

Cinnamon Toast Crunch Single Serve Cup, 2 oz. , #14886000 – General Mills

Ingredients:

Whole Grain Wheat, Sugar, Rice Flour, Polydextrose, Canola and/or Sunflower Oil, Maltodextrin, Dextrose, Salt, Cinnamon, Trisodium Phosphate, Soy Lecithin, Caramel Color. BHT Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Vitamin C (sodium ascorbate), Iron and Zinc (mineral nutrients), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

Contains: Wheat, Soy

****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)
Calories		As Packaged 210
		% 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	44g	16%
Dietary Fiber	7g	25%
Total Sugars	11g	
Incl. Added Sugars	11g	22%
Protein	3g	
Vitamin D		10%
Calcium		10%
Iron		25%
Potassium		2%
Vitamin A		10%
Vitamin C		10%
Thiamin		25%
Riboflavin		10%
Niacin		10%
Vitamin B6		25%
Folate		25%
Folic Acid	60mcg	
Vitamin B12		25%
Phosphorus		8%
Magnesium		8%
Zinc		25%