

桂格燕麥方脆(肉桂味) Quaker Oatmeal Squares (Cinnamon)



Nutrition Facts

Serving size 1 Cup (60 g)		
Amount per serving		
	Cereal Alone	With 1/2 cup of Vit A & D fortified skim milk
Calories	230	270
Calories from Fat	25	25
	%Daily Value**	
Total Fat 2.5g*	4%	4%
Saturated Fat 0.5g	2%	3%
Trans Fat 0g		
Polyunsaturated Fat 1g		
Monounsaturated Fat 1g		
Cholesterol 0mg	0%	1%
Sodium 260mg	11%	13%
Total Carbohydrate 47g	16%	18%
Dietary Fiber 5g	20%	20%
Soluble Fiber 2g		
Sugars 13g		
Other Carbohydrate 28g		
Protein 6g		

Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	90%	90%
Vitamin E	10%	10%
Thiamin	25%	30%
Riboflavin	25%	40%
Niacin	25%	25%
Vitamin B6	25%	25%
Folic Acid	100%	100%
Phosphorus	20%	30%
Magnesium	15%	15%
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
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Whole oat flour, Whole wheat flour, Brown sugar, Sugar, Maltodextrin, Malted barley extract, Molasses, Cinnamon, Raising agent (sodium bicarbonate), Salt, Calcium carbonate(a source of calcium), Flavor, Reduced iron, Antioxidant(sodium ascorbate), Niacinamide*, Zinc oxide, Vitamin E acetate, Vitamin A palmitate, Thiamin mononitrate*, Pyridoxine Hydrochloride*, Riboflavin*, Folic acid*, Antioxidant(E321)

*One of the B Vitamins

Contains: Wheat Ingredients