

桂格燕麥方脆(楓糖味) Quaker Oatmeal Squares (Golden Maple)



Nutrition Facts

Serving size 1 Cup (56 g)		
Amount per serving		
	Cereal Alone	With 1/2 cup of Vit A & D fortified skim milk
Calories	210	260
Calories from Fat	25	25
%Daily Value**		
Total Fat 3g*	4%	4%
Saturated Fat 0.5g	3%	4%
Trans Fat 0g		
Polyunsaturated Fat 1g		
Monounsaturated Fat 1g		
Cholesterol 0mg	0%	1%
Sodium 240mg	10%	12%
Total Carbohydrate 44g	15%	17%
Dietary Fiber 4g	18%	17%
Soluble Fiber 1g		
Sugars 12g		
Other Carbohydrate 28g		
Protein 6g		

Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	90%	90%
Vitamin E	10%	10%
Thiamin	30%	30%
Riboflavin	30%	40%
Niacin	30%	30%
Vitamin B6	30%	30%
Folic Acid	100%	100%
Phosphorus	15%	30%
Magnesium	15%	15%
Zinc	30%	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, Raising agent(sodium bicarbonate), Salt, Coconut oil, Calcium carbonate(a source of calcium), Flavors, Reduced iron, Antioxidant(sodium ascorbate), Colour(E102), Niacinamide*, Zinc oxide, Vitamin E acetate, Vitamin A palmitate, Colour(E110), Thiamin mononitrate*, Pyridoxine hydrochloride*, Riboflavin*, Folic acid*, Antioxidant(E321)

* One of the B Vitamins

Contains: Wheat Ingredients