

## Hy-Vee Raisin Bran



| Serving size        |       | 1 cup (59g)      |                                             |
|---------------------|-------|------------------|---------------------------------------------|
|                     |       | Per 1 cup cereal | Per 1 cup cereal with 1/2 cup fat free milk |
| Calories            |       | 190              | 230                                         |
|                     |       | % DV*            | % DV*                                       |
| Total Fat           | 1g    | 2%               | 1.5g 2%                                     |
| Saturated Fat       | 0g    | 0%               | 0g 0%                                       |
| Trans Fat           | 0g    |                  | 0g                                          |
| Polysaturated Fat   | 0.5g  |                  | 0.5g                                        |
| Monounsaturated Fat | 0g    |                  | 0g                                          |
| Cholesterol         | 0mg   | 0%               | <5mg 0%                                     |
| Sodium              | 190mg | 8%               | 240mg 11%                                   |
| Total Carbohydrate  | 46g   | 17%              | 52g 19%                                     |
| Dietary Fiber       | 7g    | 26%              | 7g 26%                                      |
| Total Sugars        | 18g   |                  | 18g                                         |
| Inc Added Sugars    | 8g    | 16%              | 8g 16%                                      |

59 grams of cereal can have up to 13 grams added sugar (meets 10/1/25 sugar limits)

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

### Ingredients & Nutrition Facts

WHOLE WHEAT, RAISINS, WHEAT BRAN, SUGAR, BROWN SUGAR SYRUP, SALT, BARLEY MALT EXTRACT, VITAMINS AND MINERALS: POTASSIUM CHLORIDE, IRON (FERRIC ORTHOPHOSPHATE), VITAMIN A (PALMITATE), NIACINAMIDE, ZINC (ZINC OXIDE), VITAMIN D (CHOLECALCIFEROL), VITAMIN B1 (THIAMINE MONONITRATE), VITAMIN B12 (CYANOCOBALAMIN), VITAMIN B2 (RIBOFLAVIN), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), FOLIC ACID.

**This cereal is fortified.**