

CREAM OF WHEAT

201444 - STOVE ORIGINAL 2.5 MINUTE

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



MARKETING

Nutrition Facts

24 Servings per container

Serving Size3 tablespoons

Amount Per Serving

Calories110

% Daily Value*

Total Fat 0 g0%

Saturated Fat 0 g0%

Trans Fat 0 g

Cholesterol 0 mg0%

Sodium 110 mg10%

Total Carbohydrates 24 g8%

Dietary Fiber 1 g4%

Total Sugars 1 g

Includes 0 g Added Sugars0%

Protein 4 g

Vitamin D 0 mcg0%

Calcium 0 mg20%

Iron 0 mg50%

Potassium 0 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.

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 |
| 11.5 INH | 8.1875 INH | 11.3125 INH | 1065.14 INQ | 20x5 | 730 Days | 40 FAH / 85 FAH |
| Traceability Regulation | | | | | | |
| Regulation Type Code | Regulatory Act | Trade Item Regulation Compliant | Regulation Restrictions and Descriptors | | | |
| N/A | N/A | N/A | N/A | | | |

HANDLING SUGGESTIONS

Store at an Ambient Temperature.

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

Soybean - N

Wheat - C

Sesame - N

Peanuts - N

Tree - N

Fish - N

Shellfish - N

Crustaceans - N

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.

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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.

SERVING SUGGESTIONS

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

MORE INFORMATION

NUTRITIONAL ANALYSIS

| | | | | | |
|---------------------|------|---------------------|-------|--------------|--------|
| Calories | 110 | Total Fat | 0 g | Sodium | 110 mg |
| Protein | 4 g | Trans Fat | 0 g | Calcium | 0 mg |
| Total Carbohydrates | 24 g | Saturated Fat | 0 g | Iron | 0 mg |
| Sugars | 1 g | Added Sugars | 0 g | Potassium | 0 mg |
| Dietary Fiber | 1 g | Polyunsaturated Fat | 0 g | Zinc | |
| Lactose | | Monounsaturated Fat | 0 g | Phosphorus | |
| Sucrose | | Cholesterol | 0 mg | | |
| Vitamin A (IU) | | Vitamin D | 0 mcg | Thiamin | |
| Vitamin A (RE) | | Vitamin E | | Niacin | |
| Vitamin C | | Folate | | Riboflavin | |
| Magnesium | | Vitamin B-6 | | Vitamin B-12 | |
| Monosodium | | Sulphites | | Nitrates | |

NUTRITIONAL CLAIMS

MORE IMAGES

