

Malt-O-Meal 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

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 0mg **0%**

Sodium 240mg **11%**

Total Carbohydrate 48g **17%**

Dietary Fiber 9g **31%**

Soluble Fiber 1g

Insoluble Fiber 7g

Total Sugars 20g

Includes 9g Added Sugars **19%**

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

The 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 & 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.

This cereal is fortified.