

Cereal,Corn Pops,Kellogg

Nutrition Facts

Serving Size 1 cup (31g)
Servings Per Container 1

Amount Per Serving
Calories 117 **Calories from Fat** 2

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	

Cholesterol 0mg	0%
Sodium 120mg	5%
Potassium 26mg	1%
Total Carbohydrate 28g	9%
Dietary Fiber 0g	1%
Sugars 15g	
Protein 1g	2%

Vitamin A 10%	● Vitamin C 10%
Calcium 1%	● Iron 11%
Thiamin 25%	● Riboflavin 26%
Niacin 25%	● Vitamin B6 25%
Folacin 25%	● Vitamin B12 25%
Phosphorus 1%	● Zinc 10%

*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