Cereal- Great Grains Crunchy Pecan

INGREDIENTS: Great Grains Crunchy Pecan Cereal (Whole Grain Wheat, Whole Grain Rolled Oats, Pecans, Brown Sugar, Wheat Flour, Malted Barley Flour, Rice Flour, Sugar, High Oleic Vegetable Oil (Canola Or Sunflower Oil), Salt, Corn Syrup, Whey (From Milk), Bht (Added To Preserve Freshness). Vitamins and Minerals: Reduced Iron, Niacinamide, Zinc Oxide (Source Of Zinc), Vitamin B6, Vitamin A Palmitate, Riboflavin (Vitamin B2), Thiamin Mononitrate (Vitamin B1), Folic Acid, Vitamin B12, Vitamin D. )

CONTAINS: Milk, Pecan, Wheat

Nutrition Facts
Serving Size 3/4 cup (52g)
Servings Per Container 1

Amount Per Serving
Calories 210 Calories from Fat 50

% Daily Value*
Total Fat 6g 9%
  Saturated Fat .5g 3%
  Trans Fat 0g
Cholesterol 0mg 0%
Sodium 150mg 6%
Total Carbohydrate 38g 13%
  Dietary Fiber 5g 20%
  Sugars 8g
Protein 5g

Vitamin A 15%  •  Vitamin C
Calcium 0%  •  Iron 50%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.