



**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.**

<b>Nutrition Facts</b>			
Serving Size 1 Bowl (28g) (3/4 cup)			
Amount Per Serving			
<b>Calories</b>	110		
Calories from Fat	25		
<b>% Daily Value*</b>			
<b>Total Fat</b> 3g	<b>4%</b>		
Saturated Fat 0.5g	<b>3%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 0mg	<b>0%</b>		
<b>Sodium</b> 160mg	<b>7%</b>		
<b>Potassium</b> 50mg	<b>1%</b>		
<b>Total Carbohydrate</b> 22g	<b>7%</b>		
Dietary Fiber 2g	<b>6%</b>		
Sugars 8g			
<b>Protein</b> 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.

<b>Nutrition Information</b>			
100g			
Amount Per Serving			
<b>Calories</b>	410.5		
Calories from Fat	91.1		
<b>Total Fat</b>	10.1 g		
Saturated Fat	1.1 g		
Trans Fat	0.2 g		
<b>Cholesterol</b>	0.0 mg		
<b>Sodium</b>	581.2 mg		
<b>Potassium</b>	175.1 mg		
<b>Total Carbohydrate</b>	79.0 g		
Dietary Fiber	5.3 g		
Sugars	29.8 g		
<b>Protein</b>	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**  
**GENERAL MILLS \* P.O. Box 200 - FS \* MINNEAPOLIS, MINNESOTA 55440**

I certify that the information contained in this document is true and correct as of the date above. Seema Chopra - General Mills Product Labeling