

Post[®] Honey Oh's[™]

Nutrition Facts

About 7 servings per container

Serving size 1 cup (40g)

Amount per serving

Calories 170

% Daily Value*

Total Fat 3g 4%

Saturated Fat 0g 1%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 240mg 10%

Total Carbohydrate 34g 12%

Dietary Fiber <1g 3%

Total Sugars 18g

Includes 18g Added Sugars 36%

Protein 2g

Vitamin D 0mcg 0%

Calcium 20mg 0%

Iron 6.3mg 35%

Potassium 60mg 2%

Thiamin 70%

Riboflavin 2%

Niacin 10%

Vitamin B₆ 15%

Folate 40mcg DFE 10%
(25mcg folic acid)

Pantothenic Acid 15%

Zinc 15%

* 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.

Ingredients: Corn Flour, Sugar, Molasses, Whole Grain Oat Flour, Canola Oil, Rice Flour, Salt, Corn Syrup, Milled Corn, Honey, Palm Oil, Paprika Extract, Vegetable Juice and Beta Carotene (for color), Baking Soda, Caramel Color, Artificial Flavor, BHT Added to Preserve Freshness.

Vitamins And Minerals: Ferric Orthophosphate (source of iron), Niacinamide (Vitamin B3), Zinc Oxide (source of zinc), Thiamin Mononitrate (Vitamin B1), Calcium Pantothenate (a B-Vitamin), Pyridoxine Hydrochloride (Vitamin B6), Folic Acid.

Product formulations may change. For current nutrition facts and ingredient line information check product packaging.