Nutrition Facts

About 6 servings per container

Serving size 25 Biscuits (60g)

	Cereal	with 3/4 cup skim milk
Calories	**210**	**270**
	% DV*	**% DV***
Total Fat	1g **1%**	1g **1%**
Saturated Fat	0g **0%**	0g **0%**
Trans Fat	0g	0g
Polyunsat. Fat	0.5g	0.5g
Monounsat. Fat	0g	0g
Cholesterol	0mg **0%**	<5mg **1%**
Sodium	10mg **0%**	85mg **4%**
Total Carb.	51g **19%**	60g **22%**
Dietary Fiber	6g **23%**	6g **23%**
Soluble Fiber	1g	1g
Insoluble Fiber	5g	5g
Total Sugars	12g	22g
Incl. Added Sugars	12g **24%**	12g **24%**
Protein	5g **4%**	11g **16%**
Vitamin D	0mcg 0%	2.2mcg 10%
Calcium	10mg 0%	240mg 15%
Iron	18mg 100%	18mg 100%
Potassium	210mg 4%	500mg 10%
Thiamin	10%	15%
Niacin	10%	15%
Folate (folic acid)	(235mcg) 100%	(235mcg) 100%
Phosphorus	10%	25%
Magnesium	10%	15%
Zinc	10%	15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.