

Cereal, Cheerios, General Mills

Nutrition Facts

Serving Size 1 cup (30g)

Servings Per Container 1

Amount Per Serving

Calories 111 **Calories from Fat** 16

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **2%**

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 1g

Cholesterol 0mg **0%**

Sodium 213mg **9%**

Potassium 209mg **6%**

Total Carbohydrate 22g **7%**

Dietary Fiber 4g **14%**

Sugars 1g

Protein 4g **7%**

Vitamin A 10% ● Vitamin C 10%

Calcium 12% ● Iron 57%

Thiamin 36% ● Riboflavin 30%

Niacin 29% ● Vitamin B6 33%

Folacin 50% ● Vitamin B12 24%

Phosphorus 13% ● Zinc 31%

*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**

Sat Fat Less than **20g** **25g**

Cholesterol Less than **300mg** **300mg**

Sodium Less than **2400mg** **2400mg**

Total Carbohydrate **300g** **375g**

Dietary Fiber **25g** **30g**

Calories per gram:

Fat 9 * **Carbohydrate 4** * **Protein 4**