

# Nutrition Facts

About X servings per container

**Serving size 1 1/4 cup (41g)**

Amount per serving

**Calories 160**

% Daily Value\*

**Total Fat 0g 0%**

Saturated Fat 0g 0%

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

**Cholesterol 0mg 0%**

**Sodium 190mg 8%**

**Total Carbohydrate 37g 13%**

Dietary Fiber 0g 0%

Total Sugars 15g

Includes 15g Added Sugars 30%

**Protein 2g**

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 5.4mg 30%

Potassium 30mg 0%

Thiamin 70%

Niacin 10%

Vitamin B6 10%

Folate 40mcg DFE (25mcg folic acid) 10%

Pantothenic Acid 10%

Zinc 10%

\* 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, Sugar, Contains 2% or less of: Corn Syrup, Salt, Barley Malt Extract, Wheat Starch.

**Vitamins And Minerals:** Ferric Orthophosphate (source of iron), Niacinamide (Vitamin B3), Zinc Oxide (source of zinc), Thiamin Mononitrate (Vitamin B1), Calcium Pantothenate (a B-Vitamin), Pyridoxine Hydrochloride (Vitamin B6), Folic Acid.

**CONTAINS WHEAT.**

# Post Consumer Brands Sugar Frosted Flakes Cereal SFF-100.1 RTE (CIRCLE-U)

**Regulatory NFP Released: 05/30/18  
Graphics NFP Released: 05/31/18**

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

Product	Pack/Size	Case UPC	GTIN
Frosted Flakes	4/45 oz	09817	100-42400-09817-7

Case Weight	Case Cube	Case Dimensions	Ti / Hi	Cases/Pallet
12.93	1.74	20 X 16 X 9.38	6 / 5	30



**Post**

**FOODSERVICE**

*Merilee Olson*

National Sales Manager - K12

5/1/23