



CREAM OF WHEAT

005345 - Cereal Cream Of Wheat 1 M 28 Oz

Mix in fresh fruit, cinnamon, granola, maple syrup or other favorites.



Nutrition Facts

Servings per Container 24
Serving size 3tbsps (33g)

Amount per serving
Calories 110

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 24g	9%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes Added Sugar	%
Protein 4g	
Vitamin D	%
Calcium	20%
Iron	50%
Potassium 0mg	0%

* 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.

* Benefits

Wholesome Nutrition for Your Family A hot delicious bowl of Cream of Wheat provides 6 essential vitamins and minerals including iron and calcium. Cream of Wheat is a naturally fat-free and cholesterol-free food that is also sodium-free when prepared with water. An international & restaurant favorite since 1893.

Ingredients

Wheat Farina, Calcium Carbonate, Defatted Wheat Germ, Ferric Orthophosphate, Niacinamide, Thiamine Mononitrate, Riboflavin, Folic Acid, Papain.

Allergens

Contains:

wheat

Free From:

crustaceans eggs fish milk
 peanuts sesame soy tree nuts

Handling Suggestions

Store at an Ambient Temperature.

Serving Suggestions

Cooked breakfast cereal made with ground wheat (farina)

Prep & Cooking Suggestions

1. Bring water or milk to a boil. 2. Gradually add MAPLE BROWN SUGAR CREAM OF WHEAT, stirring constantly with wire whisk until well blended. 3. Return to a boil. Reduce heat to low; simmer, uncovered, 30 seconds or until thickened, stirring constantly. 4. Remove from heat; Let stand 2 minutes. Stir well before serving.

Product Specifications

Brand	Manufacturer	Product Category
CREAM OF WHEAT	B&G Foods, Inc.	Cereal

MFG #	SPC #	GTIN	Pack	Pack Desc.
80101380	005345	10019320013802	12	12 / cs

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
23.5lb	21lb	No	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
12in	8in	11in	1056INQ	20x5	730DAYS	40°F / 85°F



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Nutrition Analysis - By Serving

Calories	110	Total Fat	0g	Sodium	0mg
Protein	4	Trans Fats	0g	Calcium	
Total Carbohydrates...	24g	Saturated Fat	0g	Iron	
Sugars	4g	Added Sugars		Potassium	0mg
Dietary Fiber	1g	Polyunsaturated Fat	0g	Zinc	
Lactose		Monounsaturated Fat	0g	Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)		Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

Additional Images

