



Nutrition Labelling Information

KELLOGG'S CORNFLAKES

Label - 2500000000026/003/002
Description - KRTEC - EU - 30 - Cornflakes (v3.0)
Language - English
Print Date - 16/05/2023

Legal Food Name

TOASTED FLAKES OF GOLDEN CORN FORTIFIED WITH VITAMINS AND IRON.

Ingredients

Maize, **barley** malt extract, sugar, salt, niacin, iron, vitamin B6, riboflavin, thiamin, folic acid, vitamin D, vitamin B12.

Contains Barley

May contain gluten from other cereals

Dietary Suitability

Suitable for Vegetarians

Certified Halal, Kosher Pareve

Not suitable for Vegans

Other Information

Store in a cool, dry place.

Wholegrain 0%

Nutrition Information

Nutrition information	per 100g	per 30g	RI*per 30g
Energy	1604 kJ	481 kJ	
Energy	378 kcal	113 kcal	6 %
Fat	0.9 g	0.3 g	0.4 %
of which saturates	0.2 g	0.1 g	1 %
Carbohydrate	84 g	25 g	10 %
of which sugars	8.0 g	2.4 g	3 %
Fibre	3.0 g	0.9 g	
Protein	7.0 g	2.1 g	4 %
Salt	1.1 g	0.34 g	6 %

* Reference intake of an average adult (8400 kJ/2000 kcal)

vitamins and minerals

vitamins and minerals	per100g	NRV%	per30g	NRV%
Vitamin D	8.4 µg	168	2.5 µg	50
Thiamin	0.91 mg	83	0.27 mg	25
Riboflavin	1.2 mg	86	0.36 mg	25
Niacin	13 mg	83	4.0 mg	25
Folic Acid	166 µg	83	49.8 µg	25
Vitamin B12	2.1 µg	84	0.63 µg	25
Vitamin B6	1.2 mg	86	0.36 mg	25
Iron	8.0 mg	57	2.4 mg	17

*All Kellogg's & Pringles products produced in Europe are compliant with all relevant European Regulations.
All Information contained within this document is correct at the time of publishing. The information is subject to change from time to time. Please refer to the product artwork for the most accurate & up to date information.*