

# Nutrition Facts

About X servings per container  
**Serving size 3 Tbsp dry (35g)**

Amount per serving  
**Calories 130**

	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 28g	<b>10%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 6g	
Includes 6g Added Sugars	<b>12%</b>

<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 100mg	8%
Iron 10.8mg	60%
Potassium 80mg	0%
Thiamin	30%
Riboflavin	20%
Niacin	30%
Vitamin B6	20%
Folate 200mcg DFE (120mcg folic acid)	50%
Phosphorus	4%

\* 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.

**Ingredients:** Wheat Farina, Sugar, Cocoa (processed with alkali), Malted Barley, Natural and Artificial Flavor.

**Vitamins and Minerals:** Calcium Carbonate, Ferric Orthophosphate (source of iron), Niacinamide (Vitamin B3), Folic Acid, Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Thiamin Mononitrate (Vitamin B1).

**CONTAINS WHEAT.**

**Post Consumer Brands  
 Hot Wheat Chocolate  
 HWC-100 HOT  
 (CIRCLE U)  
 Regulatory NFP Released: 07/25/18  
 Graphics NFP Released: 07/25/18**

Nutrition Facts have been developed to comply with current Federal regulations.

Product	Pack/Size	Case UPC	GTIN
Malt-O-Meal Chocolate	12/28 oz	00136	100-42400-00136-9

Case Weight	Case Cube	Case Dimensions	Ti / Hi	Cases/Pallet
22.99	0.59	11.12 X 11 X 8.31	12 / 4	48



*Merrilee Olson*

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6/30/22

National Sales Manager - K12