

Nutrition Facts					
Serving Size			1 cup (36g)		100 g (100g)
			Lucky Charms		Lucky Charms
Calories			140kcal		383.6kcal
		%DV*			%DV*
Total Fat	2g	2%	1.5g	2%	3.8g
Saturated Fat	0g	0%	0g	0%	0.7g
Trans Fat	0g		0g		0g
Cholesterol	Less Than 5mg	1%	0mg	0%	0mg
Sodium	300mg	13%	220mg	10%	621.6mg
Total Carbohydrate	39g	14%	30g	11%	83.5g
Dietary Fiber	2g	8%	2g	8%	6.4g
Total Sugars	21g		12g		33g
Incl. Added Sugars	12g	24%	12g	24%	32.5g
Protein	9g		3g		7.5g
Vitamin D	6.2µg	30%	4µg	20%	11.2µg
Calcium	350mg	25%	130mg	10%	397.3mg
Iron	3.6mg	20%	3.6mg	20%	12.7mg
Potassium	360mg	8%	0mg	0%	211mg
*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.					
**Nutritional information is subject to change. See product label to verify ingredients and allergens.					

Preparation
READY_TO_EAT : Ready to eat

Ingredients
Whole Grain Oats, Sugar, Whole Grain Corn, Corn Syrup, Corn Starch. Contains 2% or less of: Salt, Gelatin, Trisodium Phosphate, Color (vegetable and fruit juice, carmine, spirulina extract, turmeric oleoresin, paprika oleoresin and other color added), Natural and Artificial Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness.

Vitamins and Minerals: Calcium Carbonate, Vitamin C (sodium ascorbate), Iron and Zinc (mineral nutrients), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

Does Not Contain Declaration Obligatory Allergens

Verified Product Claims
No High Fructose Corn Syrup, Gluten Free, Whole Grain