

Nutrition Facts	
Serving size	1 Container (18g)
Amount Per Serving	
Calories	70
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 16g	6%
Dietary Fiber 0g	0%
Total Sugars 6g	
Includes 6g Added Sugars	12%
Protein 0g	0%
Vitamin D 0.8mcg	4%
Calcium 0mg	0%
Iron 1.8mg	10%
Potassium 0mg	0%
Thiamin	8%
Riboflavin	8%
Niacin	8%
Vitamin B6	8%
Folate 32mcg DFE (20mcg folic acid)	8%
Vitamin B12	8%
* 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, salt, soluble corn fiber, degerminated yellow corn flour, dried apples, apple juice concentrate, cornstarch, cinnamon, natural flavor, modified corn starch, yellow 6, wheat starch, baking soda, yellow 5, red 40, blue 1.

CONTAINS: WHEAT INGREDIENTS.