



FROSTED TOASTED  
OAT CEREAL WITH  
MARSHMALLOWS

# 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

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
<b>Calories</b>	<b>140</b>	<b>190</b>
	% DV**	% DV**
<b>Total Fat</b> 1.5g*	<b>2%</b>	<b>2%</b>
Saturated Fat 0g	<b>0%</b>	<b>0%</b>
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0.5g		
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>1%</b>
<b>Sodium</b> 230mg	<b>10%</b>	<b>12%</b>
<b>Total Carbohydrate</b> 30g	<b>11%</b>	<b>13%</b>
Dietary Fiber 2g	<b>7%</b>	<b>8%</b>
Total Sugars 12g		
Incl. Added Sugars 12g	<b>24%</b>	<b>24%</b>
<b>Protein</b> 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 <sub>6</sub>	20%	20%
Folate (45mcg folic acid)	20%	20%
Vitamin B <sub>12</sub>	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, 230mg 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 B<sub>6</sub> (pyridoxine hydrochloride), Vitamin B<sub>1</sub> (thiamin mononitrate), Vitamin A (palmitate), Vitamin B<sub>2</sub> (riboflavin), A B Vitamin (folic acid), Vitamin B<sub>12</sub>, Vitamin D<sub>3</sub>.**

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**Contains Bioengineered Food Ingredients**  
 Learn more at Ask.GeneralMills.com

GLUTEN FREE

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

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