

SweetWARE Nutrition Label Cereal Recipe

Nutrition Facts		
1 serving per container		
Serving size		1/2 cup (18g)
	As sold	With 1/2 cup skim milk
Calories	70	220
	% DV*	% DV*
Total Fat	1g 1%	2g 3%
Saturated Fat	0g 0%	0g 0%
<i>Trans</i> Fat	0g	0g
Cholesterol	0mg 0%	5mg 2%
Sodium	100mg 4%	310mg 13%
Total Carbohydrate	14g 5%	41g 15%
Dietary Fiber	1g 5%	3g 9%
Total Sugars	6g	24g
Incl. Added Sugars	0g 0%	0g 0%
Protein	2g	11g
Vitamin D	0.8mcg 4%	4.6mcg 25%
Calcium	80mg 6%	450mg 35%
Iron	3.7mg 20%	7.5mg 40%
Potassium	70mg 2%	530mg 10%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>		
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>		

INGREDIENTS: Honey Nut Cereal (whole grain oats, sugar, oat bran, corn starch, honey, brown sugar, ...)
CONTAINS: Almonds