

200499 - Kellogg's All Bran Cereal Complete Wheat Flakes 1.13o...

Greet mornings with Kellogg's All-Bran Complete Wheat Flakes, a delicious, low-fat cereal; A family-favorite made for kids and adults to enjoy by the bowlful; All-Bran Complete, our best in every bite. All Bran Cereal Complete Wheat Flake in 1.13oz individual boxes; Each serving provides a good source of 10 vitamins and minerals and 20 percent of your recommended daily value o...



MARKETING

Place in the breakfast bar, or near the milk or yogurt station; This item is a good fit for Convenience Stores, Recreation, Lodging, Hospitals, Transportation, B&I, Colleges/Universities, Military, Caterers. All Bran Cereal Complete Wheat Flake in 1.13oz individual boxes; Each serving provides a good source of 10 vitamins and minerals and 20 percent of your recommended daily value of dietary fiber. Ready to eat cereal in 1.13oz individual boxes are packaged for freshness, 70 case count, 12.130 IN x 9.940 IN x 15.000 IN. A nutritious, crunchy fiber-rich cereal that is ideal for kids and adults

Nutrition Facts

1 Servings per container	
Serving Size	1 Box
Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat 1	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 220 mg	10%
Total Carbohydrates 26 g	9%
Dietary Fiber 6 g	20%
Total Sugars 6 g	
Includes 6 g Added Sugars	12%
Protein 3 g	
Vitamin D 1.7 mcg8%	
Calcium 10 mg0%	
Iron 9.3 mg50%	
Potassium 160 mg2%	
* The % Daily Values (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.	

PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack
3800021937	200499	00038000219375	1.13 oz./70 ct.

Brand	Brand Owner	GPC Description
Kellogg's	WK KELLOGG CO	Cereals Products - Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
8.83 LBR	4.944 LBR	No	United States	Yes	No

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
12.13 INH	9.94 INH	15 INH	1.05 FTQ	16x3	365 Days	35 FAH / 85 FAH

HANDLING SUGGESTIONS

Dry

SERVING SUGGESTIONS

PREPARATION & COOKING SUGGESTIONS

INGREDIENTS

INGREDIENTS: WHOLE GRAIN WHEAT, WHEAT BRAN, SUGAR, BROWN SUGAR SYRUP, CONTAINS 2% OR LESS OF salt, malt flavor. VITAMINS AND MINERALS: Reduced iron, niacinamide, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin), folic acid, vitamin B12, vitamin D3.

ALLERGENS

- C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'
- Milk - 30

Eggs - 30

Soybean - 30

Wheat - C

Sesame - 30
- Peanuts - 30

Tree - 30

Fish - 30

Shellfish - 30

Crustaceans - 30

MORE INFORMATION

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NUTRITIONAL ANALYSIS



Calories	100
Protein	3 g
Total Carbohydrates	26 g
Sugars	6 g
Dietary Fiber	6 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	1
Trans Fat	0 g
Saturated Fat	0 g
Added Sugars	6 g
Polyunsaturated Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Vitamin D	1.7 mcg
Vitamin E	
Folate	170 mcg
Vitamin B-6	
Sulphites	

Sodium	220 mg
Calcium	10 mg
Iron	9.3 mg
Potassium	160 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS



KOSHER	YES
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MORE IMAGES

