



Frosted Corn Flakes™ Bowlpak Cereal

Whole Grain Corn- First ingredient. Sweetened flakes of corn with 11 vitamins and minerals. Low in fat. No Artificial Colors & No Artificial Flavors. Whole Grain. 1 oz Eq. Grain.

ALLERGENS: MAY CONTAIN WHEAT INGREDIENTS

UNIT SIZE: 1 OZ
CASE COUNT: 96

PRODUCT CODE: 11768000
UPC: 016000117686
GTIN: 10016000117683

Nutrition Facts

Serving Size:	1 Bowl (28g)	
Amount Per Serving:	As Packaged	
Calories	100	
Calories From Fat	5	
Total Fat	0.5g	1%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	180mg	8%
Potassium	50mg	1%
Total Carbohydrate	24g	8%
Dietary Fiber	1g	4%
Sugars	8g	
Protein	1g	
Vitamin A	10%	
Vitamin C	8%	
Calcium	15%	
Iron	35%	
Vitamin D	10%	
Thiamin	20%	
Riboflavin	20%	
Niacin	20%	
Vitamin B6	20%	
Folic Acid	35%	
Vitamin B12	20%	
Zinc	15%	

* Percent Daily Value (DV) are based on a 2,000 calorie diet

* - Not a significant nutrient source

* Nutritional information is subject to change. See product label to verify ingredients and allergens.

*Do not eat raw dough or batter.

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Ingredients

Whole Grain Corn, Corn Meal, Sugar, Corn Starch, Corn Syrup, Salt, Brown Sugar Syrup, Malt Syrup, Canola Oil, Baking Soda, Natural Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.



Kosher:

Preparation Instructions:

1. Ready to eat dry cereal in a portable, easy-to-serve bowl

Package Information

NET WEIGHT: N/A
VOLUME: 1.779 CF
HEIGHT: 14.12 IN
LENGTH: 16.75 IN
WIDTH: 13 IN
CASE SIZE: 1.779 CF

KEY FEATURES:

- Whole Grain
- 1 oz. Eq. Grain
- No Artificial Flavors
- No Colors from Artificial Sources