

Product Name	Mini-Wheats Frosted Little Bites Chocolate
Flavor Descriptor	
NLI Description	SSB
Brand	Kellogg's



Date Created	01/02/18
NLI #	12509
Kosher Status	Not Kosher
Product of	U.S.A.

USDA Ounce Equivalents of Grain per Serving	1
USDA Ounce Equivalents of Meat/Meat Alternate	
Whole Grains (g/serving)	20 g

Serving Size	1 Container	
Serving Size g	28	
Serving Size oz		
Amount Per Serving	Cereal	
Calories	100	
Calories from Fat	10	
		% Daily Value*
Total Fat	1 g	2 %
Saturated Fat	0 g	0 %
Trans Fat	0 g	
Polyunsaturated Fat		
Monounsaturated Fat		
Cholesterol	0 mg	0 %
Sodium	105 mg	4 %
Potassium		%
Total Carbohydrate	23 g	8 %
Dietary Fiber	3 g	12 %
Soluble Fiber	<1 g	
Insoluble Fiber	2 g	
Sugars	6 g	
Sugar Alcohol		
Other Carbohydrate		
Protein	3 g	%
Vitamin A		0 %
Vitamin C		0 %
Calcium		0 %
Iron		45 %
Vitamin D		%
Vitamin E		%
Vitamin K		%
Thiamin		10 %
Riboflavin		10 %
Niacin		10 %
Vitamin B6		10 %
Folic Acid		25 %
Vitamin B12		10 %
Biotin		%
Pantothenic Acid		%
Phosphorus		%
Iodine		%
Magnesium		%
Zinc		4 %
Selenium		%
Copper		%
Manganese		%
Chromium		%
Molybdenum		%

Ingredients:
INGREDIENTS: WHOLE GRAIN WHEAT, SUGAR, SEMI-SWEET CHOCOLATE (SUGAR, CHOCOLATE, COCOA BUTTER, SOY LECITHIN, VANILLA EXTRACT), COCOA PROCESSED WITH ALKALI, CONTAINS 2% OR LESS OF SALT, BROWN RICE SYRUP, GELATIN, ARTIFICIAL FLAVOR.

VITAMINS AND MINERALS: REDUCED IRON, NIACINAMIDE, VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN HYDROCHLORIDE), FOLIC ACID, ZINC OXIDE, VITAMIN B12.

ALLERGEN INFORMATION:
CONTAINS WHEAT AND SOY INGREDIENTS.

*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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

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

Julia M. Jursinic, MS
 Sr. Director, Nutrition Labeling & Regulatory Compliance
 Kellogg Company

Nutrient Contents Per 100g			
Calories	354	Vitamin D	NA IU
Calories from fat	31	Vitamin E	NA IU
Total Fat	3.4 g	Vitamin K	
Saturated Fat	1.5 g	Thiamin	0.67 mg
Polyunsaturated Fat	1.1 g	Riboflavin	0.76 mg
Monounsaturated Fat	0.8 g	Niacin	8.9 mg
Trans Fat	0.0 g	Vitamin B6	0.89 mg
Cholesterol	0 mg	Folic Acid	357 mcg
Sodium	371 mg	Vitamin B12	2.7 mcg
Potassium	481 mg	Biotin	
Total Carbohydrate	81.4 g	Pantothenic Acid	NA mg
Dietary Fiber	10.9 g	Phosphorus	335 mg
Soluble Fiber	1.1 g	Iodine	
Insoluble Fiber	9.8 g	Magnesium	90 mg
Sugars	22.3 g	Zinc	2.7 mg
Sugar Alcohols	NA g	Selenium	NA mcg
Protein	9.0 g	Copper	NA mg
Vitamin A	0 IU	Manganese	NA mg
Vitamin C	0 mg	Chromium	
Calcium	32.7 mg	Molybdenum	
Iron	28.9 mg	Moisture	5.5 %
NA = values do not exist or are incomplete.		Ash	0.7 %

GTIN/UPC Code	Type of Package	Net Weight	Servings Per Container
00038000465932	Carton	1oz (28g)	1
00038000458613	Case		96

Information presented in this document applies to products intended for US consumers only.

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