



AA CEREAL, BLUBERRY CHEX 2 GR

Nutrition Facts

Serving Size: EACH
Serving per Container: 1

Amount Per Serving
Calories: 240 Calories from Fat 45

	% Daily Value ²
Total Fat 5.0g	8%
Saturated Fat 0.5g	3%
Trans Fat ¹ 0.0g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 46.0g	15%
Dietary Fiber 1.0g	4%
Sugars 12.0g	
Protein 3.0g	6%

Vitamin A 10% Vitamin C 10%
Calcium 10% Iron 90%



¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.
² - Percent Daily Values are based on a 2,000 calorie diet.
N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

Allergens

Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
NO	NO	NO	NO	NO	NO	NO	NO

YES = Present NO = Absent ? = Undefined

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Blueberry Chex Single Serve Cup 2 oz

UPC: 16000172623

Information Accurate as of: **August 14, 2023**

DESCRIPTION

The great fruit flavor of blueberry can be enjoyed in gluten-free Blueberry Chex! Dusted with sweet blueberry flavor, this ready-to-eat cereal cup is great for breakfast, lunch, and supper: in the classroom, on-the-go or in the cafeteria. Whole grain rice first ingredient. Meets 2 ounce equivalent grains, Gluten-Free and is CACFP eligible

Case GTIN: **10016000172620**

Unit Weight: **2 OZ**

Units per case: **60**

Nutrition Facts

1 Container (56g)
Serving Size

Calories per serving **240**

Amount/serving	% Daily Value**	Amount/serving	% Daily Value**
Total Fat 5g	6%	Sodium 350mg	15%
Saturated Fat 0.5g	3%	Total Carbohydrate 46g	17%
Trans Fat 0g		Dietary Fiber 1g	5%
Polyunsaturated 1g		Total Sugars 12g	
Monounsaturated 3g		Includes 12g Added Sugars	24%
Cholesterol 0mg	0%	Protein 3g	
Vitamin D 10%	• Calcium 60mcg	10%	• Iron 60mcg
Potassium 0%	• Vitamin A 60mcg	10%	• Vitamin C 60mcg
Thiamin 25%	• Riboflavin 60mcg	40%	• Niacin 60mcg
Vitamin B6 25%	• Folate 60mcg	25%	• (60mcg Folic Acid)
Vitamin B12 25%	• Phosphorus	6%	• Magnesium
Zinc 25%			

* The % Daily Value (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.

* Not a significant nutrient source

Nutrition Facts

Calories Approx Per 100g **423**

Amount/100g	% Daily Value**	Amount/100g	% Daily Value**
Total Fat 9g		Sodium 627mg	
Saturated Fat 1g		Total Carbohydrate 82g	
Trans Fat 0g		Dietary Fiber 3g	
Polyunsaturated 2g		Total Sugars 20g	
Monounsaturated 5g		Includes 20g Added Sugars	
Cholesterol 0mg		Protein 5g	
Vitamin D 5mcg	• Calcium 325mg	• Iron 32mg	
Potassium 166mg	• Vitamin A 1521IU	• Vitamin C 23mg	
Thiamin 1mg	• Riboflavin 1mg	• Niacin 4mg	
Vitamin B6 1mg	• Folate 200mcg	• (113mcg Folic Acid)	
Vitamin B12 1mcg	• Phosphorus 146mg	• Magnesium 45mg	
Zinc 6mg			

* The % Daily Value (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.

* Not a significant nutrient source

INGREDIENTS & ALLERGENS: Whole Grain Rice, Rice, Sugar, Canola and/or Sunflower Oil, Salt, Blueberry Powder, Molasses, Natural Flavor, Rosemary Extract. Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B2 (riboflavin), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

Does Not Contain Declaration Obligatory Allergens

KOSHER APPROVAL: OU