

Nutrition Facts	
96 servings per container	
Serving size	1 Container (35g)
Amount Per Serving	
Calories	110
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 28g	10%
Dietary Fiber 4g	14%
Total Sugars 10g	
Includes 5g Added Sugars	10%
Protein 3g	6%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.72mg	4%
Potassium 94mg	2%
Niacin	8%
Phosphorus	4%
Magnesium	8%
Zinc	4%
Selenium	4%
Copper	10%
Manganese	45%
* 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.