CAP'N CRUNCH'S
Red, White & Blue CRUNCH TREATS
WITH RICE CRISPS
NATURAL & ARTIFICIAL BERRY FLAVOR

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TRY OUR OTHER PRODUCTS!

CAP'N CRUNCH'S
Red, White & Blue CRUNCH TREATS
WITH RICE CRISPS
NATURAL & ARTIFICIAL BERRY FLAVOR

LIMITED EDITION

ENLARGED IMAGE

8 CEREAL BARS

8 - 0.84 OZ (24 g) BARS
NET WT 6.7 OZ (192 g)

Per bar
90 CALORIES | 0.5g SAT FAT 3% DV | 80mg SODIUM 3% DV | 7g ADDED SUGARS 14% DV

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Nutrition Facts

8 servings per container
Serving size **1 bar (24g)**

Amount per serving
Calories **90**

	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0g	
Cholesterol 0mg	**0%**
Sodium 80mg	**3%**
Total Carbohydrate 19g	**7%**
Dietary Fiber 1g	**4%**
Total Sugars 7g	
Includes 7g Added Sugars	**14%**
Protein less than 1g	

Vitamin D 0mcg	0%	Calcium 0mg	0%
Iron 2mg	10%	Potassium 30mg	0%
Thiamin 0.18mg	15%	Riboflavin 0.13mg	10%
Niacin 1.3mg	8%	Vitamin B6 0.14mg	8%
Folate 40mcg DFE (33mcg Folic Acid)	10%		

* 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: Cereal (corn flour, sugar, oat flour, palm oil and/or coconut oil, salt, sodium citrate, molasses, maltodextrin, red 40, malic acid, natural and artificial flavor, blue 1, reduced iron, niacinamide*, thiamine mononitrate*, BHT (to preserve freshness), pyridoxine hydrochloride*, riboflavin*, folic acid*), corn syrup, brown rice crisp (whole grain brown rice flour, sugar, salt), sugar, corn syrup solids, glycerin, polydextrose, soybean oil. Contains 2% or less of: palm kernel oil, canola oil, palm oil, nonfat dry milk, milk powder, dry whey, natural flavor, soy lecithin, salt, tocopherols (to preserve freshness).
*One of the B vitamins
CONTAINS MILK AND SOY INGREDIENTS.

DISTRIBUTED BY:
THE QUAKER OATS COMPANY
P.O. BOX 049003
CHICAGO, IL 60604-9003
U.S.A.

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F0000020567-L02-3

UPC/PURCHASE SEAL
0 30000 57541 3
CAP'N CRUNCH TREATS RED, WHITE & BLUE

PAPER BOX | MULTI-LAYER WRAPPER
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capncrunch.com or 800.856.5781
Please have package available when calling.

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