

Nutrition Facts			
Serving Size		1 bowl (28g)	100g (100g)
Calories		As Packaged 110kcal	As Packaged 383.6kcal
		%DV*	%DV*
Total Fat	1g	1%	3.8g
Saturated Fat	0g	0%	0.7g
Trans Fat	0g		0g
Cholesterol	0mg	0%	0mg
Sodium	170mg	8%	621.6mg
Total Carbohydrate	23g	8%	83.5g
Dietary Fiber	2g	6%	6.4g
Total Sugars	9g		33g
Incl. Added Sugars	9g	18%	32.5g
Protein	2g		7.5g
Vitamin D		15%	11.2µg
Calcium		6%	397.3mg
Iron		15%	12.7mg
Potassium		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.			

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

Preparation
READY_TO_EAT : Ready to eat