



FROSTED TOASTED
OAT CEREAL WITH
MARSHMALLOW

Lucky Charms™



ENLARGED TO
SHOW DETAIL

MARSHMALLOW
SHAPES AND
COLORS MAY VARY

PER 1 CUP SERVING

140 CALORIES	0g SAT FAT 0% DV	230mg SODIUM 10% DV	12g TOTAL SUGARS
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SEE NUTRITION FACTS FOR "AS PREPARED" INFORMATION

Gluten
Free

NET WT 10.5 OZ (297g)

Lucky Charms

Nutrition Facts

About 8 servings per container
Serving size 1 cup (36g)

	Lucky Charms	with 1/2 cup skim milk
Calories	140	190
	% DV**	% DV**
Total Fat 1.5g*	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0.5g		
Cholesterol 0mg	0%	1%
Sodium 230mg	10%	12%
Total Carbohydrate 30g	11%	13%
Dietary Fiber 2g	7%	8%
Total Sugars 12g		
Incl. Added Sugars 12g	24%	24%
Protein 3g		
Vitamin D 2mcg	10%	10%
Calcium 130mg	10%	20%
Iron 3.6mg	20%	20%
Potassium 0mg	0%	6%
Vitamin A	10%	15%
Vitamin C	10%	10%
Thiamin	20%	20%
Riboflavin	10%	10%
Niacin	10%	10%
Vitamin B ₆	20%	20%
Folate (45mcg folic acid)	20%	20%
Vitamin B ₁₂	20%	20%
Phosphorus	8%	15%
Magnesium	8%	10%
Zinc	20%	20%

* Amount in cereal. A serving of cereal plus skim milk provides 2g Total Fat, 5mg Cholesterol, 290mg Sodium, 36g Total Carbohydrate (18g Total Sugars), 7g Protein, 280mg Calcium, 270mg Potassium.
 ** 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 Oats, Sugar, Corn Starch, Modified Corn Starch, Corn Syrup, Dextrose. Contains 2% or less of: Salt, Gelatin, Trisodium Phosphate, Red 40, Yellow 5 & 6, Blue 1, 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.

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 This package is sold by weight, not by volume. You can be assured of greater weight even though some settling of contents normally occurs during shipment and handling.
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