

## Kellogg's Frosted Flakes® cereal

Sweetened flakes of milled corn.

**Product Type**

Bulk Cereal

**Product Category**

**UPC Code**

3800001591

**Servings/Case**

4 ct

**Sizes**

40 oz

**Format**

Bulk

**Gross Weight**

11.60

**Allergen Information**

CORN USED IN THIS PRODUCT MAY CONTAIN TRACES OF SOYBEANS.

**Dietary Exchange Per Serving**

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  
Frosted Flakes®

Nutrition Facts	
Serving Size $\frac{3}{4}$ Cup (29g)	
Amount Per Serving	
Cereal	with $\frac{1}{2}$ cup skim milk
<b>Calories</b>	110 150
Calories from Fat	0 0
<b>% Daily Value**</b>	
<b>Total Fat</b> 0g*	0% 0%
Saturated Fat 0g	0% 0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	0% 1%
<b>Sodium</b> 150mg	6% 8%
<b>Potassium</b> 35mg	1% 7%
<b>Total Carbohydrate</b> 26g	9% 11%
Dietary Fiber <1g	3% 3%
Sugars 10g	
<b>Protein</b> 1g	
Vitamin A	10% 15%
Vitamin C	10% 10%
Calcium	0% 15%
Iron	25% 25%
Vitamin D	10% 25%
Thiamin	25% 25%
Riboflavin	25% 35%
Niacin	25% 25%
Vitamin B <sub>6</sub>	25% 25%
Folic Acid	25% 25%
Vitamin B <sub>12</sub>	25% 35%

\* Amount in cereal:  $\frac{3}{4}$  cup skim milk adds 42 calories, 2mg cholesterol, 51mg sodium, 191mg potassium, 6g total carbohydrate (6g sugars), 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:** Milled corn, sugar, contains 2% or less of malt flavor, salt, BHT for freshness.

**Vitamins and Minerals:** Iron, vitamin C (ascorbic acid and sodium ascorbate), niacinamide, vitamin B<sub>6</sub> (pyridoxine hydrochloride), vitamin B<sub>2</sub> (riboflavin), vitamin B<sub>1</sub> (thiamin hydrochloride), vitamin A palmitate, folic acid, vitamin D, vitamin B<sub>12</sub>.

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NLI#09915