

Smart Snacks  
Product Calculator Results

Brand:  
Malt O Meal

Product Name:  
Blueberry Mini Spooners - Sm. Bowl

Serving Size:  
28.35 g

First Ingredient:  
Whole Grain Wheat

Your whole grain product meets all nutrient standards.

Nutrition Facts

Serving Size 1 oz (about 28.35 g) ⓘ

Servings Per Container

Amount Per Serving

Calories 100Calories from Fat 5

Total Fat (g) 0.5

Saturated Fat (g) 0

Trans Fat (g) 0

Sodium (mg) 0

Carbohydrates

Sugars (g) 5

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA

LEADING THE WAY FOR CHILDREN'S HEALTH

FOUNDED BY:

