

LP Nine Grain Cereal
12/19/2017

Nutrition Facts

4 servings per container
Serving size 2.625 Cups Prepared
(120g Dry Mix)

Amount per serving
Calories **410**
% Daily Value*

Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 85g	31%
Dietary Fiber 15g	54%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 35mg	2%
Iron 4mg	20%
Potassium 417mg	8%

*The % Daily Value 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.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Non-GMO Nine Grain Mix (Hard Red Winter Wheat, Soft White Wheat, Barley, Rye, Oats, Corn, Millet, Hulled Buckwheat and Flax Seed).

Contains Wheat.

Product is made on equipment that also makes products containing Egg, Milk, Peanut, Soy, Tree nuts, and Wheat

