

Nutrition Facts	
108 servings per container	
Serving size	1 Cup (59g)
Amount Per Serving	
Calories	190
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 47g	17%
Dietary Fiber 7g	25%
Total Sugars 17g	
Includes 9g Added Sugars	18%
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1.8mg	10%
Potassium 235mg	4%
Niacin	15%
Phosphorus	10%
Magnesium	15%
Zinc	10%
Selenium	10%
Copper	20%
Manganese	80%
*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, RAISINS, WHEAT BRAN,
SUGAR, BROWN SUGAR SYRUP. CONTAINS 2% OR
LESS OF MALT FLAVOR, SALT.

CONTAINS: WHEAT INGREDIENTS.