

Bran Flakes

6/38 oz Bags #48952

Nutrition Facts	
About X servings per container	
Serving size	1 cup (38g)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 30g	11%
Dietary Fiber 7g	24%
Soluble Fiber 2g	
Insoluble Fiber 5g	
Total Sugars 6g	
Incl. 6g Added Sugars	11%
Protein 4g	
Vitamin D 3mcg	15%
Calcium 20mg	0%
Iron 12.6mg	70%
Potassium 220mg	4%
Thiamin	20%
Riboflavin	20%
Niacin	20%
Vitamin B ₆	20%
Folate 400mcg DFE (240mcg folic acid)	100%
Vitamin B ₁₂	20%
Phosphorus	15%
Magnesium	15%
Zinc	25%
Copper	20%

* 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: Whole Grain Wheat, Wheat Bran, Sugar, Contains 2% or less of: Molasses, Salt, Barley Malt Extract.
Vitamins and Minerals: Reduced Iron, Zinc Oxide, Niacinamide (Vitamin B3), Folic Acid, Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Thiamin Mononitrate (Vitamin B1), Vitamin D3, Vitamin B12.
CONTAINS WHEAT.

Product Specifications

BF-101 RTE

Whole Grain Rich / 50+ Grains a Whole Grain	Yes	HFCS	No
Declared Allergens	Wheat	Gluten Free	No
Nuts	No	Kosher	OU

Case Specifications

Case Code	48952	Ship Weight (pounds)	16.32
GTIN	108-84912-48952-1	Case Cube (cu. Ft.)	1.74
Hi/Ti	5/6	Case Dimensions L x W x H (inches)	20 x16 x 9.38
Cases per Pallet	30	Shelf Life / Storage	365 Days / Cool-Dry

For more information or to find your Sales Manager: <https://www.postconsumerbrands.com/food-service/>