

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.