

Das Frühstück der Champions
C-Real

Famous for its good taste, Vitamin C everyday!
C-Real



Easy to buy

Easy to make

Easier to eat

Frankie's
C-REAL

Nutrition Facts

Serving Size 1 cup(35g)
Servings Per Container 10

Amount Per Serving	Cereal	Cereal with 1/2cup Skim Milk
Calories	130	170
Calories from Fat	0	0
	% Daily Value**	
Total Fat 0g*	0%	0%
Saturated Fat 0g	0%	0%
Trans Fat 0g	0%	0%
Cholesterol 0mg	0%	0%
Sodium 200mg	0%	11%
Total Carbohydrate 30mg	10%	12%
Dietary Fiber 4g	10%	16%
Sugars 18g		
Protein 3g		
Vitamin A	25%	25%
Vitamin C	25%	25%
Calcium	0%	15%
Iron	10%	10%

*Amount in Cereal. One half cup with milk contains an additional 40 calories, 66mg sodium, 6g total carbohydrates (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
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

Calories per gram:
Fat 9 ,Carbohydrate 4,protein4

