



Nutrition Facts

CINNAMON APPLESAUCE

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Serving Size 1/2 cup (55g)

Servings Per Container 8 per lb.

Amount Per Serving	Cereal	Cereal with 1/2 cup Skim Milk
Calories	200	240
Calories from Fat	60	60
% Daily Value*		
Total Fat 7g	10%	10%
Saturated Fat 2.5g	13%	13%
Trans Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 190mg	8%	11%
Total Carbohydrate 30g	10%	12%
Dietary Fiber 4g	15%	15%
Sugars 9g		
Protein 5g		

