

Market Pantry

Crunchy Oat Squares



Net weight: 14.5 Ounces

TCIN: 53331741

UPC: 085239029848

9 g total sugars in 56 g dry cereal meets sugar limits.

Serving size		1 cup (56g)	
Calories	per 1 cup Cereal	per 1 cup Cereal with 1/2 cup Skim Milk	
	210	250	
	% DV*	% DV*	
Total Fat	2.5g 3%	2.5g 3%	
Saturated Fat	0g 0%	0.5g 3%	
Trans Fat	0g	0g	
Polyunsaturated Fat	1g	1g	
Monounsaturated Fat	1g	1g	
Cholesterol	0mg 0%	<5mg 1%	
Sodium	190mg 8%	240mg 11%	
Total Carbohydrate	45g 16%	51g 18%	
Dietary Fiber	5g 17%	5g 17%	
Soluble Fiber	1g	1g	
Insoluble Fiber	4g	4g	
Total Sugars	9g	15g	
Incl. Added Sugars	9g 18%	9g 18%	

The first two grain ingredients are whole grain and the cereal is fortified.

INGREDIENTS: <u>WHOLE GRAIN OAT FLOUR</u> , <u>WHOLE GRAIN WHEAT FLOUR</u> , 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.
CONTAINS WHEAT Fortified