

Kroger

Toasted Oats



12 oz UPC: 0001111087827

2 g total sugars in 41 g dry cereal meets sugar limits.

Serving size		1.5 cups (41 g)
Amount per serving		
Calories		160
		% Daily value*
Total Fat	2.5g	3.21%
Saturated Fat	0.5g	2.5%
Trans Fat	0g	
Polyunsaturated Fat	1g	
Monounsaturated Fat	1g	
Cholesterol	0mg	0%
Sodium	230mg	10%
Total Carbohydrate	31g	11.27%
Dietary Fiber	3g	10.71%
Sugar	2g	
Added Sugar	2g	4%

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

Ingredients

Whole Grain Oat Flour, Wheat Starch, Sugar, Modified Corn Starch, Oat Fiber, Salt, Oat Extract, Tripotassium Phosphate, Dicalcium Phosphate, Mixed Tocopherols (Added To Preserve Freshness). Vitamins and Minerals: Calcium Carbonate, Reduced Iron, Sodium Ascorbate (Vitamin C), Niacinamide, Zinc Oxide, Pyridoxine Hydrochloride (Vitamin B6), Thiamin Mononitrate (Vitamin B1), Vitamin A Palmitate, Folic Acid, Vitamin D, Vitamin B12.

Fortified