

Nutrition Facts	
70 servings per container	
Serving size	1 Box (43g)
Amount Per Serving	
Calories	140
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 34g	12%
Dietary Fiber 5g	18%
Total Sugars 12g	
Includes 6g Added Sugars	12%
Protein 3g	6%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1.08mg	6%
Potassium 188mg	4%
Niacin	10%
Phosphorus	6%
Magnesium	10%
Zinc	6%
Selenium	6%
Copper	10%
Manganese	50%
* 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, raisins, wheat bran, sugar, brown sugar syrup. Contains 2% or less of malt flavor, salt.

CONTAINS: WHEAT INGREDIENTS.