

# Nutrition Facts

About X servings per container  
**Serving size 1 1/3 cups (40g)**

Amount per serving  
**Calories 160**

% Daily Value\*

<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 290mg	<b>13%</b>
<b>Total Carbohydrate</b> 35g	<b>13%</b>
Dietary Fiber Less than 1g	<b>2%</b>
Total Sugars 1g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 5.4mg	30%
Potassium 50mg	0%
Thiamin	60%
Niacin	15%
Vitamin B6	15%
Folate 40mcg DFE (25mcg folic acid)	10%
Pantothenic Acid	10%
Phosphorus	2%
Zinc	15%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:** Milled Corn, Corn Syrup, Salt, Barley Malt Extract, Wheat Starch. BHT added to preserve freshness.

**Vitamins and Minerals:** Ferric Orthophosphate (Source Of Iron), Niacinamide (Vitamin B3), Zinc Oxide, Thiamin Mononitrate (Vitamin B1), Calcium Pantothenate (Vitamin B5), Pyridoxine Hydrochloride (Vitamin B6), Folic Acid.

**CONTAINS WHEAT.**

**Post Consumer Brands**  
**Corn Flakes Cereal**  
**CF-101 RTE**  
**(CIRCLE-U)**  
**Regulatory NFP Released: 10/21/18**  
**Graphics NFP Released: 10/21/18**

Nutrition Facts have been developed to comply with current Federal regulations.



Product	Pack/Size	Case UPC	GTIN
Corn Flakes	4/34 oz	09815	100-42400-09815-4

Case Weight	Case Cube	Case Dimensions	Ti / Hi	Cases/Pallet
10.18	1.74	20 X 16 X 9.38	6 / 5	30



*Merrilee Olson*

4/10/22

National Sales Manager - K12