NATURALLY FLAVORED
CINNAMON CRUNCH
SWEETENED CORN & OAT CEREAL
To Open Lift Tab Carefully

ANSWERS:
Unscramble Game Answer: IT'S A SECRET

TRY OUR OTHER FLAVORS!

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5 7812 BEST BEFORE

F0000020859-L02-1

Recycle if Clean & Dry
PAPER BOX
Store in Original Bag
PLASTIC BAG

CAP'N CRUNCH'S Cinnamon CRUNCH

NATURALLY FLAVORED
SWEETENED CORN & OAT CEREAL

NET WT 11.2 OZ (319 g)

Per 40g serving
160 CALORIES | 1g SAT FAT 5% DV | 190mg SODIUM 8% DV | 16g ADDED SUGARS 32% DV

CAP'N CRUNCH'S Cinnamon CRUNCH NATURALLY FLAVORED
SWEETENED CORN & OAT CEREAL

UP RCHASE SEAL

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CINNAMON CRUNCH - L02

Nutrition Facts

About 8 servings per container
Serving size **1 cup (40g)**

	Cereal alone		with 2/3 cup of Vit. A & D fortified skim milk	
Calories	**160**		**210**	
		% DV*		% DV*
Total Fat	1.5g	**2%**	2g	**2%**
Saturated Fat	1g	**5%**	1g	**6%**
Trans Fat	0g		0g	
Cholesterol	0mg	**0%**	<5mg	**1%**
Sodium	190mg	**8%**	260mg	**11%**
Total Carb.	35g	**13%**	43g	**16%**
Dietary Fiber	1g	**4%**	1g	**4%**
Total Sugars	16g		24g	
Incl. Added Sugars	16g	**32%**	16g	**32%**
Protein	2g		7g	
Vitamin D	0mcg	0%	2mcg	8%
Calcium	10mg	0%	210mg	15%
Iron	8.6mg	45%	8.7mg	45%
Potassium	60mg	0%	310mg	6%
Thiamin	0.42mg	35%	0.54mg	45%
Riboflavin	0.39mg	30%	0.65mg	50%
Niacin	5.6mg	35%	5.6mg	35%
Vitamin B_6	0.51mg	30%	0.6mg	35%
Folate DFE	240mcg	60%	240mcg	60%
Folic Acid	(153mcg)		(153mcg)	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Corn flour, sugar, oat flour, vegetable oil (coconut oil and/or 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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We're here to help.
capncrunch.com or 800.234.6281
Please have package available when calling.

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