

Cereal, Lucky Charms, WG

Nutrition Facts

Serving Size: Each

Amount Per Serving

Calories: 110

Calories from Fat: 9

Total Fat: 1.0g

Saturated Fat: .0g

Trans Fat: 0.00

Cholesterol: 0mg

Sodium: 180mg

Total Carbohydrate: 23.0g

Dietary Fiber: 2.0g

Protein: 2.0g

Vitamin A: 500RE

Vitamin C: 6.0mg

Calcium: 100.0mg

Iron: 4.5mg

The accuracy of the information shown above is based on data obtained from food manufacturers, food distributors, product packaging, and the USDA Child Nutrition database. Ingredients and menu items are subject to change or substitution. Please consult your own physician or medical professional for assistance with your specific medical or dietary situation.

Ingredients

Cereal, Lucky Charms (mfg label): WHOLE GRAIN OATS, MARSHMALLOWS (SUGAR, MODIFIED CORN STARCH, CORN SYRUP, DEXTROSE, GELATIN, CALCIUM CARBONATE, YELLOW 5;6, BLUE 1, RED 40, ARTIFICIAL FLAVOR), SUGAR, OAT FLOUR, CORN SYRUP, CORN STARCH, SALT, TRISODIUM PHOSPHATE, COLOR ADDED, NATURAL AND ARTIFICIAL FLAVOR, VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS. VITAMINS AND MINERALS: CALCIUM CARBONATE, ZINC AND IRON (MINERAL NUTRIENTS), VITAMIN C (SODIUM ASCORBATE), A B VITAMIN (NIACINAMIDE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN A (PALMITATE), A B VITAMIN (FOLIC ACID), VITAMIN B12, VITAMIN D3. [903138]

