

Kellogg's® Special K® cereal

Lightly toasted flakes of rice.

Product Type

Bulk Cereal

Product Category

UPC Code

3800001691

Servings/Case

4 ct

Sizes

32 oz

Format

Bulk

Gross Weight

10.20

Allergen Information

CONTAINS WHEAT AND MILK INGREDIENTS.

Dietary Exchange Per Serving

1 1/2 Carbohydrates, 1 Protein

Kosher Status

Kosher Dairy

Grain Ounce Equivalents

0

Shelf Life

365 days (12 months)

Country of Origin

Distributed in USA



Date Printed: 03/20/2018

Kellogg's®
Special K®
Original

Nutrition Facts		
Serving Size		1 Cup (31g)
Amount Per Serving	Cereal	with 1/2 cup skim milk
Calories	120	160
Calories from Fat	5	5
	% Daily Value**	
Total Fat 0.5g*	1%	1%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 210mg	9%	11%
Potassium 15mg	0%	6%
Total Carbohydrate 23g	8%	10%
Dietary Fiber 0g	0%	0%
Sugars 4g		
Protein 6g	4%	12%
Vitamin A	10%	15%
Vitamin C	35%	35%
Calcium	0%	15%
Iron	45%	45%
Vitamin D	10%	25%
Thiamin	35%	35%
Riboflavin	35%	45%
Niacin	35%	35%
Vitamin B6	100%	100%
Folic Acid	100%	100%
Vitamin B12	100%	110%

* Amount in cereal. A serving of cereal plus skim milk provides 0.5g total fat, 45mg cholesterol, 260mg sodium, 210mg potassium, 29g total carbohydrate (10g sugars) and 10g 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.

	2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 25g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,300mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Protein	50g	65g

Ingredients: Rice, wheat gluten, sugar, defatted wheat germ, contains 2% or less of salt, whey, malt flavor, calcium caseinate.

Vitamins and Minerals: Vitamin C (ascorbic acid), reduced iron, niacinamide, vitamin B6 (pyridoxine hydrochloride), vitamin B1 (thiamin hydrochloride), vitamin B2 (riboflavin), folic acid, vitamin A palmitate, vitamin B12, vitamin D3.

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NLI#11023