

Kellogg's Special K Cinnamon & Pecan Cereal



Nutrition Facts

Serving Size 1 Cup (41 g)

Amount Per Serving		Cereal
Calories		160
		% Daily Value*
Total Fat	2.5 g	3%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Polyunsaturated Fat	1 g	
Monounsaturated Fat	1 g	
Cholesterol	0 mg	0%
Sodium	180 mg	8%
Total Carbohydrate	33 g	12%
Dietary Fiber	3 g	12%
Total Sugars	9 g	
Includes 9g Added Sugars	9 g	18%

41 grams of cereal can have up to 9 grams added sugars (meets 10/2/2025 sugar limits).

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

Ingredients: Whole grain wheat, rice, sugar, pecans (pecans, rosemary extract for freshness), wheat bran, contains 2% or less of brown sugar syrup, salt, cinnamon, malt flavor, BHT for freshness. Vitamins and Minerals: Iron, vitamin C (ascorbic acid), vitamin E acetate, niacinamide, vitamin B₆ (pyridoxine hydrochloride), vitamin B₁ (thiamin hydrochloride), vitamin B₂ (riboflavin), beta-carotene, folic acid, vitamin D₃, vitamin B₁₂.

This cereal is fortified.