



Nutrition Information

Ready to Eat Cold Cereal | Foodservice

Nutrition Information

Cap'n Crunch - Cap'n Crunch Ready to Eat Cold Cereal - Bulk



Cap'n Crunch Breakfast Cereal Ready to Eat
4 / 34oz Bulk Pack

UPC:

INGREDIENTS: Corn Flour, Sugar, Oat Flour, Brown Sugar, Palm and/or Coconut Oil, Salt, Reduced Iron, Yellow 5, Niacinamide*, Yellow 6, BHT (to preserve freshness), Thiamin Mononitrate*, Pyridoxine Hydrochloride*, Riboflavin*, Folic Acid*.

Nutrition Facts

Serving Size 1 Cup (38g)

Amount Per Serving

Calories **150**

		% Daily Value *
Total Fat	2 g	2%
Saturated Fat	1 g	6%
Trans Fat	0 g	
Polyunsaturated Fat	0 g	
Monounsaturated Fat	0.5 g	
Cholesterol	0 mg	0%
Sodium	290 mg	12%
Total Carbohydrate	33 g	12%
Dietary Fiber	< 1 g	3%
Total Sugars	16 g	
Includes Added Sugars	16 g	31%
Protein	2 g	
Vitamin D	0 mcg	0%
Calcium	0 mg	0%
Iron	8 mg	40%
Potassium	50 mg	0%
Thiamin	0.42 mg	35%
Riboflavin	0.33 mg	25%
Niacin	4.8 mg	30%
Vitamin B6	0.51 mg	30%
Folate FDE	200 mcg	60%
Folic Acid	141 mcg	

Nutrition Information

Cap'n Crunch - Crunch Berries Ready to Eat Cold Cereal - Bulk



Cap'n Crunch Crunch Berries Ready to Eat
4 / 34oz Bulk Pack

UPC:

INGREDIENTS: Corn Flour, Sugar, Oat Flour, Brown Sugar, Palm and/or Coconut Oil, Salt, Sodium Citrate, Natural and Artificial Flavor, Malic Acid, Red 40, Reduced Iron, Yellow 5, Niacinamide*, Blue 1, Yellow 6, BHT (to preserve freshness), Thiamin Mononitrate*, Pyridoxine Hydrochloride*, Riboflavin*, Folic Acid*.

Nutrition Facts

Serving Size 1 Cup (37g)

Amount Per Serving

Calories 150

		% Daily Value *
Total Fat	2 g	2%
Saturated Fat	0.5 g	4%
Trans Fat	0 g	
Polyunsaturated Fat	0 g	
Monounsaturated Fat	0.5 g	
Cholesterol	0 mg	0%
Sodium	270 mg	12%
Total Carbohydrate	32 g	12%
Dietary Fiber	< 1 g	3%
Total Sugars	16 g	
Includes Added Sugars	16 g	32%
Protein	2 g	
Vitamin D	0 mcg	0%
Calcium	0 mg	0%
Iron	7.5 mg	40%
Potassium	50 mg	0%
Thiamin	0.3 mg	25%
Riboflavin	0.3 mg	25%
Niacin	4.8 mg	30%
Vitamin B6	0.4 mg	25%
Folate FDE	200 mcg	50%
Folic Acid	134 mcg	

Nutrition Information

Quaker - Life Ready to Eat Cereal - Bulk



Life Breakfast Cereal Ready to Eat 4 / 40oz Bulk Pack

UPC:

INGREDIENTS: Whole grain oat flour, corn flour, sugar, whole wheat flour, calcium carbonate, salt, baking soda, tocopherols (to preserve freshness), reduced iron, niacinamide*, annatto (color), thiamine mononitrate*, pyridoxine hydrochloride*, riboflavin*, folic acid*. *One of the B vitamins.

CONTAINS WHEAT INGREDIENTS.

Nutrition Facts

Serving Size 1 Cup (42g)

Amount Per Serving

Calories **160**

		% Daily Value *
Total Fat	2 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Polyunsaturated Fat	0.5 g	
Monounsaturated Fat	0.5 g	
Cholesterol	0 mg	0%
Sodium	170 mg	7%
Total Carbohydrate	33 g	12%
Dietary Fiber	3 g	10%
Total Sugars	8 g	
Includes Added Sugars	8 g	15%
Protein	4 g	
Vitamin D	0 mcg	0%
Calcium	150 mg	10%
Iron	13.2 mg	70%
Potassium	120 mg	2%
Thiamine	0.36 mg	30%
Riboflavin	0.33 mg	25%
Niacin	4 mg	25%
Vitamin B6	0.43 mg	25%
Folate FDE	240 mcg	60%
Folic Acid	135 mcg	
Phosphorus	130 mg	10%