GM - Rice Chex

Nutrition Facts

Serving Size 1 cup (28g)
Serving Per Container about 1

Amount Per Serving

Calories 100	Calories from Fat 5
	% Daily Value *
Total Fat 0.5g	**1**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 250mg	**11**%
Total Carbohydrate 24g	**8**%
Dietary Fiber 1g	**4**%
Sugars 2g	
Protein 2g	

Vitamin A 10%	Vitamin C 10%
Calcium 10%	Iron 50%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Value may be higher or lower depending on your calorie needs.