



Frosted Corn Flakes™ Bowlpak Cereal

Meets K-12 1 Ounce Equivalent Grain. Great tasting frosted corn flake. Sweetened Flakes of Corn with 11 vitamins and minerals.

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		
		% Daily Value*	
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:

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