



ANSWERS: IT'S A SECRET Unscramble Game Answer: IT'S A SECRET



the Cap'n @RealCapnCrunch







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19.3 OZ



SWEETENED CORN
& OAT CEREAL



	40	Cereal alone		forti kim i
<u>Calories</u>	10	<u>0</u>	21	
Total Fat		% DV*		% C
Saturated Fat	1g	5%	1g	6
Trans Fat	0g		0g	
Cholesterol	0mg	0%	<5mg	1
Sodium	190mg		260mg	11
Total Carb.	35g	13%		16
Dietary Fiber		4%	1g	4
Total Sugars	16g		24g	
Incl. Added Sugars	16g	32%	16g	32
Protein	2g		7g	
Vitamin D	0mcg	n%	2mcg	8
Calcium	10mg		210mg	15
Iron	8.6mg		8.7mg	45
Potassium	60mg		310mg	6
Thiamin	0.42mg		0.54mg	45
Riboflavin	0.39mg		0.65mg	
Niacin	5.6mg	35%	5.6mg	35
Vitamin B ₆	0.51mg	30%	0.6mg	35
Folate DFE	240mcg	60%	240mcg	60
Folic Acid	(153mc)	g)	(153mcg	J)

palm oil), salt, cinnamon, natural flavor, reduced iron, yellow 5, niacinamide*, yellow 6, BHT (to preserve freshness), thiamine mononitrate*, pyridoxine hydrochloride*, riboflavin*, folic acid*, tocopherols (to preserve freshness).

*One of the B vitamins

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NET WT 19.3 OZ (1 LB 3 OZ) 549 g





160 1g SAT FAT SODIUM SUGARS 32% DV

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