

桂格蘋果小甜圈

Quaker Apple Oh's



Nutrition Facts		
Serving Size: 1oz (28g)		
Servings Per Container: approx. 13 servings		
	Per Serving (28g)	Per 100g
Energy (kJ)	460	1642
(kcal)	110	393
Fat (g)	2	7.3
Saturated Fat (g)	1.5	5.4
Trans Fat (g)	0	0
Polyunsaturated Fat (g)	0	0
Monounsaturated Fat (g)	0	0
Cholesterol (mg)	0	0
Sodium (mg)	100	400
Total Carbohydrates (g)	24	86
Dietary Fiber (g)	1	3.6
Sugars (g)	12	43
Protein (g)	1	3.6
Vitamin A (µg)	160	570
Vitamin C (mg)	6.4	22
Vitamin B1 (mg)	0.4	1.4
Vitamin B2 (mg)	0.45	1.6
Niacin (mg)	5.3	19
Vitamin B6 (mg)	0.53	1.9
Folic Acid (µg)	426	1521
Iron (mg)	4.8	17
Zinc (mg)	4	14
Phosphorus (mg)	46	164
Calcium (mg)	0	15

* This product added with 7 Vitamins: Vitamin A(+47%), B1(+50%), B2(+50%), B6(+47%), **C(+99%), niacin(+47%) & folic acid(+48%) and 2 minerals: ** iron(+84%) & zinc(+46%).

* as compared to Quaker Oatmeal Square (original) in 100g.

** as compared to Quaker 100% Oats & Honey Cereal in 100g.

INGREDIENTS: Sugar, Corn flour, Rolled oats, Rice flour, Coconut oil, Oat flour, Dehydrated apple pieces, Natural flavor, Salt, Cinnamon, Malted barley extract, Coconut, Antioxidant(E301), Niacinamide*, Reduced iron, Zinc oxide, Vitamin A Palmitate, Thiamin mononitrate*, Antioxidant(E321), Pyridoxine Hydrochloride*, Riboflavin*, Folic acid*.

* One of the B Vitamins

Contains: Cereals Containing Gluten, Coconut and Soy Ingredients