

Nutrition Facts	
Serving size	1 Container (21g)
Amount Per Serving	
Calories	80
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	4%
Total Sugars 7g	
Includes 6g Added Sugars	12%
Protein 1g	2%
Vitamin D 0.8mcg	4%
Calcium 0mg	0%
Iron 1.8mg	10%
Potassium 0mg	0%
Vitamin C	10%
Thiamin	10%
Riboflavin	10%
Niacin	10%
Vitamin B6	10%
Folate 40mcg DFE (25mcg folic acid)	10%
Vitamin B12	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:

Corn flour blend (whole grain yellow corn flour, degerminated yellow corn flour), sugar, wheat flour, whole grain oat flour, modified food starch, contains 2% or less of vegetable oil (hydrogenated coconut, soybean and/or cottonseed), oat fiber, maltodextrin, salt, soluble corn fiber, natural flavor, red 40, yellow 5, blue 1, yellow 6.

CONTAINS: WHEAT INGREDIENTS.