



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%

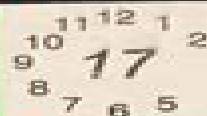
Riboflavin 20% • Niacin 20%

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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Dietary Fiber		25g	30g

Apple Jacks Nutrition

J Elliott



Apple Jacks Nutrition:

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Patricia Hausman,1984-08-12 A straightforward guide that can help you plan your eating and get you on the road to healthful eating and living This helpful up to date guide includes all the information you need to determine calories fat content carbohydrate content sodium level fiber amount and vitamin and mineral content for brand name foods fast foods ethnic specialities health foods beverages and much more It also features a comprehensive Food Rating System that interprets the data instantly and works at a glance

The Top Books of the Year Apple Jacks Nutrition The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous captivating novels enthralling the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the captivating narratives that have enthralled audiences this year. Apple Jacks Nutrition : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Apple Jacks Nutrition : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and suspenseful novel that will keep you guessing until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

<https://stats.tinkerine.com/files/scholarship/HomePages/Babylock%20Service%20Manual.pdf>

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