

Kellogg's

Frosted Mini-Wheats – Golden Honey



Nutrition Facts

Servings Per Container About 10

Serving Size 33 Biscuits (60 g)

Amount Per Serving	Cereal	
Calories	210	
	% Daily Value*	
Total Fat	1 g	1%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Polyunsaturated Fat	0.5 g	
Monounsaturated Fat	0 g	
Cholesterol	0 mg	0%
Sodium	10 mg	0%
Total Carbohydrate	50 g	18%
Dietary Fiber	6 g	23%
Soluble Fiber	<1 g	
Insoluble Fiber	5 g	
Total Sugars	12 g	
Includes 12g Added Sugars	12 g	24%

12 g total sugars in 60 g dry cereal meets sugar limits.

The first and only grain ingredient is whole grain.

INGREDIENTS

Ingredients: Whole grain wheat, sugar, contains 2% or less of honey, gelatin, natural flavor, annatto extract color, BHT for freshness. Vitamins and Minerals: Iron, folic acid.