

Nature's Path Envirokidz Monarch Magic Cereal



Serving size

1 cup cereal (40g)

Calories

Total Fat

Saturated Fat

Trans Fat

Cholesterol

Sodium

Total Carb.

Dietary Fiber

Total Sugars

Incl. Added Sugars

Per 1 cup cereal

150

% DV*

1g

1%

0g

0%

0g

0mg

0%

200mg

9%

34g

12%

3g

11%

8g

16%

8g

16%

Per 1 cup cereal
with 1/2 cup skim milk

190

% DV*

1g

1%

0g

0%

0g

2mg

1%

250mg

11%

40g

15%

3g

11%

14g

8g

16%

40 grams of cereal can have up to 8 grams added sugar (meets 10/1/25 sugar limits).

The first and only grain ingredient is whole grain.

REASONS TO LOVE IT

INGREDIENTS

Whole grain corn meal*, cane sugar*, natural flavor*, sea salt, cinnamon*, inulin*, molasses*. *Organic. Produced in a facility that uses soy, peanuts and tree nuts.