



HONEY ROASTED

ENLARGED TO SHOW TEXTURE
NET WT 18 OZ (1 LB 2 OZ) 510g

PER 1 CUP SERVING

160 CALORIES	0g SAT FAT 0% DV	190mg SODIUM 8% 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 B ₆	40 %
Folate 400mcg DFE (240mcg folic acid)	100 %
Vitamin B ₁₂	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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