Hospitality

# RAISIN BRAN

## Nutrition Facts

Serving Size 1 cup (56g)
Servings Per Container about 18

| Amount Per Serving | Dry | Cereal with 1/2 cup skim milk |
|---|---|---|
| **Calories** | 210 | 250 |
| Calories from Fat | 10 | 10 |
| | | **% Daily Value**** |
| **Total Fat** 1g* | 2% | 2% |
| Saturated Fat 0g | 0% | 0% |
| Trans Fat 0g | | |
| **Cholesterol** 0mg | 0% | 1% |
| **Sodium** 350mg | 15% | 17% |
| **Potassium** 290mg | 8% | 14% |
| **Total Carbohydrate** 45g | 15% | 17% |
| Dietary Fiber 7g | 26% | 26% |
| Sugars 18g | | |
| **Protein** 5g | | |
| Vitamin A | 15% | 20% |
| Vitamin C | 10% | 15% |
| Calcium | 4% | 20% |
| Iron | 25% | 25% |
| Vitamin D | 10% | 25% |
| Thiamine | 25% | 30% |
| Riboflavin | 25% | 35% |
| Niacin | 25% | 25% |
| Vitamin B6 | 25% | 25% |
| Folate | 25% | 25% |
| Phosphorus | 20% | 30% |
| Magnesium | 20% | 20% |
| Zinc | 10% | 15% |
| Copper | 10% | 10% |

*Amount in cereal.
**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Potassium | | 3,500mg | 3,500mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

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

INGREDIENTS: WHEAT BRAN, RAISINS, SUGAR, HIGH FRUCTOSE CORN SYRUP, SALT, MALT EXTRACT.
VITAMINS AND MINERALS: IRON (FERRIC ORTHOPHOSPHATE), VITAMIN C (SODIUM ASCORBATE), VITAMIN A (PALMITATE), NIACINAMIDE, VITAMIN B1 (THIAMINE MONONITRATE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN D (CHOLECALCIFEROL), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID.
CONTAINS: WHEAT
BHT ADDED TO PACKAGING TO HELP PRESERVE FRESHNESS.

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