

Kellogg's Corn Flakes® cereal

Fat-free, oven-roasted corn flakes cereal.

Product Type
Bulk Cereal

Product Category

UPC Code
380000191

Servings/Case
4 ct

Sizes
26 oz

Format
Bulk

Gross Weight
8.10

Allergen Information
CORN USED IN THIS PRODUCT
CONTAINS TRACES OF SOYBEANS.

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

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Nutrition Facts		
Serving Size 1 Cup (28g)		
Amount Per Serving	Cereal	with 1/2 cup skim milk
Calories	100	140
Calories from Fat	0	0
	% Daily Value**	
Total Fat 0g*	0%	0%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 200mg	8%	11%
Potassium 45mg	1%	7%
Total Carbohydrate 24g	8%	10%
Dietary Fiber 1g	4%	4%
Sugars 3g		
Protein 2g		
Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	0%	15%
Iron	45%	45%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B6	25%	25%
Folic Acid	25%	25%
Vitamin B12	25%	35%
* 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: Milled corn, sugar, malt flavor, contains 2% or less of salt. BHT added to packaging for freshness.

Vitamins and Minerals: Iron, vitamin C (sodium ascorbate, ascorbic acid), niacinamide, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin hydrochloride), vitamin A palmitate, folic acid, vitamin D, vitamin B12.

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NLI#08502