



**FAMILY SIZE** 18 OZ

**Gluten Free**  
**NO** ARTIFICIAL FLAVORS  
OR COLORS

# Rice Chex

Oven Toasted  
Rice Cereal

QUANTITY BY  
20 OR 25 OZ

Save up to  
**\$5**  
on 20 or 25 oz boxes

Cereal in box.  
Recipe on back!



MAKE  
NEW *Legendary*  
**MUDDY BUDDIES™**

Created by  
**Chrissy Teigen  
& John Legend!**



PER  
1/2 CUP (112g)  
SERVING

**160**  
CALORIES

**0g**  
SAT FAT

**330mg**  
SODIUM

**3g**  
TOTAL  
SUGAR

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## Nutrition Facts

About 13 servings per container

**Serving size 1 1/3 cup (40g)**

Rice Chex		with 1/2 cup skim milk
<b>Calories 160</b>		<b>200</b>
	% DV**	% DV**
<b>Total Fat</b> 1g*	1%	1%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
<b>Cholesterol</b> 0mg	0%	1%
<b>Sodium</b> 330mg	14%	17%
<b>Total Carbohydrate</b> 35g	13%	15%
Dietary Fiber 2g	5%	5%
Total Sugars 3g		
Incl. Added Sugars 3g	6%	6%
<b>Protein</b> 3g		
Vitamin D 2mcg	10%	15%
Calcium 130mg	10%	20%
Iron 12.6mg	70%	70%
Potassium 0mg	0%	6%
Vitamin A	10%	15%
Vitamin C	10%	10%
Thiamin	20%	20%
Riboflavin	30%	45%
Niacin	10%	10%
Vitamin B <sub>6</sub>	20%	20%
Folate (45mcg folic acid)	20%	20%
Vitamin B <sub>12</sub>	20%	40%
Phosphorus	6%	15%
Magnesium	6%	8%
Zinc	20%	20%

\* Amount in cereal. A serving of cereal plus skim milk provides 1g Total Fat, less than 5mg Cholesterol, 380mg Sodium, 41g Total Carbohydrate (8g Total Sugars), 7g Protein, 3mcg Vitamin D, 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 Rice, Rice, Sugar, Salt, Molasses, Vitamin E (mixed tocopherols) Added to Preserve Freshness.**

**Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B<sub>2</sub> (riboflavin), Vitamin B<sub>6</sub> (pyridoxine hydrochloride), Vitamin B<sub>1</sub> (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B<sub>12</sub>, Vitamin D<sub>3</sub>.**