

Nutrition Facts	
70 servings per container	
Serving size	1 Box (23g)
Amount Per Serving	
Calories	90
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 3g Added Sugars	6%
Protein 4g	8%
Vitamin D 0.8mcg	4%
Calcium 0mg	0%
Iron 6.3mg	35%
Potassium 0mg	0%
Vitamin A	4%
Vitamin C	4%
Vitamin E	4%
Thiamin	10%
Riboflavin	10%
Niacin	10%
Vitamin B6	10%
Folate 240mcg DFE (150mcg folic acid)	60%
Vitamin B12	10%
* 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:

Rice, wheat gluten, sugar, defatted wheat germ, contains 2% or less of salt, malt flavor.

CONTAINS: WHEAT INGREDIENTS.