

Blueberry Chex® Cereal Single Serve  
K12 2oz Eq Grain

# Nutrition Facts

1 servings per container

**Serving size** 1 container (56g)

**Amount Per Serving**

**Calories** **240**

% Daily Value\*

<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 0.5g	<b>3%</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 3g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 350mg	<b>15%</b>
<b>Total Carbohydrate</b> 46g	<b>17%</b>
Dietary Fiber 1g	<b>5%</b>
Total Sugars 12g	
Includes 12g Added Sugars	<b>24%</b>
<b>Protein</b> 3g	

Vitamin D 2mcg	10%
Calcium 130mg	10%
Iron 16.2mg	90%
Potassium 0mg	0%
Vitamin A	10%
Vitamin C	10%
Thiamin	25%
Riboflavin	40%
Niacin	10%
Vitamin B6	25%
Folate	25%
Vitamin B12	25%
Phosphorus	6%
Magnesium	6%
Zinc	25%

\*The % Daily Value (DV) 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.