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Nutrition Facts

About 13 servings per container

Serving size 1 1/3 Cup (39g)

	Cereal	with 2/3 cup skim milk
Calories	150	210

Ingredients: Rice, milled corn, sugar, contains 2% or less of salt, molasses, brown rice syrup, baking soda, turmeric extract color.
Vitamins and Minerals: Iron (ferric phosphate), niacinamide, vitamin B₆ (pyridoxine hydrochloride), vitamin B₂ (riboflavin), vitamin B₁ (thiamin hydrochloride), folic acid, vitamin D₃, vitamin B₁₂.

	% DV*	% DV*
Total Fat	0g 0%	0g 0%
Saturated Fat	0g 0%	0g 0%
Trans Fat	0g	0g
Polysaturated Fat	0g	0g
Monounsaturated Fat	0g	0g
Cholesterol	0mg 0%	<5mg 1%
Sodium	260mg 11%	330mg 14%
Total Carbohydrate	34g 12%	43g 16%
Dietary Fiber	0g 0%	0g 0%
Total Sugars	5g	14g
Incl. Added Sugars	5g 10%	5g 10%
Protein	3g	9g
Vitamin D	3mcg 15%	5.2mcg 25%
Calcium	0mg 0%	220mg 15%
Iron	11mg 60%	11mg 60%
Potassium	20mg 0%	310mg 6%
Thiamin	30%	35%
Riboflavin	30%	50%
Niacin	30%	35%
Vitamin B ₆	30%	30%
Folate	50%	50%
(folic acid)	(115mcg)	(115mcg)
Vitamin B ₁₂	30%	60%

* 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

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