

USDA Ounce Equivalents of Grain per Serving		
USDA Ounce Equivalents of Meat/Meat Alternate		
Whole Grains (g/serving)		22 g
USDA Bioengineered (BE) Status	BE disclosure not required	

Nutrient Contents Per 100g			
Calories	364	Vitamin E	6 mcg
Total Fat	5.4 g	Vitamin K	NA mcg
Saturated Fat	0.9 g	Thiamin	0.33 mg
Trans Fat	0.0 g	Riboflavin	0.11 mg
Polyunsaturated Fat	2.0 g	Niacin (NE)	2.3 mg
Monounsaturated Fat	2.2 g	Vitamin B6	0.00 mg
Cholesterol	0 mg	Folate (DFE)	0 mcg
Sodium	162 mg	Folic Acid	0 mcg
Total Carbohydrate	80.7 g	Vitamin B12	0.0 mcg
Dietary Fiber	12.1 g	Biotin	NA mcg
Soluble Fiber	2.3 g	Pantothenic Acid	NA mg
Insoluble Fiber	9.8 g	Phosphorus	211 mg
Total Sugars	16.6 g	Iodine	NA mcg
Added Sugars	15.8 g	Magnesium	73 mg
Sugar Alcohols	0.0 g	Zinc	2.4 mg
Protein	9.1 g	Selenium	NA mcg
Vitamin D	0.0 mcg	Copper	NA mg
Calcium	33.1 mg	Manganese	NA mg
Iron	2.7 mg	Chromium	NA mcg
Potassium	248 mg	Molybdenum	NA mcg
Vitamin A (RAE)	20 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	2.5 %
		Ash	2.3 %
		Whole Grain	55.64 %

Product information can change at any time.
Always refer to product package for current nutrition and ingredient information.

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