

## QUAKER CAP'N CRUNCH® CEREAL –34 oz.



# Nutrition Facts

Serving Size 3/4 Cup (27 g)  
Servings Per Container see table

Amount Per Serving		
	Cereal Alone	With 1/2 cup of Vit. A & D fortified skim milk
<b>Calories</b>	110	150
Calories from Fat	15	15
<b>% Daily Value**</b>		
<b>Total Fat 1.5g*</b>	<b>2%</b>	<b>2%</b>
Saturated Fat 1g	4%	5%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
<b>Cholesterol 0mg</b>	<b>0%</b>	<b>1%</b>
<b>Sodium 200mg</b>	<b>8%</b>	<b>11%</b>
<b>Potassium 50mg</b>	<b>1%</b>	<b>7%</b>
<b>Total Carbohydrate 23g</b>	<b>8%</b>	<b>10%</b>
Dietary Fiber 1g	3%	3%
Sugars 12g		
Other Carbohydrate 10g		
<b>Protein 1g</b>		
Vitamin A	0%	4%
Vitamin C	0%	0%
Calcium	0%	15%
Iron	25%	25%
Thiamin	25%	30%
Riboflavin	25%	40%
Niacin	25%	25%
Vitamin B6	25%	30%
Folic Acid	100%	100%
Zinc	25%	30%

\*Amount in Cereal. One half cup skim milk contributes an additional 65mg Sodium, 200mg Potassium, 6g Total Carbohydrate (6g Sugars), and 4g Protein.  
\*\* 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
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**INGREDIENTS:** CORN FLOUR, SUGAR, OAT FLOUR, BROWN SUGAR, COCONUT OIL, SALT, NIACINAMIDE\*, YELLOW 5, REDUCED IRON, ZINC OXIDE, YELLOW 6, THIAMIN MONONITRATE\*, BHT (A PRESERVATIVE), PYRIDOXINE HYDROCHLORIDE\*, RIBOFLAVIN\*, FOLIC ACID\*.

\*ONE OF THE B VITAMINS

Case UPC	100-30000-43140-2
Package UPC	0-30000-43140-5
Case Pack	4/34 oz.
Kosher Status	Yes- Dairy
AHG Compliant	No
Healthier US Schools Gold Award of Distinction	No
USDA Competitive Food Compliant	No
Grain- oz. eq.	.75 oz. eq.
Document Updated	1/14

All products are accurately labeled with the most current information however, since the ingredients are subject to change at any time, we recommend you check the label on the specific product for the most current and accurate information.