

ORIGINAL

Nutrition Facts

1 serving per container

Serving size
1 Container (71g)

Calories
per serving 250

Amount/serving	% DV*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%

Amount/serving	% DV*
Total Carb. 60g	22%
Dietary Fiber 7g	25%
Soluble Fiber <1g	
Insoluble Fiber 6g	
Total Sugars 15g	
Incl. 14g Added Sugars	28%
Protein 6g	4%

Vitamin D 0mcg 0% • Calcium 10mg 0% • Iron 21.3mg 110% • Potas.
190mg 4% Thiamin 10% • Niacin 10% • Folate 470mcg DFE 110%
(280mcg folic acid) Phosphorus 10% • Magnesium 10% • Zinc 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: WHOLE GRAIN WHEAT, SUGAR, CONTAINS 2% OR LESS OF BROWN RICE SYRUP, GELATIN.
VITAMINS AND MINERALS: REDUCED IRON, FOLIC ACID.
CONTAINS WHEAT INGREDIENTS.