

Cereal, Lucky Charms, General Mills

Nutrition Facts

Serving Size 3/4 cup (23g)

Servings Per Container 1

Amount Per Serving

Calories 86 **Calories from Fat** 8

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 0g **1%**

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 0mg **0%**

Sodium 153mg **6%**

Potassium 43mg **1%**

Total Carbohydrate 19g **6%**

Dietary Fiber 1g **5%**

Sugars 10g

Protein 2g **3%**

Vitamin A 8% ● Vitamin C 8%

Calcium 7% ● Iron 19%

Thiamin 19% ● Riboflavin 19%

Niacin 19% ● Vitamin B6 19%

Folacin 38% ● Vitamin B12 19%

Phosphorus 5% ● Zinc 19%

*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