

STOVE ORIGINAL 10 MINUTE

Manufacturer Item Code: 80101378
Internal Product Code: 80101378BGFOODS
GTIN: 10019320013789

Supplier: B&G Foods, Inc.
Brand: CREAM OF WHEAT



Product Information

Classification: Cereals Products - Not Ready to Eat (Shelf Stable) (10000285)
Dimensions (HxWxD): 11 x 8 x 12 IN
Volume: 1056 CI
Weight Gross / Net: 23.5 LB / 21 LB
Origin: (US) UNITED STATES

Storage Temperature: 40° to 85°
Shelf Life (days): 730
Pallet Configuration: Ti:20 Hi:5
Cases Per Pallet: 100
Servings Per Container: 24

Nutrition

Representation of label. Actual nutrition label and ingredients may vary slightly

Nutrition Facts

(Unprepared)

24 Servings Per Container

Serving Size 33 g

Amount Per Serving

Calories 110

	% Daily Value*
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	2%
Sodium 0 mg	7%
Total Carbohydrate 24 g	14%
Dietary Fiber 1 g	4%
Sugar 1 g	
Added Sugar 0 g	0%
Protein 4 g	
Vitamin D 0 µg	0%
Potassium 0 mg	0%
Calcium 0 mg	20%
Iron 0 mg	50%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie need

Ingredients

Wheat Farina, Partially Defatted Wheat Germ, Disodium Phosphate (for quick cooking), Vitamins and Minerals: Calcium Carbonate, Ferric Phosphate (source of iron), Niacinamide, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid.

Packaging and Storage

Store at an Ambient Temperature.

Preparation and Cooking

Microwave - 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.

Boil - Add 3 Tbsp. Cream of Wheat slowly to 1 1/3 cups boiling water, stirring constantly.

Serving Suggestions

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

Features and Benefits

- Fat Free Cholesterol Free Sodium Free/Salt Free
- 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

Allergens

Contains: Wheat

Free From: Peanuts, Tree Nuts, Eggs, Milk, Fish,
Crustacean, Soy

Claims

Kosher: Yes