Kellogg's® All-Bran® Complete® Wheat Flakes cereal

Whole wheat and wheat bran cereal made with whole-grains.

Product Type
Bulk Cereal

Product Category

UPC Code
3800000691

Servings/Case
4 ct

Sizes
43 oz

Format
Bulk

Gross Weight
12.60

Allergen Information
CONTAINS WHEAT INGREDIENTS.

Dietary Exchange Per Serving
1 1/2 Carbohydrates

Kosher Status
Kosher/Parve

Grain Ounce Equivalents
0

Shelf Life
365 days (12 months)

Country of Origin
Distributed in USA

Date Printed: 03/20/2018

Kellogg's®
All-Bran® Complete®
Wheat Flakes

Nutrition Facts

Serving Size	3/4 Cup (29g)	
Amount Per Serving	Cereal	with 1/2 cup skim milk
Calories	90	130
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%	0%
Sodium 210mg	9%	11%
Potassium 150mg	4%	10%
Total Carbohydrate 24g	8%	10%
Dietary Fiber 5g	20%	20%
Soluble Fiber less than 1g		
Insoluble Fiber 4g		
Sugars 5g		
Protein 3g		
Vitamin A	15%	20%
Vitamin C	100%	100%
Calcium	0%	15%
Iron	100%	100%
Vitamin D	10%	25%
Vitamin E	100%	100%
Thiamin	100%	100%
Riboflavin	100%	110%
Niacin	100%	100%
Vitamin B_6	100%	100%
Folic Acid	100%	100%
Vitamin B_{12}	100%	110%
Pantothenic Acid	100%	100%
Phosphorus	15%	25%
Magnesium	10%	15%
Zinc	100%	100%

* Amount in cereal. One half cup of skim milk contributes an additional 40 calories, 65mg 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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Whole grain wheat, wheat bran, sugar, brown sugar syrup, contains 2% or less of salt, malt flavoring, BHT for freshness.

Vitamins and Minerals: Vitamin C (sodium ascorbate, ascorbic acid), vitamin A palmitate, niacinamide, reduced iron, zinc oxide, calcium pantothenate, vitamin B_6 (pyridoxine hydrochloride), vitamin D, vitamin B_2 (riboflavin), vitamin B_1 (thiamin hydrochloride), vitamin E (alpha tocopherol acetate), folic acid, vitamin B_{12}.

CONTAINS WHEAT INGREDIENTS.

NLI#07794