



Nutrition Facts/Datos de Nutrición

About 17 servings per container/aprox. 17 raciones por envase
Serving size/Tamaño por ración 1 Cup/1 Taza (39g)

Amount per serving/Cantidad por ración	Cereal/ CEREAL		with 1% egg white milk con 1% leche descremada	
	% DV* % VD*		% DV* % VD*	
Calories/Calorías		140		200
Total Fat/Grasa Total	0g	0%	0g	0%
Saturated Fat/Grasa Saturada	0g	0%	0g	0%
Trans Fat/Grasa Trans	0g		0g	
Polyunsaturated Fat/Grasa Poliinsaturada	0g		0g	
Monounsaturated Fat/Grasa Monoinsaturada	0g		0g	
Cholesterol/Colesterol	0mg	0%	<5mg	1%
Sodium/Sodio	200mg	9%	280mg	12%
Total Carbohydrate/Carbohidrato Total	34g	12%	44g	16%
Dietary Fiber/Fibra Dietética	<1g	3%	<1g	3%
Total Sugars/Azúcares Totales	14g		23g	
Incl. Added Sugars/Incl. azúcares añadidos	14g	28%	14g	28%
Protein/Proteínas	2g		8g	
Vitamin D/Vitamina D	2mcg	10%	4.2mcg	20%
Calcium/Calcio	0mg	0%	220mg	15%
Iron/Hierro	7.2mg	40%	7.2mg	40%
Potassium/Potasio	40mg	0%	320mg	6%
Thiamin/Tiamina	20%		25%	
Riboflavin/Riboflavina	20%		45%	
Niacin/Niacina	20%		25%	
Vitamin B6/Vitamina B6	20%		20%	
Folate/Folato (folic acid/ácido fólico)	30%		30%	
Vitamin B12/Vitamina B12	20%		50%	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food

Ingredients: Milled corn, sugar, malt flavor, contains 2% or less of salt.

Vitamins and Minerals: Iron (ferric phosphate), niacinamide, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin hydrochloride), folic acid, vitamin D3, vitamin B12.

Ingredientes: Maíz molido, azúcar, sabor malta, contiene 2% o menos de sal.

Vitaminas y Minerales: Hierro (fosfato férrico), niacinamida, vitamina B6 (clorhidrato de piridoxina), vitamina B2 (riboflavina), vitamina B1 (clorhidrato de tiamina), ácido fólico, vitamina D3, vitamina B12.