Kellogg's Frosted Flakes® Multi-Grain For Schools

Kellogg's Frosted Flakes® Multi-Grain cereal

Product Type
Cereal Pouch

Product Category

UPC Code
3800011465

Servings/Case
96 ct

Sizes
1.0 oz

Format
Single Serve Bowl

Gross Weight
8.24

Allergen Information
CONTAINS WHEAT INGREDIENTS.
CORN USED IN THIS PRODUCT MAY CONTAIN TRACES OF SOYBEANS.

Dietary Exchange Per Serving
1 1/2 Carbohydrates

Kosher Status
Kosher/Parve

Grain Ounce Equivalents
1

Shelf Life
365 days (12 months)

Country of Origin
Distributed in USA

Date Printed: 04/25/2018

Kellogg's
Frosted Flakes® Multigrain

Nutrition Facts
Serving Size 1 Pouch (28g)

Amount Per Serving	
Calories	100
Calories from Fat	0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 170mg	**7%**
Total Carbohydrate 24g	**8%**
Dietary Fiber 2g	**9%**
Sugars 7g	
Protein 2g	

Vitamin A	10%	• Vitamin C	25%
Calcium	0%	• Iron	25%
Vitamin D	10%	• Thiamin	25%
Riboflavin	25%	• Niacin	25%
Vitamin B_6	25%	• Folic Acid	25%
Vitamin B_{12}	25%		

* 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
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Whole grain wheat, rice, sugar, milled corn, wheat bran, contains 2% or less of salt, malt flavor, BHT for freshness.
Vitamins and Minerals: Vitamin C (ascorbic acid), niacinamide, reduced iron, vitamin B_6 (pyridoxine hydrochloride), vitamin B_2 (riboflavin), vitamin B_1 (thiamin hydrochloride), vitamin A palmitate, folic acid, vitamin B_{12}, vitamin D_3.
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NLI#14466