

Cereal, Cocoa Puffs, WG

Nutrition Facts

Serving Size: Each

Amount Per Serving

Calories: 110

Calories from Fat: 14

Total Fat:	1.5g
Saturated Fat:	.0g
Trans Fat:	0.00
Cholesterol:	0mg
Sodium:	120mg
Total Carbohydrate:	25.0g
Dietary Fiber:	2.0g
Sugars:	8.0g
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, Cocoa Puffs, RS (mfg label): WHOLE GRAIN CORN, SUGAR, CORN MEAL, CORN SYRUP, COCOA PROCESSED WITH ALKALI, FRUCTOSE, CANOLA OIL, SALT, CARAMEL COLOR, REFINER'S SYRUP, BAKING SODA, NATURAL FLAVOR. VITAMINS AND MINERALS: CALCIUM CARBONATE, TRICALCIUM PHOSPHATE, 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. [903248]