

# Nutrition Facts

Serving size 1 Container (28g)

Amount Per Serving

**Calories 100**

% Daily Value\*

**Total Fat** 0.5g 1%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 0mg 0%

**Total Carbohydrate** 24g 9%

Dietary Fiber 3g 11%

Total Sugars 6g

Includes 6g Added Sugars 12%

**Protein** 2g 4%

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 8.1mg 45%

Potassium 0mg 0%

Folate 180mcg DFE 45%  
(110mcg folic acid)

\* 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.

**CONTAINS: WHEAT INGREDIENTS.**