

Cereal,Cinnamon Toast Crunch,Gen Mills

Nutrition Facts	
Serving Size 3/4 cup (30g)	
Servings Per Container 1	
Amount Per Serving	
Calories 126	Calories from Fat 30
<small>% Daily Value*</small>	
Total Fat 3g	5%
Saturated Fat 1g	3%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
Cholesterol 0mg	0%
Sodium 206mg	9%
Potassium 42mg	1%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	5%
Sugars 10g	
Protein 1g	3%
Vitamin A 10%	● Vitamin C 10%
Calcium 10%	● Iron 25%
Thiamin 25%	● Riboflavin 25%
Niacin 25%	● Vitamin B6 25%
Folacin 25%	● Vitamn B12 25%
Phosphorus 8%	● Zinc 25%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	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