

Nutrition Facts

(Unprepared)

16 Servings Per Container

Serving Size **37 g**

Amount Per Serving

Calories **130**

% Daily Value*

Total Fat 3.5 g 4%

Saturated Fat 0.5 g 3%

Trans Fat 0 g

Cholesterol 0 mg 0%

Sodium 130 mg 6%

Total Carbohydrate 25 g 9%

Dietary Fiber 1 g 5%

Sugar 13 g

Added Sugar 12 g 24%

Protein 2 g

Vitamin D 0 µg 0%

Potassium 80 mg 0%

Calcium 130 mg 10%

Iron 1.8 mg 10%

Vitamin A 10%

Thiamin 10%

Riboflavin 10%

Vitamin B6 10%

Zinc 10%

* 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:

Crust: Whole Grain Oats, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Vitamin B1 [Thiamin Mononitrate], Vitamin B2 [Riboflavin], Folic Acid), Soybean Oil, Whole Wheat Flour, Sugar, Dextrose, Fructose, Calcium Carbonate, Vegetable Glycerin, Invert Sugar, Whey, Soluble Corn Fiber, Salt, Cellulose, Natural Flavor, Potassium Bicarbonate, Vitamin And Mineral Blend (Salt, Niacinamide, Reduced Iron, Zinc Oxide, Vitamin A Palmitate, Vitamin B1 [Thiamin Hydrochloride], Vitamin B6 [Pyridoxine Hydrochloride], Vitamin B2 [Riboflavin]), Wheat Bran, Mono- And Diglycerides, Soy Lecithin, Wheat Gluten, Carrageenan, Guar Gum, Filling: Invert Sugar, Corn Syrup, Blueberry Puree Concentrate, Vegetable Glycerin, Sugar, Modified Food Starch, Sodium Alginate, Natural Flavor, Citric Acid, Sodium Citrate, Vegetable Juice For Color, Methylcellulose, Dicalcium Phosphate, Malic Acid, Apple Juice Concentrate.

Contains: WHEAT, SOY, MILK