



Total™ Raisin Bran Cereal Single Serve Bowlpak 1.19 OZ



NUTRITION

Nutrition Facts

Serving Size: 1 Bowl (33g)

Amount Per Serving

As Packaged

Calories 120

% Daily Value %

Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 28g	10%
Dietary Fiber 3g	11%
Total Sugars 12g	

Includes 7g Added Sugars

13%

Protein 2g

Vitamin D	6%
Calcium	0%
Iron	50%
Potassium	2%
Vitamin A	6%
Vitamin C	6%
Vitamin E	50%
Thiamin	50%
Riboflavin	50%
Niacin	50%
Vitamin B6	50%
Folate	50%
(10mcg Folic Acid)	

PACKAGING

Base Product Code: 12392000	Unit Weight: 1.19 OZ
GTIN: 10016000123929	Gross Case Weight: 10.60 LB
Units Per Case: 96	Net Case Weight: 7.14 LB
Pallet Info: Layer: 9, High: 7, Pal Qty: 63	Case Dimensions (in): 16.75 (L) X 13 (W) X 14.12 (H)
	Kosher: OU D: KOSHER DAIRY

INGREDIENTS

Ingredients: Whole Grain Wheat, Raisins, Sugar, Corn Bran, Corn Syrup, Brown Sugar Syrup, Salt. Vitamin E (mixed tocopherols) Added to Preserve Freshness and Minerals: Vitamin C (sodium ascorbate), Vitamin E Acetate, Iron and Zinc (mineral nutrients), A B Vitamin (niacinamide), A B Vitamin (calcium pantothenate), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), A B Vitamin (folic acid), Vitamin A (palmitate), Vitamin B12, Vitamin D3. Allergens: CONATINS WHEAT; MAY CONTAIN ALMOND INGREDIENTS.

GENERAL DESCRIPTION

A crisp, whole grain wheat and bran flakes cereal with plump, juicy raisins in a ready-to-eat bowl for convenient, portion control. For crediting in USDA Child Nutrition Programs: 1 ounce equivalent grain and whole grain-rich criteria.

PREP & SERVING

READY_TO_EAT : READY TO EAT 1 bowl

BENEFITS

A crisp, whole grain wheat and bran flakes cereal with plump, juicy raisins with no artificial colors or flavors in a ready-to-eat bowl for convenient, portion control. For crediting in USDA Child Nutrition Programs: meets 1 ounce equivalent grain and whole grain-rich criteria.

STORAGE DETAILS

Keep in a dry cool place

Vitamin B12	50%
Pantothenic Acid	50%
Phosphorus	6%
Magnesium	6%
Zinc	50%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

* - Not a significant nutrient source

NUTRITION

Nutrition Facts

Serving Size: 100g

Amount Per Serving

As Packaged

Calories 348

% Daily Value %

Total Fat 2g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 424mg

Total Carbohydrate 85g

Dietary Fiber 9g

Total Sugars 35g

Includes 20g Added Sugars

Protein 6g

Vitamin D 3mcg

Calcium 76mg

Iron 27mg

Potassium 394mg

Vitamin A 455IU

Vitamin C 14mg

Vitamin E 23mg

Thiamin 2mg

Riboflavin 2mg

Niacin 24mg

Vitamin B6 3mg

Folate 606mcg

(10mcg Folic Acid)

Vitamin B12 4mcg

Pantothenic Acid

Phosphorus 197mg

Magnesium 68mg

Zinc 17mg

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

* - Not a significant nutrient source

PRODUCT BREAKDOWN

UPC BARCODE



10016000123929

General Mills Proprietary and Confidential information. All data is deemed accurate as of 3/7/2023. Please contact General Mills for the most recent product information.

GMI TOTAL RAISIN BRAN CRL	'1600012	
BP 1.19OZ	3922	96