## 201233 - Toasted flakes of corn

Part of a nutrious breakfast



1 1/3 cup

% Daily Value\*



#### MARKETING

# Amount Per Serving **Calories**

**Nutrition Facts** 

136 Servings per container

**Serving Size** 

Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 290 mg	13%
<b>Total Carbohydrates</b> 35 g	13%
Dietary Fiber 1 g	5%
Total Sugars 1 g	
Includes 1 g Added Sugars	2%
Protein 3 g	
Vitamin D 0 mcg	0%
Calcium 0 mg	0%
Iron 5.4 mg	30%
Potassium 50 mg	0%

<sup>t</sup> 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

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

Orthophosphate (Source Of Iron), Niacinamide (Vitamin B3), Zinc Oxide, Thiamin Mononitrate (Vitamin B1),

freshness. Vitamins and Minerals: Ferric

Calcium Pantothenate (Vitamin B5), Pyridoxine Hydrochloride (Vitamin B6), Folic Acid. CONTAINS

**INGREDIENTS** 

WHEAT.

### PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack
09815	201233	10042400098154	4 x 34 OZ

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

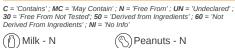
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
10.18 LBR	8.5 LBR	No	United States	Yes	No

	Shipping						
	Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
Γ	20 INH	16 INH	9.38 INH	1.737 FTQ	6x5	365 Days	32 FAH / 95 FAH

## **ALLERGENS**



SERVING SUGGESTIONS



(S) Peanuts - N



(1) Tree Nuts - N



Fish - N



(M) Shellfish - N

Sesame - N

Dry

# serve with fruit and/or milk

#### HANDLING SUGGESTIONS



PREPARATION & COOKING SUGGESTIONS





Add milk

#### MORE INFORMATION



Last Saved: 20 July 2023 | Printed: 02 May 2024 Powered by Syndigo LLC - syndigo.com

# 201233 - Toasted flakes of corn

Part of a nutrious breakfast



## NUTRITIONAL ANALYSIS

Calories	160
Protein	3 g
Total Carbohydrates	35 g
Sugars	1 g
Dietary Fiber	1 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	1 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	290 mg
Calcium	0 mg
Iron	5.4 mg
Potassium	50 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

### **NUTRITIONAL CLAIMS**

	/	

TRANS_FAT	FREE_FROM		
-----------	-----------	--	--

KOSHER	YES
--------	-----