

Kellogg's Raisin Bran



Serving Size 1 Cup (59 g)

Amount Per Serving

Calories

Total Fat	1 g
Saturated Fat	0 g
Trans Fat	0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	200 mg
Total Carbohydrate	47 g
Dietary Fiber	7 g
Total Sugars	17 g
Includes 9g Added Sugars	9 g

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

The first ingredient is whole grain and the second grain ingredient is bran.

Ingredients: Whole grain wheat, raisins, wheat bran, sugar, brown sugar syrup.