

USDA Ounce Equivalents of Grain per Serving		
USDA Ounce Equivalents of Meat/Meat Alternate		
Whole Grains (g/serving)		0
USDA Bioengineered (BE) Status	Contains a bioengineered food ingredient	

[illegible]

CONTAINS WHEAT, MILK AND SOY INGREDIENTS.

[illegible]

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Nutrient Contents Per 100g			
Calories	464	Vitamin E	0 mg
Total Fat	19.1 g	Vitamin K	NA mcg
Saturated Fat	4.8 g	Thiamin	0.53 mg
Trans Fat	0.1 g	Riboflavin	0.33 mg
Polyunsaturated Fat	8 g	Niacin (NE)	5.8 mg
Monounsaturated Fat	5.5 g	Vitamin B6	0.03 mg
Cholesterol	2 mg	Folate (DFE)	215 mcg
Sodium	836 mg	Folic Acid	129 mcg
Total Carbohydrate	63.8 g	Vitamin B12	0 mcg
Dietary Fiber	2.1 g	Biotin	NA mcg
Soluble Fiber	0.3 g	Pantothenic Acid	NA mg
Insoluble Fiber	1.6 g	Phosphorus	71 mg
Total Sugars	0.6 g	Iodine	NA mcg
Added Sugars	0 g	Magnesium	17 mg
Sugar Alcohols	0 g	Zinc	0.8 mg
Protein	11 g	Selenium	NA mcg
Vitamin D	0 mcg	Copper	NA mg
Calcium	120.2 mg	Manganese	NA mg
Iron	3.8 mg	Chromium	NA mcg
Potassium	121 mg	Molybdenum	NA mcg
Vitamin A (RAE)	19 mcg	Chloride	NA mg
Vitamin C	0 mg	Choline	NA mg
NA = Database values for the nutrient do not exist or are incomplete.		Fluoride	NA mg
		Moisture	2.3 %
		Ash	3.8 %
		Whole Grain	0 %

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