

Pebbles™

Cocoa Pebbles™

CP 36 RTE

Nutrition Facts

Serving Size 3/4 cup (29g)
 Servings Per Container (8.5 oz) about 8, (11 oz) about 11, (15 oz) about 15, (20.5 oz) about 20, (22.5 oz) about 22, (25.5 oz) about 25, (30 oz) about 29, (34 oz) about 33, (40 oz) about 39

Amount Per Serving	Cereal	Cereal with 1/2 cup Fat Free Milk
Calories	120	160
Calories from Fat	10	10
% Daily Value**		
Total Fat 1g*	2%	2%
Saturated Fat 1g	5%	5%
Trans Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 170mg	7%	10%
Potassium 45mg	1%	7%
Total Carbohydrate 25g	8%	10%
Dietary Fiber 0g	0%	0%
Sugars 10g		
Protein 1g		
Vitamin A	15%	20%
Vitamin C	0%	0%
Calcium	0%	15%
Iron	10%	10%
Vitamin D	20%	35%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B6	25%	25%
Folic Acid	25%	25%
Vitamin B12	25%	35%
Zinc	10%	15%

*Amount in Cereal. One half cup fat free milk contributes an additional 40 calories, 65mg sodium, 200mg potassium, 6g total carbohydrate (6g sugars) and 4g protein.

** 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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS

RICE, SUGAR, HYDROGENATED VEGETABLE OIL (COCONUT AND PALM KERNEL OILS), COCOA (PROCESSED WITH ALKALI), SALT, CARAMEL COLOR, NATURAL AND ARTIFICIAL FLAVOR.

VITAMINS AND MINERALS

NIACINAMIDE, REDUCED IRON, ZINC OXIDE (SOURCE OF ZINC), VITAMIN B6, VITAMIN A PALMITATE, RIBOFLAVIN (VITAMIN B2), THIAMIN MONONITRATE (VITAMIN B1), FOLIC ACID, VITAMIN B12, VITAMIN D.



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