

CREAM OF WHEAT

201444 - STOVE ORIGINAL 2.5 MINUTE

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



MARKETING

PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack
80101379	201444	10019320013796	12/28 oz

Brand	Brand Owner	GPC Description
CREAM OF WHEAT	B&G FOODS INC.	Cereals Products - Not Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
23.5 LBR	21 LBR	No	United States	Yes	No

Shipping						
Length	Width	Height	Volume	TLxHI	Shelf Life	Storage Temp From/To
12 INH	8 INH	11 INH	1056 INQ	20x5	730 Days	40 FAH / 85 FAH

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'

- Milk - N
- Eggs - N
- Soy - N
- Wheat - C
- Sesame - N
- Peanuts - N
- Tree Nuts - N
- Fish - N
- Shellfish - N

SERVING SUGGESTIONS

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

HANDLING SUGGESTIONS

Store at an Ambient Temperature.

PREPARATION & COOKING SUGGESTIONS

Mix 3 Tbsp. Cream of Wheat, 3/4 cup cold water or milk and a dash of salt in a microwavable bowl. Cook in high for 1 minute. Stir. Cook 1 to 2 minutes more, stirring well every 30 seconds, until cereal is thick and smooth.

MORE INFORMATION

Nutrition Facts

24 Servings per container

Serving Size3 tablespoons

Amount Per Serving

Calories110

% Daily Value\*

Total Fat0 g0%

Saturated Fat0 g0%

Trans Fat0 g

Cholesterol0 mg0%

Sodium110 mg10%

Total Carbohydrates24 g8%

Dietary Fiber1 g4%

Total Sugars1 g

Includes 0 g Added Sugars0%

Protein4 g

Vitamin D0 mcg0%

Calcium0 mg20%

Iron0 mg50%

Potassium0 mg0%

\* 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.

INGREDIENTS

Wheat Farina, Partially Defatted Wheat Germ, Disodium Phosphate (for quick cooking), Vitamins and Minerals: Calcium Carbonate, Ferric Phosphate (source of iron), Niacinamide, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid.



NUTRITIONAL ANALYSIS



Calories	110
Protein	4 g
Total Carbohydrates	24 g
Sugars	1 g
Dietary Fiber	1 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	0 g
Trans Fat	0 g
Saturated Fat	0 g
Added Sugars	0 g
Polyunsaturated Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	110 mg
Calcium	0 mg
Iron	0 mg
Potassium	0 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS



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