



B&G Foods, Inc. Four Gatehall Drive, Suite 110, Parsippany, NJ 07054

### TECHNICAL DATA SHEET CREAM OF WHEAT 1 MINUTE COOK TIME 28 OZ (1 LB 12 OZ) 794 GM

**PRODUCT ITEM NUMBER:** 80100622

**UNIT UPC NUMBER:** 0 13130 00622 4

**PRODUCT DESCRIPTION:**

Cooked breakfast cereal made with ground wheat (farina).

**PRODUCTION DATE CODE:**

All products are identified with a "Best By" date on each container. Additional digits represent manufacturing location codes and the military time.

**CODE DATE FORMAT:**

Best by MMM DD YYYY PLL TTTT

**CODE DATE EXAMPLE:**

BEST BY MAY 02 2015 M 12 08:00

**KOSHER STATUS:** This product is Kosher certified by Circle K.

**PACKAGING & STORAGE RECOMMENDATIONS:**

Store at room temperature.

**SHELF LIFE:** 24 months

### Nutrition Facts

Serving Size 3 tbsp (33g)  
Servings Per Container About 24

| Amount Per Serving            | Prepared with 1 Dry cup Fat CerealFree Milk |     |
|-------------------------------|---|-----|
|                               |   |     |
| <b>Calories</b>               | 110   | 200 |
| Calories from Fat             | 0   | 0   |
|                               | % Daily Value**                             |     |
| <b>Total Fat 0g*</b>          | 0%  | 0%  |
| Saturated Fat 0g              | 0%  | 0%  |
| Trans Fat 0g                  |   |     |
| <b>Cholesterol 0mg</b>        | 0%  | 2%  |
| <b>Sodium 0mg</b>             | 0%  | 4%  |
| <b>Total Carbohydrate 24g</b> | 8%  | 12% |
| Dietary Fiber 1g              | 4%  | 4%  |
| Sugars 1g                     |   |     |
| <b>Protein 4g</b>             |   |     |
| Vitamin A                     | 0%  | 10% |
| Vitamin C                     | 0%  | 0%  |
| Calcium                       | 20%   | 50% |
| Iron                          | 50%   | 50% |
| Thiamin                       | 10%   | 15% |
| Riboflavin                    | 4%  | 30% |
| Niacin                        | 6%  | 8%  |
| Folic Acid                    | 10%   | 15% |

\*Amount in Dry Cereal. Prepared with 1 cup Fat Free Milk contributes an additional 90 Calories, 5 mg Cholesterol, 105 mg Sodium, 12 g Total Carbohydrate (12 g Sugars), 8 g Protein.  
\*\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

|                    | Calories: | 2,000   | 2,500   |
|--------------------|-----------|---------|---------|
| Total Fat          | Less than | 65g     | 80g     |
| Saturated Fat      | Less than | 20g     | 25g     |
| Cholesterol        | Less than | 300mg   | 300mg   |
| Sodium             | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate |           | 300g    | 375g    |
| Dietary Fiber      |           | 25g     | 30g     |

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS LISTING:**

Wheat Farina, Calcium Carbonate, Defatted Wheat Germ, Ferric Orthophosphate, Niacinamide, Thiamine Mononitrate, Riboflavin, Folic Acid, Papain.

**ALLERGEN STATEMENT:** Contains Wheat.

DECLARATION: all ingredients are approved by the US Food and Drug Administration (FDA) for food use and are considered safe for human consumption. We hereby certify that this product is not adulterated with meaning of the term as defined in the US Federal Food, Drug & Cosmetic Act. It is manufactured and packaged in accordance with Good Manufacturing Practices