

桂格可可星 Quaker Choco Stars



Nutrition Facts

Serving Size: 30g
Servings Per Container: approx. 13 servings

	Per Serving (30g)	Per 100g
Energy (kJ)	509	1697
(kcal)	122	407
Fat (g)	1.5	5.0
Saturated Fat (g)	0.7	2.3
Monounsaturated Fat (g)	0.3	1.0
Polyunsaturated Fat (g)	0.3	1.0
Trans Fat (g)	0	0
Cholesterol (mg)	0	0
Sodium (mg)	100	333
Total Carbohydrates (g)	25	83
Dietary Fiber (g)	2.6	8.7
Soluble Fiber (g)	0.9	3.0
Insoluble Fiber (g)	1.7	5.7
Sugars (g)	7	23
Protein (g)	2	7
Vitamin A (µg)	151.8	506.0
Vitamin C (mg)	13.4	44.7
Vitamin B1 (mg)	0.2	0.7
Vitamin B2 (mg)	0.2	0.7
Niacin (mg)	4.1	13.7
Vitamin B6 (mg)	0.3	1.0
Vitamin B12 (µg)	0.6	2.0
Folic Acid (µg)	48.8	162.7
Iron (mg)	3.6	12.0
Zinc (mg)	2.3	7.7
Calcium (mg)	43.8	146.0
Iodine (µg)	13.1	43.7

Contains 12 Vitamins and Minerals:

Vitamin A, C, B1, B2, B6, B12, Niacin, Folic Acid, Iron, Zinc, Calcium and Iodine.

INGREDIENTS:

Cereals (oat flour, wheat flour enriched with iron and folic acid, corn flour), sugar, wheat starch, corn syrup, oat fiber, cocoa, vegetal oil, oligofructose, iodized salt, vitamins and minerals (calcium, niacin, iron, zinc, vitamin A, B1, B2, B6, B12, C, folic acid, iodine), artificial flavors, antioxidant (E321), color (E110, E102, E129, E133, E132), antioxidant (E320), sweetener (E955).

Contains:

Cereals Containing Gluten and Soy Ingredients