

Everyday Essential

Nutty Nuggets



UPC: 00041303059883

5 g total sugars in 58 g cereal meets sugar limits.

Nutrition Facts	
about 10 servings per container	
Serving size	1/2 cup (58g)
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 47g	17%
Dietary Fiber 7g	27%
Soluble Fiber 1g	
Insoluble Fiber 6g	
Total Sugars 5g	
Includes 0g Added Sugars	0%

1st ingredient is a whole grain and the cereal is fortified.

INGREDIENTS: <u>WHOLE GRAIN WHEAT FLOUR</u> , MALTED BARLEY FLOUR, SALT, DRIED YEAST.
VITAMINS AND MINERALS: REDUCED IRON, NIACINAMIDE (VITAMIN B3), ZINC OXIDE (SOURCE OF ZINC), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), THIAMIN MONONITRATE (VITAMIN B1), FOLIC ACID.
CONTAINS WHEAT. Fortified