

Nutrition Facts

Serving Size 1/2 cup (49g)

Servings Per Container 1

Amount Per Serving

Calories 190

Total Fat 2.5g

Trans Fat

Sodium 110mg

Total Carbohydrate 40g

Dietary Fiber 3g

Sugars 3g

Protein 4g

% Daily Value

Protein 29% • Vitamin A 15%

Vitamin C 2% • Calcium 0%

Iron 10%

Ingredients: WHOLE OATS, WHOLE GRAIN WHEAT, SUGAR, CORN SYRUP, RICE, ALMONDS, MOLASSES, MODIFIED CORN STARCH, HIGH FRUCTOSE CORN SYRUP, PALM OIL, SALT, CINNAMON, NONFAT DRY MILK, NATURAL AND ARTIFICIAL FLAVOR, POLYGLYCEROL ESTERS OF MONO- AND DIGLYCERIDES, MALT FLAVOR, NIACINAMIDE, ZINC OXIDE, ASCORBIC ACID (VITAMIN C), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), REDUCED IRON, GUAR GUM, BHT (PRESERVATIVE), RIBOFLAVIN (VITAMIN B2), VITAMIN A PALMITATE, FOLIC ACID, THIAMIN HYDROCHLORIDE (VITAMIN B1), VITAMIN B12 AND VITAMIN D.