



CAP'N CRUNCH'S® CRUNCHBERRIES CEREAL - 34 oz.

Nutrition Facts

Serving Size 3/4 Cup (26 g)
Servings Per Container see table

Amount Per Serving

	Cereal Alone	With 1/2 cup of Vit. A & D fortified skim milk
Calories	100	140
Calories from Fat	15	15

% Daily Value**

Total Fat 1.5g*	2%	2%
Saturated Fat 1g	4%	5%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 190mg	8%	10%
Potassium 50mg	1%	7%
Total Carbohydrate 21g	7%	9%
Dietary Fiber 1g	3%	3%
Sugars 11g		
Other Carbohydrate 10g		

Protein 1g

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, BROWN SUGAR, COCONUT OIL, SALT, SODIUM CITRATE, NATURAL AND ARTIFICIAL FLAVOR, STRAWBERRY JUICE CONCENTRATE, MALIC ACID, NIACINAMIDE*, REDUCED IRON, ZINC OXIDE, YELLOW 5, RED 40, YELLOW 6, BLUE 1, THIAMIN MONONITRATE*, PYRIDOXINE HYDROCHLORIDE*, BHT (A PRESERVATIVE), RIBOFLAVIN*, FOLIC ACID*.

*ONE OF THE B VITAMINS

Case UPC	100-30000-43152-5
Package UPC	0-30000-43152-8
Case Pack	4/34 oz.
Kosher Status	Yes – Dairy
AHG Compliant	No
Grain oz. eq.	.75 oz. eq.
Document Updated	1/13

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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.