



Mixed Berry Cereal Crunch

Naturally Flavored

68300

Nutrition Facts

Serving Size 1 packet (30 g)
Servings Per Container 7

Amount Per Serving

Calories 100 Calories from Fat 10

% Daily Value*

Total Fat	1g	2%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	120mg	5%
Potassium	440mg	13%
Total Carbohydrate	15g	5%
Dietary Fiber	4g	16%
Sugars	3g	
Protein	11g	22%
Vitamin A 20% • Vitamin C 20%		
Calcium 25% • Iron 25%		
Vitamin D 20% • Vitamin E 20%		
Vitamin K 20% • Thiamin 20%		
Riboflavin 20% • Niacin 20%		
Vitamin B6 20% • Folate 20%		
Vitamin B12 20% • Biotin 20%		
Pantothenic Acid 20% • Phosphorus 25%		
Iodine 20% • Magnesium 25%		
Zinc 20% • Selenium 20%		
Copper 20% • Manganese 20%		
Chromium 20% • Molybdenum 20%		

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Soy protein isolate, corn flour, tapioca starch, pea fiber, sugar, sunflower oil, sunflower lecithin, maltodextrin, salt, malic acid, sucralose, natural flavor, red cabbage extract (color), purple carrot juice (color).

Vitamins and Minerals: Calcium phosphate, potassium phosphate, magnesium oxide, potassium chloride, ascorbic acid, vitamin E acetate, niacinamide, zinc oxide, reduced iron, calcium pantothenate, manganese sulfate, copper sulfate, thiamine mononitrate, pyridoxine hydrochloride, vitamin A palmitate, riboflavin, chromium chloride, folic acid, biotin, potassium iodide, sodium molybdate, sodium selenite, vitamin K1, vitamin D3, vitamin B12.

CONTAINS: SOY.

Product information may change over time. Therefore, the ingredient label on the package is always the best source for that specific item.