

Ingredients:

Oatmeal Enriched Bleached Wheat Flour (Niacin, Iron (reduced), Thiamine Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour), Sugar, Brown Sugar (sugar, corn syrup), Cinnamon, Baking Soda (Sodium Bicarbonate), Salt, and other spices.

CONTAINS: WHEAT

Nutrition Facts		
Serving Size 3 Tbs (25g)		
Servings Per Container 18		
Amount Per Serving		
Calories 80	Calories from Fat 5	
% Daily Value*		
Total Fat 0.5g		1%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 90mg		4%
Total Carbohydrate 18g		6%
Dietary Fiber 1g		4%
Sugars 11g		
Protein 1g		
Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories:	2,000 2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		