

Cinnamon Chex Cereal Single Serve Cup, 2 oz. , #14883000 – General Mills

Ingredients:

Whole Grain Rice, Rice, Sugar, Canola and/or Sunflower Oil, Salt, Cinnamon, Molasses, Natural Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B2 (riboflavin), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

Contains: No Allergens

****This is a representation of the nutrition label. The actual nutrition label on the product may vary slightly.****

Nutrition Facts

Serving Size		1 Container (56g)
		As Packaged
Calories	230	
		% DV
Total Fat	5g	7%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Polyunsaturated	1g	
Monounsaturated	3g	
Cholesterol	0mg	0%
Sodium	320mg	14%
Total Carbohydrate	46g	17%
Dietary Fiber	3g	9%
Total Sugars	12g	
Incl. Added Sugars	12g	23%
Protein	3g	
Vitamin D		10%
Calcium		10%
Iron		80%
Potassium		0%
Vitamin A		10%
Vitamin C		10%
Thiamin		25%
Riboflavin		40%
Niacin		10%
Vitamin B6		25%
Folate		25%
Folic Acid	60mcg	
Vitamin B12		25%
Phosphorus		6%
Magnesium		6%
Zinc		25%

Newington Foods and Nutrition Services
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