



# Nutrition Facts

## RAISIN SPICE

### 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
<b>Calories</b>	210	250
Calories from Fat	80	80
<b>% Daily Value*</b>		
<b>Total Fat</b> 9g	<b>14%</b>	<b>14%</b>
Saturated Fat 2.5g	<b>13%</b>	<b>13%</b>
Trans Fat 0g		
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>1%</b>
<b>Sodium</b> 180mg	<b>7%</b>	<b>10%</b>
<b>Total Carbohydrate</b> 29g	<b>10%</b>	<b>12%</b>
Dietary Fiber 3g	<b>14%</b>	<b>14%</b>
Sugars 8g		
<b>Protein</b> 5g		

