

Hot Maple Cereal

Nutrition Facts

Serving Size 3/4 cup (188g)

Servings Per Container 1

Amount Per Serving

Calories 256 **Calories From Fat** 36

		% Daily Value*
Total Fat	4g	6%
Saturated Fat	1g	4%
Trans Fat	<1 g	0%
Cholesterol	<1g	0%
Sodium	151mg	6%
Total Carbohydrate	50g	17%
Dietary Fiber	6g	24%
Sugars	6g	

Protein 8g

Vitamin A 75% ● Vitamin C 60%

Calcium 23% ● Iron 120%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Ingredients: Water; Hot Maple Cereal (Whole Grain Rolled Oats, Rye Flour, Sugar, Calcium Carbonate, Salt, Artificial Maple Flavor, Ascorbic Acid, Ferric Orthophosphate, Maple Syrup, Niacinamide, Vitamin A Palmitate, Pyridoxine Hydrochloride, Riboflavin, Thiamin Mononitrate & Cyanocobalamin).

Allergy Information: Wheat