

CEREAL PCH CINN TOAST CRNCH WGR

Nutritional Information

Nutrition Facts		
Portion Size	1 oz	
Amount Per Serving		
Calories 110	Calories from Fat 25	
% Daily Value*		
Total Fat	3 g	4%
Saturated Fat	0.5 g	2%
<i>Trans</i> Fat	0 g	
Cholesterol	0 mg	0%
Sodium	160 mg	6%
Total Carbohydrate	22 g	7%
Dietary Fiber	2 g	8%
Sugars	8 g	
Protein	1 g	2%
Vitamin A	8%	* Vitamin C 8%
Calcium	8%	* Iron 20%
* Percent Daily Values are based on a 2,000 Calorie diet.		

Ingredients

Whole Grain Wheat, Sugar, Rice Flour, Rice Bran and/or Canola Oil, Fructose, Maltodextrin, Dextrose, Salt, Cinnamon, Trisodium Phosphate, Soy Lecithin, Color Added. BHT Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

Allergy Information

Wheat, Soy, Gluten