



16000-11815
Cinnamon Toast Crunch®
Crispy, Sweetened Whole Wheat and Rice Cereal
Self-Serve Bowl
NET WT 1 OZ (28g)



Ingredients:

Whole Grain Wheat, Sugar, Rice Flour, Rice Bran and/or Canola Oil, Fructose, Maltodextrin, Dextrose, Salt, Cinnamon, Soy Lecithin, Trisodium Phosphate, Color Added. BHT Added to Preserve Freshness.

Vitamins and Minerals: Tricalcium Phosphate, 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.

CONTAINS WHEAT AND SOY INGREDIENTS.

Nutrition Facts	
Serving Size 1 Bowl (28g) (3/4 cup)	
Amount Per Serving	
Calories	110
Calories from Fat	25
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Potassium 50mg	1%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	6%
Sugars 8g	
Protein 1g	
Vitamin A 8%	Vitamin C 8%
Calcium 8%	Iron 20%
Vitamin D 8%	Thiamin 20%
Riboflavin 20%	Niacin 20%
Vitamin B6 20%	Folic Acid 20%
Vitamin B12 20%	Zinc 20%

*Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Information	
100g	
Amount Per Serving	
Calories	410.5
Calories from Fat	91.1
Total Fat	10.1 g
Saturated Fat	1.1 g
Trans Fat	0.2 g
Cholesterol	0.0 mg
Sodium	581.2 mg
Potassium	175.1 mg
Total Carbohydrate	79.0 g
Dietary Fiber	5.3 g
Sugars	29.8 g
Protein	5.3 g
Vitamin A 1612.9 IU	Vitamin C 19.4 mg
Calcium 322.6 mg	Iron 14.5 mg
Vitamin D 129.0 IU	Thiamin 1.2 mg
Riboflavin 1.4 mg	Niacin 16.1 mg
Vitamin B6 1612.9 mcg	Folic Acid 322.6 mcg
Vitamin B12 4.8 mcg	Zinc 12.1 mg

CHILD NUTRITION PROGRAM: 1 BOWL = 1 OZ EQ GRAIN

The most accurate label information for package contents will always be on the product label. This product profile is correct through the date above. Because product formulations and related product attributes may change, this information is subject to change.

QUESTIONS? Call 1-800-767-5404
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I certify that the information contained in this document is true and correct as of the date above. Seema Chopra - General Mills Product Labeling