

Nutrition Facts

Serving size 1 Container (28g)

Amount Per Serving

Calories 100

% Daily Value*

Total Fat 0.5g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 24g	9%
Dietary Fiber 3g	11%
Total Sugars 6g	
Includes 6g Added Sugars	12%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 8.1mg	45%
Potassium 0mg	0%
Folate 180mcg DFE (110mcg folic acid)	45%

*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:

Whole grain wheat, sugar, contains 2% or less of brown rice syrup, gelatin.

CONTAINS: WHEAT INGREDIENTS.