



Nutrition Facts

VANILLA PECAN

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	90	90
% Daily Value*		
Total Fat 10g	16%	16%
Saturated Fat 3g	14%	14%
Trans Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 190mg	8%	11%
Total Carbohydrate 28g	9%	11%
Dietary Fiber 4g	14%	14%
Sugars 9g		
Protein 5g		

