

Kroger

Oat Squares – Brown Sugar



14.5 oz UPC: 0001111089832

9 g total sugar in 56 g dry cereal meets sugar requirements.

Serving size	1 cup (56g)
Amount per serving	
Calories	210
	% Daily value*
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Polyunsaturated Fat 1g	0%
Monounsaturated Fat 1g	0%
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 45g	16%
Dietary Fiber 5g	17%
Sugar 9g	0%
Added Sugar 9g	18%

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

Ingredients

Whole Grain Oat Flour, Whole Grain Wheat Flour, Brown Sugar, Sugar, Maltodextrin, Malted Barley Extract, Molasses, Salt, Sodium Bicarbonate, Mixed Tocopherols (Added to Preserve Freshness), Caramel Color, Turmeric Oleoresin (Color), Annatto Extract (Color), Natural Flavor, Vitamins and Minerals: Calcium Carbonate, Reduced Iron, Sodium Ascorbate (Vitamin C), Niacinamide, Zinc Oxide, Alpha Tocopherol Acetate (Vitamin E), Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Thiamin Mononitrate (Vitamin B1), Folic Acid, Vitamin A Palmitate, Vitamin D, Vitamin B12.

Fortified