

4-00570PT - Amber Waves 9 Grain Cereal

02.23.2021

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>1/4 Cup (43g) Dry</b> (about 1/2 Cup prepared)
<b>Amount per serving</b>	
<b>Calories</b>	<b>150</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 30g	<b>11%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 6g	
Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 2mg	10%
Potassium 165mg	4%
<small>*The % Daily Value 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>	

INGREDIENTS: 9 grain cereal (hard red wheat, oat groats, triticale berries, rye berries, dehulled barley, soft white wheat, spelt berries, hard white wheat, flax).

Contains Wheat.

SERV SIZE: (about 1/2 cup prepared)

Net Weight: 12.1 oz (344 g)  
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Contains a bioengineered food ingredient: Cracked 9 Grain Cereal (XFSG200).