

Nutrition Facts

Serving size1/4 cup (43g)

Amount per serving

Calories160

% Daily Value*

Total Fat 2g2%

Saturated Fat 0g0%

Trans Fat 0g

Cholesterol 0g0%

Sodium 0g0%

Total Carbohydrate 32g12%

Dietary Fiber 6g21%

Total Sugars 1g

Includes 0g Added Sugars0%

Protein 6g

Vitamin D 0mcg0%

Calcium 17mg2%

Iron 2mg10%

Potassium 167mg4%

*The % Daily Value 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, Whole Grain Rye, Whole Grain Oats, Whole Grain Triticale, Pearled Barley, Whole Grain Brown Rice, Oat Bran, Flaxseed.