

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][illegible]

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Nutrient Contents Per 100g			
Calories	412	Vitamin E	0 mg
Total Fat	10.2 g	Vitamin K	NA mcg
Saturated Fat	2.6 g	Thiamin	0.03 mg
Trans Fat	0.2 g	Riboflavin	0.77 mg
Polyunsaturated Fat	2.6 g	Niacin (NE)	7.7 mg
Monounsaturated Fat	3.9 g	Vitamin B6	0.05 mg
Cholesterol	0 mg	Folate (DFE)	319 mcg
Sodium	471 mg	Folic Acid	189 mcg
Total Carbohydrate	77.2 g	Vitamin B12	0 mcg
Dietary Fiber	0.2 g	Biotin	NA mcg
Soluble Fiber	0 g	Pantothenic Acid	NA mg
Insoluble Fiber	0.2 g	Phosphorus	38 mg
Total Sugars	34.5 g	Iodine	NA mcg
Added Sugars	34.4 g	Magnesium	12 mg
Sugar Alcohols	NA g	Zinc	0.4 mg
Protein	3.1 g	Selenium	NA mcg
Vitamin D	0 mcg	Copper	NA mg
Calcium	7 mg	Manganese	NA mg
Iron	3.2 mg	Chromium	NA mcg
Potassium	32 mg	Molybdenum	NA mcg
Vitamin A (RAE)	2 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	8.3 %
		Ash	1.2 %
		Whole Grain	0 %

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