

Hy-Vee

Bran Flakes



UPC: 0075450081890

17.3 oz.

6 g total sugars in 39 g dry cereal meets sugar limits.

Nutrition Facts			
About 13 servings per container			
Serving size		1 cup (39g)	
	per 1 cup cereal	per 1 cup cereal with 1/2 cup skim milk	
Calories	120	170	
	% Daily Value*	% Daily Value*	
Total Fat	1g 1%	1g	1%
Saturated Fat	0g 0%	0g	0%
Trans Fat	0g	0g	
Polyunsaturated Fat	0.5g	0.5g	
Monounsaturated Fat	0g	0g	
Cholesterol	0mg 0%	< 5mg	1%
Sodium	230mg 10%	280mg	12%
Total Carbohydrate	31g 11%	37g	13%
Dietary Fiber	7g 24%	7g	24%
Soluble Fiber	< 1g	< 1g	
Insoluble Fiber	5g	5g	
Total Sugars	6g	12g	
Incl. Added Sugars	6g 11%	6g	11%

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

INGREDIENTS: WHOLE GRAIN WHEAT, WHEAT BRAN, SUGAR, CORN SYRUP, SALT, MALTED BARLEY SYRUP, VITAMINS AND MINERALS: SODIUM ASCORBATE (VITAMIN C), REDUCED IRON, NIACINAMIDE, ALPHA TOCOPHEROL ACETATE (VITAMIN E), ZINC OXIDE, CALCIUM PANTOTHENATE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), RIBOFLAVIN (VITAMIN B2), THIAMIN MONONITRATE (VITAMIN B1), VITAMIN A PALMITATE, FOLIC ACID, VITAMIN D, VITAMIN B12.

Fortified