

Best Maid Oatmeal Cranberry Walnut 1.5

Ingredients: Sugar, kraisens (sugar, cranberries, sunflower oil), enriched wheat flour, oats, margarine (partially hydrogenated soybean and cottonseed oils, water, salt, butter milk, soy lecithin, mono and diglycerides, sorbic acid and sodium benzoate added as preservatives, beta carotene with vitamin a blend, artificial flavor), shortening (partially hydrogenated soybean and cottonseed oils), whole eggs, walnuts, invert sugar, salt, buttermilk powder, soda, vanilla flavor, caramel color.
 Contains: Wheat, eggs, milk, tree nut, soy.

Nutrition Facts			
Amount Per Serving			
Calories	180	Calories From Fat	70
		% Daily Value*	
Total Fat	7g		12%
Saturated Fat	1.5g		8%
Trans Fat	1.5g		
Cholesterol	10mg		4%
Sodium	130mg		5%
Total Carbohydrate	25g		8%
Dietary Fiber	1g		5%
Sugars	9g		
Protein	2g		
Vitamin A	2%	• Vitamin C	0%
Calcium	2%	• Iron	4%
* 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