



16000-11768
Frosted Corn Flakes Self-Serve Bowl
 NET WT 1 OZ (28g)



INGREDIENTS:

Whole Grain Corn, Corn Meal, Sugar, Corn Starch, Salt, Corn Syrup, Brown Sugar Syrup, Malt Syrup, Color Added, Trisodium Phosphate, Distilled Monoglycerides, Sodium Citrate, Natural and Artificial Flavor. Vitamin E (mixed tocopherols) and BHT 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.

MAY CONTAIN WHEAT INGREDIENTS.

Nutrition Facts			
Serving Size 1 bowl (28g) (3/4 cup)			
Amount Per Serving			
Calories	100		
Calories from Fat	5		
	% Daily Value*		
Total Fat 0.5g	1%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 190mg	8%		
Potassium 40mg	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 Values are based on a 2,000 calorie diet.

Nutrition Information			
100g			
Amount Per Serving			
Calories	372.8		
Calories from Fat	18.8		
Total Fat	2.1 g		
Saturated Fat	0.5 g		
Trans Fat	0.0 g		
Cholesterol	0.0 mg		
Sodium	686.4 mg		
Potassium	154.3 mg		
Total Carbohydrate	85.6 g		
Dietary Fiber	3.4 g		
Sugars	29.2 g		
Protein	5.4 g		
Vitamin A	1785.7 IU	Vitamin C	17.1 mg
Calcium	535.7 mg	Iron	22.5 mg
Vitamin D	142.9 IU	Thiamin	1.1 mg
Riboflavin	1.2 mg	Niacin	14.3 mg
Vitamin B6	1428.6 mcg	Folic Acid	500.0 mcg
Vitamin B12	4.3 mcg	Phosphorus	142.9 mg
Zinc	8.0 mg		

CHILD NUTRITION PROGRAM: 1.0 SERVING = 1.0 OZ EQ GRAIN

The most accurate label information for package contents will always be on the product label. This product profile is correct through the date above. Because product formulations and related product attributes may change, this information is subject to change.

QUESTIONS? Call 1-800-767-5404
GENERAL MILLS * P.O. Box 200 - FS * MINNEAPOLIS, MINNESOTA 55440

I certify that the information contained in this document is true and correct as of the date above. Seema Chopra - General Mills Product Labeling