

8-648

Rice Krispies Treats Sheet

Nutrition Facts

Serving Size1/20 sheet (45g)

Servings per Sheet20

Amount per Serving

Calories180

Calories from Fat40

Total Fat4.5g

7%

Saturated Fat1g

5%

Trans Fat0g

Cholesterol0mg

0%

Sodium210mg

9%

Total Carbohydrates35g

12%

Dietary Fiber0g

0%

Sugars16g

Protein1g

Vitamin A8%

•

Vitamin C0%

Calcium0%

•

Iron4%

Vitamin D4%

•

Thiamin20%

Riboflavin20%

•

Niacin20%

Vitamin B₆20%

•

Folic Acid100%

*Percent Daily Values are based on a 2000 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

Total Carbohydrates

300g

375g

Dietary Fiber

25g

30g

Calories per gram: Fat9 • Carbohydrate4 • Protein4