

Product Name	Frosted Flakes
Flavor Descriptor	
NLI Description	Ibox
Brand	Kellogg's



Date Created	07/12/22
NLI #	16906
Kosher Status	OU Pareve
Product of	U.S.A.

USDA Ounce Equivalents of Grain per Serving	
USDA Ounce Equivalents of Meat/Meat Alternate	
Whole Grains (g/serving)	0 g
USDA Bioengineered (BE) Status	Contains a bioengineered food ingredient

Serving Size	1 Box
Serving Size g	34
Serving Size oz	
Amount Per Serving	Cereal
Calories	120

			% Daily Value*		% Daily Value*
Total Fat	0 g	0 %			%
Saturated Fat	0 g	0 %			%
Trans Fat	0 g				
Polyunsaturated Fat					
Monounsaturated Fat					
Cholesterol	0 mg	0 %			%
Sodium	170 mg	7 %			%
Total Carbohydrate	30 g	11 %			%
Dietary Fiber	<1 g	3 %			%
Soluble Fiber					
Insoluble Fiber					
Total Sugars	11 g				
Includes 11g Added Sugars	11 g	22 %			%
Sugar Alcohol					
Protein	1 g	%			%
Vitamin D	1.8 mcg	8 %			%
Calcium	0 mg	0 %			%
Iron	6.6 mg	35 %			%
Potassium	30 mg	0 %			%
Vitamin A		%			%
Vitamin C		%			%
Vitamin E		%			%
Vitamin K		%			%
Thiamin		15 %			%
Riboflavin		15 %			%
Niacin		15 %			%
Vitamin B6		15 %			%
Folate	110 mcg DFE	25 %	mcg DFE		%
Folic Acid	65 mcg				
Vitamin B12		15 %			%
Biotin		%			%
Pantothenic Acid		%			%
Phosphorus		%			%
Iodine		%			%
Magnesium		%			%
Zinc		%			%
Selenium		%			%
Copper		%			%
Manganese		%			%
Chromium		%			%
Molybdenum		%			%
Chloride		%			%
Choline		%			%
Fluoride					

Ingredients:

Milled corn, sugar, malt flavor, contains 2% or less of salt.

Vitamins and Minerals: Iron (ferric phosphate), niacinamide, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin hydrochloride), folic acid, vitamin D3, vitamin B12.**ALLERGEN INFORMATION:****Nutrient Contents Per 100g**

Calories	364	Vitamin E	0 mg
Total Fat	0.3 g	Vitamin K	NA mcg
Saturated Fat	0.0 g	Thiamin	0.65 mg
Trans Fat	0.0 g	Riboflavin	0.70 mg
Polyunsaturated Fat	0.2 g	Niacin (NE)	8.6 mg
Monounsaturated Fat	0.1 g	Vitamin B6	0.92 mg
Cholesterol	0 mg	Folate (DFE)	324 mcg
Sodium	508 mg	Folic Acid	194 mcg
Total Carbohydrate	88.4 g	Vitamin B12	1.3 mcg
Dietary Fiber	2.9 g	Biotin	NA mcg
Soluble Fiber	1.1 g	Pantothenic Acid	NA mg
Insoluble Fiber	1.8 g	Phosphorus	73 mg
Total Sugars	33.0 g	Iodine	NA mcg
Added Sugars	32.3 g	Magnesium	28 mg
Sugar Alcohols	0.0 g	Zinc	0.7 mg
Protein	4.3 g	Selenium	NA mcg
Vitamin D	5.4 mcg	Copper	NA mg
Calcium	4.2 mg	Manganese	NA mg
Iron	19.5 mg	Chromium	NA mcg
Potassium	104 mg	Molybdenum	NA mcg
Vitamin A (RAE)	45 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	4.5 %
		Whole Grain	0 %

GTIN/UPC Code	Type of Package	Net Weight	Servings Per Container
00038000219627	Case		70
00038000219634	Carton	1.2 OZ (34g)	1
00038000103858	Case		
00038000052200	Carton	8.56 OZ (243g)	
00038000220555	Case		
00038000147463			
00038000147470	Carton	32.7 OZ (2 LB 0.7 OZ) (927g)	9
00038000178085	Case		
00038000178092	Carton	10.94 OZ (310g)	2
00038000195693	Case		
00038000195709	Carton	25.63 OZ (1 LB 9.63 OZ) (727g)	7
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

Stefanie Dove, MBA RDN SNS
K-12 Wellbeing & Regulatory Business Partner
Kellogg Company