



Cream Of Wheat

1072008058 - Instant Original

Cooked breakfast cereal made with ground wheat (farina).



Nutrition Facts

Serving size	28
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 20g	7%
Dietary Fiber	%
Total Sugars 0g	
Includes Added Sugars	%
Protein 3g	
Vitamin D	%
Calcium	20%
Iron	45%
Potassium 0mg	0%

* Benefits

Ingredients

Wheat Farina, Calcium Carbonate, Salt, Defatted Wheat Germ, Guar Gum, Natural Flavor, Ferric Orthophosphate, Vitamin A Palmitate, Niacin, Riboflavin, Pyridoxine Hydrochloride, Thiamin Mononitrate, Folic Acid, BHT (To Preserve Freshness).

⚠ Allergens

Contains:



Free From:



* 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.

Handling Suggestions

Store at an Ambient Temperature.

Serving Suggestions

Cooked breakfast cereal made with ground wheat (farina).

Prep & Cooking Suggestions

Mix cereal and 2/3 cup water in microwavable bowl. For CREAMIER cereal, use fatfree milk. Cook on HIGH 1 to 1½ minutes. Stir 1 minute and serve. CAUTION: Bowl may be hot; use care when removing from microwave.

📄 Product Specifications

Brand		Manufacturer		Product Category		
Cream Of Wheat		B&G Foods Inc.		Hot Cereal & Oatmeal		
MFG #	SPC #	GTIN	Pack	Pack Desc.		
80106025	1072008058	10013130060254		12/12 oz		
Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition		
12 lb	9 lb	USA	Yes			
Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
15 in	10.25 in	8.25 in	1268.44	12x6	730 DAYS	40°F / 85°F



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Nutrition Analysis

Calories	100 D70	Total Fat	0 g	Sodium	170 mg
Protein	3	Trans Fats	0 g	Calcium	
Total Carbohydrates...	20 g	Saturated Fat	0 g	Iron	
Sugars	0 g	Added Sugars		Potassium	0 mg
Dietary Fiber		Polyunsaturated Fat	0 g	Zinc	
Lactose		Monounsaturated Fat	0 g	Phosphorus	
Sucrose		Cholesterol	0 mg		
Vitamin A(U)		Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

Additional Images

