



Kellogg's® Apple Jacks®

Nutrition Facts

Serving Size 1 Box (27g)

Amount Per Serving

Calories 100 Calories from Fat 10

% Daily Value*

Total Fat 1g 2%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 140mg 6%

Total Carbohydrate 24g 8%

Dietary Fiber 3g 12%

Sugars 10g

Protein 1g

Vitamin A 8% • Vitamin C 20%

Calcium 0% • Iron 20%

Vitamin D 8% • Thiamin 20%

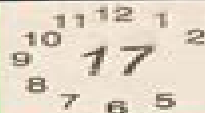
Riboflavin 20% • Niacin 20%

Vitamin B₆ 20% • Folic Acid 20%

Vitamin B₁₂ 20% • Zinc 8%

* 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
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



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Apple Jacks Nutrition

Lynn Sonberg



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