

General Mills Raisin Nut Bran



Serving size	1 cup (65g)
Amount per serving	
Calories	300
	% Daily value*
Total Fat 3.5g	5%
Saturated Fat 1.5g	7%
Trans Fat 0g	0%
Polyunsaturated Fat 1g	0%
Monounsaturated Fat 1g	0%
Cholesterol 5mg	1%
Sodium 350mg	15%
Total Carbohydrate 62g	23%
Dietary Fiber 7g	25%
Sugar 28g	0%
Added Sugar 14g	29%

65 grams of cereal can have up to 14 grams added sugar (meets 10/1/25 sugar limits).

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

Ingredients

Whole Grain Wheat, Sugar, Raisins, Almonds, Corn Bran, Corn Syrup, Brown Sugar Syrup, Palm Kernel Oil, Salt, Glycerin, Canola Oil, Molasses, Soy Lecithin, Corn Starch, Vanilla Extract, Natural Flavor, Vitamin E (Mixed Tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Vitamin C (Sodium Ascorbate), Iron and Zinc (Mineral Nutrients), A B Vitamin (Niacinamide), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin Mononitrate), A B Vitamin (Folic Acid), Vitamin B12.

This cereal is fortified.

Great Value “Extra Raisin” Raisin Bran