

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 Size3 tablespoons

Amount Per Serving

Calories110

% Daily Value\*

Total Fat 0 g0%

Saturated Fat 0 g0%

Trans Fat 0 g

Cholesterol 0 mg0%

Sodium 0 mg0%

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 mg50%

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
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
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

Peanuts - N

Eggs - N

Tree Nuts - N

Soy - N

Fish - N

Wheat - C

Shellfish - NI

Sesame - N

SERVING SUGGESTIONS

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

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.

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

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NUTRITIONAL ANALYSIS

Calories	110	Total Fat	0 g	Sodium	0 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

KOSHER	YES
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