

General Mills

Basic 4



19.8 oz.

UPC: 016000157644

12 g total sugars in 55 g dry cereal meets sugar limits.

1st ingredient is whole grain AND the cereal is fortified.

Nutrition Facts

Serving Size: 1 cup (55g)
Servings Per Container: about 8

Amount Per Serving	As Packaged
Calories	200
Calories from Fat	20
	% Daily Value *
Total Fat 2g	3%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Potassium 170mg	5%
Total Carbohydrate 43g	14%
Dietary Fiber 5g	20%
Sugars 12g	
Other Carbohydrates 26g	

Ingredients

Whole Grain Wheat, Corn Meal, Sugar, Raisin, Rice Flour, Almond Pieces, Brown Sugar Syrup, Glycerin, Salt, Whole Grain Oats, Dried Cranberries, Corn Syrup, Palm Kernel Oil, Brown Sugar, Barley Malt Extract, Dextrose, Honey, Color (caramel color and annatto extract), Cinnamon, Soy Lecithin, Baking Soda, Natural Flavor. **Vitamin E** (mixed tocopherols) **Added to Preserve Freshness.**
Contains WHEAT, ALMOND AND SOY INGREDIENTS

Fortified

Vitamins & Minerals

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