

Product Name	Apple Jacks
Flavor Descriptor	
NLI Description	Ibox
Brand	Kellogg's



Date Created	07/12/22
NLI #	16188
Kosher Status	OU Pareve
Product of	U.S.A.

USDA Ounce Equivalents of Grain per Serving	0.75
USDA Ounce Equivalents of Meat/Meat Alternate	
Whole Grains (g/serving)	10 g
USDA Bioengineered (BE) Status	Contains a bioengineered food ingredient

Serving Size	1 Box
Serving Size g	27
Serving Size oz	
Amount Per Serving	Cereal
Calories	100

			% Daily Value*		% Daily Value*
Total Fat	1 g		1 %		%
Saturated Fat	0.5 g		3 %		%
Trans Fat	0 g				%
Polyunsaturated Fat					%
Monounsaturated Fat					%
Cholesterol	0 mg		0 %		%
Sodium	140 mg		6 %		%
Total Carbohydrate	24 g		9 %		%
Dietary Fiber	1 g		5 %		%
Soluble Fiber					%
Insoluble Fiber					%
Total Sugars	9 g				%
Includes 9g Added Sugars	9 g		18 %		%
Sugar Alcohol					%
Protein	1 g		%		%
Vitamin D	1.3 mcg		6 %		%
Calcium	0 mg		0 %		%
Iron	3.1 mg		15 %		%
Potassium	40 mg		0 %		%
Vitamin A			%		%
Vitamin C			%		%
Vitamin E			%		%
Vitamin K			%		%
Thiamin			10 %		%
Riboflavin			10 %		%
Niacin			10 %		%
Vitamin B6			10 %		%
Folate	55 mcg DFE	10 %	mcg DFE		%
Folic Acid	30 mcg				%
Vitamin B12			10 %		%
Biotin			%		%
Pantothenic Acid			%		%
Phosphorus			%		%
Iodine			%		%
Magnesium			%		%
Zinc			%		%
Selenium			%		%
Copper			%		%
Manganese			%		%
Chromium			%		%
Molybdenum			%		%
Chloride			%		%
Choline			%		%
Fluoride			%		%

Ingredients:

Ingredients: Corn flour blend (whole grain yellow corn flour, degerminated yellow corn flour), sugar, wheat flour, whole grain oat flour, modified food starch, contains 2% or less of vegetable oil (hydrogenated coconut, soybean and/or cottonseed), oat fiber, salt, soluble corn fiber, degerminated yellow corn flour, dried apples, apple juice concentrate, cornstarch, cinnamon, natural flavor, modified corn starch, yellow 6, wheat starch, baking soda, yellow 5, red 40, blue 1, BHT for freshness.

Vitamins and Minerals: Reduced iron, niacinamide, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin hydrochloride), folic acid, vitamin D3, vitamin B12.

ALLERGEN INFORMATION:

CONTAINS WHEAT INGREDIENTS.

Nutrient Contents Per 100g

Calories	376	Vitamin E	0 mg
Total Fat	3.8 g	Vitamin K	NA mcg
Saturated Fat	1.9 g	Thiamin	0.62 mg
Trans Fat	0.0 g	Riboflavin	0.67 mg
Polyunsaturated Fat	1.1 g	Niacin (NE)	8.2 mg
Monounsaturated Fat	0.7 g	Vitamin B6	0.87 mg
Cholesterol	0 mg	Folate (DFE)	205 mcg
Sodium	529 mg	Folic Acid	123 mcg
Total Carbohydrate	87.7 g	Vitamin B12	1.2 mcg
Dietary Fiber	5.6 g	Biotin	NA mcg
Soluble Fiber	1.2 g	Pantothenic Acid	NA mg
Insoluble Fiber	4.3 g	Phosphorus	87 mg
Total Sugars	34.4 g	Iodine	NA mcg
Added Sugars	33.8 g	Magnesium	54 mg
Sugar Alcohols	0.0 g	Zinc	0.6 mg
Protein	5.5 g	Selenium	NA mcg
Vitamin D	5.1 mcg	Copper	NA mg
Calcium	13.5 mg	Manganese	NA mg
Iron	11.5 mg	Chromium	NA mcg
Potassium	150 mg	Molybdenum	NA mcg
Vitamin A (RAE)	26 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	0.5 %
		Whole Grain	38.65 %

GTIN/UPC Code	Type of Package	Net Weight	Servings Per Container
00038000219849	Case		70
00038000219856	Carton	0.95oz (27g)	1
00038000052200	Carton	8.56oz (243g)	
00038000709739	Carton	31.37oz (1lb 15.37oz) (890g)	6
00038000115097	Case	10lb 11oz (4.8kg)	
00038000147463			
00038000147470	Carton	32.7oz (2lb 0.7oz) (927g)	3
00038000220555	Case		
00038000220562	Carton		
00038000195693	Case		
00038000195709	Carton	25.63oz (1lb 9.63oz) (727g)	3
00038000241222	Case		
00038000241239	Carton	21.8 OZ (1 LB 5.8 OZ) (618g)	

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

Stefanie Dove, MBA RDN SNS

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