

Product Name	Frosted Flakes Multigrain for Schools
Flavor Descriptor	
NLI Description	SSB
Brand	Kellogg's



Date Created	01/07/21
NLI #	16686
Kosher Status	OU Pareve
Product of	U.S.A.

USDA Ounce Equivalents of Grain per Serving	1
USDA Ounce Equivalents of Meat/Meat Alternate	
Whole Grains (g/serving)	11 g

Serving Size	1 Container
Serving Size g	28
Serving Size oz	
Amount Per Serving	Cereal
Calories	100

			% Daily Value*		% Daily Value*
Total Fat	0 g		0 %		%
Saturated Fat	0 g		0 %		%
Trans Fat	0 g				
Polyunsaturated Fat					
Monounsaturated Fat					
Cholesterol	0 mg		0 %		%
Sodium	170 mg		7 %		%
Total Carbohydrate	24 g		9 %		%
Dietary Fiber	2 g		8 %		%
Soluble Fiber					
Insoluble Fiber					
Total Sugars	6 g				
Includes 6g Added Sugars	6 g		12 %		%
Sugar Alcohol					
Protein	2 g				%
Vitamin D	2 mcg		10 %		%
Calcium	0 mg		0 %		%
Iron	1.8 mg		10 %		%
Potassium	70 mg		0 %		%
Vitamin A					%
Vitamin C					%
Vitamin E					%
Vitamin K					%
Thiamin			10 %		%
Riboflavin			10 %		%
Niacin			10 %		%
Vitamin B6			10 %		%
Folate	40 mcg DFE		10 %	mcg DFE	%
Folic Acid	20 mcg				%
Vitamin B12			10 %		%
Biotin					%
Pantothenic Acid					%
Phosphorus					%
Iodine					%
Magnesium					%
Zinc					%
Selenium					%
Copper					%
Manganese					%
Chromium					%
Molybdenum					%
Chloride					%
Choline					%
Fluoride					%

Ingredients:
Ingredients: Whole grain wheat, rice, sugar, milled corn, wheat bran, contains 2% or less of salt, malt flavor.
Vitamins and Minerals: Reduced iron, niacinamide, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin hydrochloride), folic acid, vitamin D3, vitamin B12.

ALLERGEN INFORMATION:
 CONTAINS WHEAT INGREDIENTS.

Nutrient Contents Per 100g			
Calories	362	Vitamin E	0 mg
Total Fat	1.3 g	Vitamin K	NA mcg
Saturated Fat	0.2 g	Thiamin	0.43 mg
Trans Fat	0.0 g	Riboflavin	0.46 mg
Polyunsaturated Fat	0.6 g	Niacin (NE)	5.7 mg
Monounsaturated Fat	0.2 g	Vitamin B6	0.61 mg
Cholesterol	0 mg	Folate (DFE)	143 mcg
Sodium	601 mg	Folic Acid	86 mcg
Total Carbohydrate	87.3 g	Vitamin B12	0.9 mcg
Dietary Fiber	8.04 g	Biotin	NA mcg
Soluble Fiber	0.97 g	Pantothenic Acid	NA mg
Insoluble Fiber	7.07 g	Phosphorus	226 mg
Total Sugars	22.3 g	Iodine	NA mcg
Added Sugars	21.8 g	Magnesium	89 mg
Sugar Alcohols	0.0 g	Zinc	2.2 mg
Protein	7.8 g	Selenium	NA mcg
Vitamin D	7.1 mcg	Copper	NA mg
Calcium	19.3 mg	Manganese	NA mg
Iron	6.4 mg	Chromium	NA mcg
Potassium	278 mg	Molybdenum	NA mcg
Vitamin A (RAE)	5 mcg	Chloride	NA mg
Vitamin C	0 mg	Choline	NA mg
Fluoride	NA mg	Moisture	2.5 %
Whole Grain	41.45 %	Ash	1.1 %

NA = Database values for the nutrient do not exist or are incomplete.

GTIN/UPC Code	Type of Package	Net Weight	Servings Per Container
00038000549984	Case		
00038000550034	Container	1 OZ (28g)	1
00038000510915	Case		

Product information can change at any time.
 Always refer to product package for current nutrition and ingredient information.

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