

## Chex Mix, Cheddar

### Nutrition Facts

Serving Size: Each

### ALLERGENS

Milk, Soy, Wheat

Amount Per Serving

Calories: 110

Calories from Fat: 23

<b>Total Fat:</b>	<b>2.5g</b>
Saturated Fat:	.5g
Trans Fat:	0.00
<b>Cholesterol:</b>	<b>0mg</b>
<b>Sodium:</b>	<b>135mg</b>
<b>Total Carbohydrate:</b>	<b>20.0g</b>
Dietary Fiber:	2.0g
<b>Protein:</b>	<b>2.0g</b>

Vitamin A: 0RE

Vitamin C: .0mg

Calcium: .0mg

Iron: .4mg

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

Chex Mix, Cheddar (mfg label): WHOLE WHEAT, ENRICHED CORN MEAL (DEGERMED YELLOW CORN MEAL, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (SOYBEAN, RICE BRAN), SUGAR, WHEY POWDER. CONTAINS 2% OR LESS OF: BUTTERMILK POWDER, CORN SYRUP SOLIDS, SALT, NATURAL AND ARTIFICIAL FLAVOR, DRIED SOUR CREAM (CREAM, NONFAT MILK, CULTURES), MONOGLYCERIDES, ONION POWDER, TRISODIUM PHOSPHATE, CALCIUM CARBONATE, BAKING SODA, YELLOW CORN FLOUR, YELLOW 6 LAKE, YELLOW 5 LAKE, FRESHNESS PRESERVED BY BHT. CONTAINS: MILK, WHEAT AND SOY [903330]

