



HONEY ROASTED



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NET WT 18 OZ (1 LB 2 OZ) 510g ©

PER 1 CUP SERVING

160 CALORIES	0g SAT FAT 0% DV	190mg SODIUM 4% DV	9g TOTAL SUGARS
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Nutrition Facts

About 12 servings per container

Serving size 1 cup (41g)

Amount per serving
Calories 160

% Daily Value*

Total Fat 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Polyunsaturated Fat 0.5g

Monounsaturated Fat 1g

Cholesterol 0mg 0%

Sodium 190mg 8%

Total Carbohydrate 34g 12%

Dietary Fiber 2g 9%

Total Sugars 9g

Incl. 8g Added Sugars 16%

Protein 3g

Vitamin D 2mcg 10%

Calcium 10mg 0%

Iron 16.2mg 90%

Potassium 60mg 0%

Vitamin A 50%

Thiamin 40%

Riboflavin 30%

Niacin 40%

Vitamin B₆ 40%

Folate 400mcg DFE 100%

(240mcg folic acid)

Vitamin B₁₂ 100%

Phosphorus 6%

Magnesium 4%

Zinc 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: Corn, Whole Grain Wheat, Sugar, Whole Grain Rolled Oats, Rice, Canola Oil, Wheat Flour, Malted Barley Flour, Corn Syrup, Salt, Molasses, Honey, Caramel Color, Barley Malt Extract, Natural and Artificial Flavor, Annatto Extract (color), BHT added to preserve freshness.

Vitamins and Minerals: Reduced Iron, Niacinamide (Vitamin B3), Vitamin A Palmitate, Pyridoxine Hydrochloride (Vitamin B6), Zinc Oxide, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid, Vitamin D3, Vitamin B12.

CONTAINS WHEAT.

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