

Product Name	Corn Flakes
Flavor Descriptor	
NLI Description	SSB
Brand	Kellogg's



Date Created	01/07/20
NLI #	15911
Kosher Status	OU Pareve
Product of	U.S.A., Mexico

USDA Ounce Equivalents of Grain per Serving	
USDA Ounce Equivalents of Meat/Meat Alternate	
Whole Grains (g/serving)	0 g

Serving Size	1 Container	
Serving Size g	21	
Serving Size oz		
Amount Per Serving		
Calories	80	
		% 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	150 mg	7 %
Total Carbohydrate	18 g	7 %
Dietary Fiber	<1 g	2 %
Soluble Fiber		
Insoluble Fiber		
Total Sugars	2 g	
Includes 2g Added Sugars	2 g	4 %
Sugar Alcohol		
Protein	1 g	
Vitamin D	1.5 mcg	6 %
Calcium	0 mg	0 %
Iron	6 mg	30 %
Potassium	30 mg	0 %
Vitamin A		
Vitamin C		
Vitamin E		
Vitamin K		
Thiamin		15 %
Riboflavin		15 %
Niacin		15 %
Vitamin B6		15 %
Folate	100 mcg DFE	25 %
Folic Acid	55 mcg	
Vitamin B12		15 %
Biotin		
Pantothenic Acid		
Phosphorus		
Iodine		
Magnesium		
Zinc		
Selenium		
Copper		
Manganese		
Chromium		
Molybdenum		
Chloride		
Choline		
Fluoride		

Ingredients:
Ingredients: Milled corn, sugar, malt flavor, contains 2% or less of salt.
Vitamins and Minerals: Iron (ferric phosphate), niacinamide, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin hydrochloride), folic acid, vitamin D3, vitamin B12.

ALLERGEN INFORMATION:

GTIN/UPC Code	Type of Package	Net Weight	Servings Per Container
0003800001956	Carton	0.75 oz (21 g)	1
0003800001963	Case	96 - 0.75 oz	
00038000073380	Case		

Nutrient Contents Per 100g			
Calories	362	Vitamin E	0 mg
Total Fat	0.4 g	Vitamin K	NA mcg
Saturated Fat	0.1 g	Thiamin	0.86 mg
Trans Fat	0.0 g	Riboflavin	0.93 mg
Polyunsaturated Fat	0.2 g	Niacin (NE)	11.4 mg
Monounsaturated Fat	0.1 g	Vitamin B6	1.21 mg
Cholesterol	0 mg	Folate (DFE)	476 mcg
Sodium	719 mg	Folic Acid	285 mcg
Total Carbohydrate	84.7 g	Vitamin B12	1.7 mcg
Dietary Fiber	3.3 g	Biotin	NA mcg
Soluble Fiber	0.0 g	Pantothenic Acid	NA mg
Insoluble Fiber	3.3 g	Phosphorus	101 mg
Total Sugars	10.0 g	Iodine	NA mcg
Added Sugars	9.0 g	Magnesium	40 mg
Sugar Alcohols	0.0 g	Zinc	1.0 mg
Protein	6.1 g	Selenium	NA mcg
Vitamin D	7.1 mcg	Copper	NA mg
Calcium	5.6 mg	Manganese	NA mg
Iron	28.6 mg	Chromium	NA mcg
Potassium	147 mg	Molybdenum	NA mcg
Vitamin A (RAE)	63 mcg	Chloride	NA mg
Vitamin C	0 mg	Choline	NA mg
NA = Database values for the nutrient do not exist or are incomplete.		Fluoride	NA mg
		Moisture	2.5 %
		Ash	6.3 %
		Whole Grain	0 %

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

Bonnie Farmer

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 Nutrition Labeling & Regulatory Compliance
 Kellogg Company

