

CREAM OF WHEAT

201423 - STOVE ORIGINAL 1 MINUTE

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



MARKETING

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.

Nutrition Facts

24 Servings per container

Serving Size 3 tablespoons

Amount Per Serving

Calories 110

% Daily Value*

Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrates 24 g	8%
Dietary Fiber 1 g	4%
Total Sugars 1 g	
Includes 0 g Added Sugars	0%
Protein 4 g	

Vitamin D	0 mcg	0%
Calcium	0 mg	50%
Iron	0 mg	50%
Potassium	0 mg	0%

* 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

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Code		Dist Prod Code		GTIN		Calculated Pack	
80101380		201423		10019320013802		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 - NI

Crustaceans - N

INGREDIENTS

Wheat Farina, Wheat Germ, Papain (enzyme), 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

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MORE INFORMATION

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

NUTRITIONAL CLAIMS

KOSHER	YES
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