Kellogg's Raisin Bran® cereal

Wheat bran flakes and raisins made with whole-grains.

Product Type
Bulk Cereal

Product Category

UPC Code
3800000891

Servings/Case
4 ct

Sizes
56 oz

Format
Bulk

Gross Weight
15.60

Allergen Information
CONTAINS WHEAT INGREDIENTS.

Dietary Exchange Per Serving
3 Carbohydrates, 1 Protein

Kosher Status
Kosher/Parve

Grain Ounce Equivalents
2

Shelf Life
365 days (12 months)

Country of Origin
Distributed in USA

Date Printed: 03/20/2018

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Raisin Bran®

Nutrition Facts
Serving Size 1 Cup (59g)

Amount Per Serving	Cereal	with ½ cup skim milk
Calories	190	230
Calories from Fat	10	10
	% Daily Value*	
Total Fat 1g*	**2%**	**2%**
Saturated Fat 0g	**0%**	**0%**
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	**0%**	**0%**
Sodium 210mg	**9%**	**12%**
Potassium 390mg	**11%**	**17%**
Total Carbohydrate 46g	**15%**	**17%**
Dietary Fiber 7g	**28%**	**28%**
Sugars 18g		
Protein 5g	**4%**	**12%**
Vitamin A	10%	15%
Vitamin C	0%	0%
Calcium	2%	15%
Iron	25%	25%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B_6	25%	25%
Folic Acid	25%	25%
Vitamin B_{12}	25%	35%
Phosphorus	20%	30%
Magnesium	20%	25%
Zinc	10%	15%

* Amount in cereal. A serving of cereal plus skim milk provides 1g total fat, 0mg cholesterol, 280mg sodium, 590mg potassium, 52g total carbohydrates (25g sugars) and 9g 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
Protein		50g	65g

Ingredients: Whole grain wheat, raisins, wheat bran, sugar, brown sugar syrup, contains 2% or less of salt, malt flavor.
Vitamins and Minerals: Potassium chloride, niacinamide, reduced iron, vitamin B_6 (pyridoxine hydrochloride), zinc oxide, vitamin B_2 (riboflavin), vitamin B_1 (thiamin hydrochloride), vitamin A palmitate, folic acid, vitamin D_3, vitamin B_{12}.
CONTAINS WHEAT INGREDIENTS.

NLI#11070