



Nutrition Facts/Datos de Nutrición

About 17 servings per container/aprox. 17 raciones por envase

Serving size/Tamaño por ración **1 Cup/1 Taza (39g)**

Amount per serving/Cantidad por ración	Cereal/ CEREAL	with 2/3 cup skim milk/ con 2/3 taza de leche descremada
Calories/Calorías	140	200
	% DV* % VD*	% DV* % VD*
Total Fat/Grasa Total	0g 0%	0g 0%
Saturated Fat/Grasa Saturada	0g 0%	0g 0%
Trans Fat/Grasa Trans	0g	0g
Polyunsaturated Fat/Grasa Poliinsaturada	0g	0g
Monounsaturated Fat/Grasa Monoinsaturada	0g	0g
Cholesterol/Colesterol	0mg 0%	<5mg 1%
Sodium/Sodio	200mg 9%	280mg 12%
Total Carbohydrate/Carbohidrato Total	34g 12%	44g 16%
Dietary Fiber/Fibra Dietética	<1g 3%	<1g 3%
Total Sugars/Azúcares Totales	14g	23g
Incl. Added Sugars/Incl. azúcares añadidos	14g 28%	14g 28%
Protein/Proteínas	2g	8g
Vitamin D/Vitamina D	2mcg 10%	4.2mcg 20%
Calcium/Calcio	0mg 0%	220mg 15%
Iron/Hierro	7.2mg 40%	7.2mg 40%
Potassium/Potasio	40mg 0%	320mg 6%
Thiamin/Tiamina	20%	25%
Riboflavin/Riboflavina	20%	45%
Niacin/Niacina	20%	25%
Vitamin B ₆ /Vitamina B ₆	20%	20%
Folate/Folato (folic acid/ácido fólico)	30% (70mcg)	30% (70mcg)
Vitamin B ₁₂ /Vitamina B ₁₂	20%	50%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food

Ingredients: Milled corn, sugar, malt flavor, contains 2% or less of salt.

Vitamins and Minerals: Iron (ferric phosphate), niacinamide, vitamin B₆ (pyridoxine hydrochloride), vitamin B₂ (riboflavin), vitamin B₁ (thiamin hydrochloride), folic acid, vitamin D₃, vitamin B₁₂.

Ingredientes: Maíz molido, azúcar, sabor malta, contiene 2% o menos de sal.

Vitaminas y Minerales: Hierro (fosfato férrico), niacinamida, vitamina B₆ (clorhidrato de piridoxina), vitamina B₂ (riboflavina), vitamina B₁ (clorhidrato de tiamina), ácido fólico, vitamina D₃, vitamina B₁₂.