201220 - Sweet, Toasty frosted flakes of corn

Part of a nutrious breakfast





MARKETING



PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack	
09817	201220	10042400098178	4 x 45 OZ	

Brand Brand Owner		Brand Owner	GPC Description		
	Malt-O-Meal	Post Consumer Brands	Cereals Products - Ready to Eat (Shelf Stable)		

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
12.93 LBR	11.25 LBR	No	United States	Yes	No

	Shipping					
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
20 INH	16 INH	9.38 INH	1.74 FTQ	6x5	365 Days	32 FAH / 95 FAH

Nutrition Facts

180 Servings per container

Serving Size 1.25 cup

Amount Per Serving **Calories**

Trans Fat 0 g

	% Daily Value*
Total Fat 0 g	0%
Saturated Fat 0 g	0%

Cholesterol 0 mg 0% 8% Sodium 190 mg 13%

Total Carbohydrates 37 g Dietary Fiber 0 g 0% Total Sugars 15 g Includes 15 g Added Sugars 30%

Protein 2 g Vitamin D 0 mcg 0% Calcium 0 mg 0% Iron 5.4 ma 30%

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.

ALLERGENS



SERVING SUGGESTIONS



serve with fruit and/or milk

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 - N





(1) Tree Nuts - N



Fish - N



Dry

(M) Shellfish - N

Sesame - N

INGREDIENTS

Potassium 30 mg



0%

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.

HANDLING SUGGESTIONS



PREPARATION & COOKING SUGGESTIONS



Add milk

MORE INFORMATION



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NUTRITIONAL ANALYSIS

Calories	160
Protein	2 g
Total Carbohydrates	37 g
Sugars	15 g
Dietary Fiber	0 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	0 g
Trans Fat	0 g
Saturated Fat	0 g
Added Sugars	15 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	190 mg
Calcium	0 mg
Iron	5.4 mg
Potassium	30 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS

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TRANS_FAT	FREE_FROM		KOSHER	YES
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