



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 oz boxes
with this
coupon

Cereal in box.
Recipe on back!



MAKE
NEW *Legendary*
MUDDY BUDDIES™

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



PER 1/2 CUP (10g)
SERVING

160 CALORIES	0g SAT FAT 4% DV	330mg SUGAR 66% DV	3g TOTAL SUGAR
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Nutrition Facts

About 13 servings per container

Serving size 1 1/3 cup (40g)

	Rice Cheer	with 1/2 cup skim milk
	Calories 160	200
	% DV**	% DV**
Total Fat 1g*	1%	1%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 330mg	14%	17%
Total Carbohydrate 35g	13%	15%
Dietary Fiber 2g	5%	5%
Total Sugars 3g		
Incl. Added Sugars 3g	6%	6%
Protein 3g		
Vitamin D 2mcg	10%	15%
Calcium 130mg	10%	20%
Iron 12.6mg	70%	70%
Potassium 0mg	0%	8%
Vitamin A	10%	15%
Vitamin C	10%	10%
Thiamin	20%	20%
Riboflavin	30%	45%
Niacin	10%	10%
Vitamin B ₆	20%	20%
Folate (45mcg folic acid)	20%	20%
Vitamin B ₁₂	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 (9g 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 B₂ (riboflavin), Vitamin B₆ (pyridoxine hydrochloride), Vitamin B₁ (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B₁₂, Vitamin D₂.