

Kroger Raisin Bran



Serving size 1 1/4 cup (61g)

Amount per serving

Calories 190

% Daily value*

Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Polyunsaturated Fat 0g	0%
Monounsaturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 240mg	11%
Total Carbohydrate 48g	17%
Dietary Fiber 9g	31%
Sugar 20g	0%
Added Sugar 9g	19%

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

First ingredient is whole grain and the cereal is fortified.

Ingredients

Whole Grain Wheat, Raisins, Wheat Bran,
Sugar, Wheat Flour, Malted Barley Flour, Salt,



Vitamins and Minerals: Reduced Iron,
Niacinamide (Vitamin B3), Zinc Oxide
(Source of Zinc), Vitamin A Palmitate,
Pyridoxine Hydrochloride (Vitamin B6),
Thiamin Mononitrate (Vitamin B1), Riboflavin
(Vitamin B2), Folic Acid, Vitamin B12, Vitamin
D3.

Cereal is fortified.