



Serving Size: 1 cup (41g)
 Servings Per Container: About 8

Amount Per Serving	As Packaged	with 1/2 cup skim milk
Calories	170	210
% Daily Value*		
Total Fat 4.5g**	6%	6%
Saturated Fat 1g	4%	5%
Trans Fat 0g		
Polyunsaturated Fat 1g		
Monounsaturated Fat 2.5g		
Cholesterol 0mg	0%	1%
Sodium 270mg	12%	14%
Total Carbohydrate 31g	11%	13%
Dietary Fiber 2g	7%	7%
Total Sugars 9g		
Incl. Added Sugars 9g	18%	18%

41 grams of cereal can have up to 9 grams added sugar.

The first ingredient is whole grain and the cereal is fortified.

INGREDIENTS

Whole Grain Corn, Corn Meal, Sugar, Peanut butter (peanuts, sugar, monoglycerides, salt), Corn Starch, Canola and/or Sunflower Oil, Salt, Baking Soda, Natural Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness. CONTAINS PEANUT INGREDIENTS.

This cereal is fortified.

VITAMINS & MINERALS

Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (Niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin monoitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

General Mills Raisin Nut Bran