NIACINAMIDE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID.

DECLARATION: all ingredients are approved by the US Food and Drug Administration (FDA) for food use and are considered safe for human consumption. We hereby certify that this product is not adulterated with meaning of the term as defined in the US Federal Food, Drug & Cosmetic Act. It is manufactured and packaged in accordance with Good Manufacturing Practices

Rev. 013018