



Nutrition Facts

TRIPLE CHOCOLATE

Nutrition Facts

Serving Size 1/2 cup (55g)

Servings Per Container 8 per lb.

Amount Per Serving	Cereal	Cereal with 1/2 cup Skim Milk
Calories	220	260
Calories from Fat	80	80
% Daily Value*		
Total Fat 9g	15%	15%
Saturated Fat 3g	15%	15%
Trans Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 200mg	8%	11%
Total Carbohydrate 29g	10%	12%
Dietary Fiber 4g	14%	14%
Sugars 9g		
Protein 5g		

