

Cereal, Cream of Wheat, Nabisco

Nutrition Facts

Serving Size 1 packet (28g)

Servings Per Container 1

Amount Per Serving

Calories 101 **Calories from Fat** 3

% Daily Value*

Total Fat 0g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 0mg **0%**

Sodium 238mg **10%**

Potassium 38mg **1%**

Total Carbohydrate 21g **7%**

Dietary Fiber 1g **3%**

Sugars 0g

Protein 3g **5%**

Vitamin A 25% ● Vitamin C 0%

Calcium 2% ● Iron 44%

Thiamin 24% ● Riboflavin 15%

Niacin 25% ● Vitamin B6 25%

Folacin 25% ● Vitamin B12 0%

Phosphorus 2% ● Zinc 2%

*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