

Full Report (All Nutrients) 45309090, CORN FLAKES, UPC: 038000001109
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Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer The Kellogg Company

Nutrient	Unit	Data points	Std. Error	1 cup 28g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	100	357
Protein	g	--	--	2.00	7.14
Total lipid (fat)	g	--	--	0.00	0.00
Carbohydrate, by difference	g	--	--	24.00	85.71
Fiber, total dietary	g	--	--	1.0	3.6
Sugars, total	g	--	--	3.00	10.71
Minerals					
Calcium, Ca	mg	--	--	0	0
Iron, Fe	mg	--	--	8.10	28.93
Potassium, K	mg	--	--	45	161
Sodium, Na	mg	--	--	200	714
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	6.0	21.4
Thiamin	mg	--	--	0.280	1.000
Riboflavin	mg	--	--	0.425	1.518
Niacin	mg	--	--	5.000	17.857
Vitamin B-6	mg	--	--	0.500	1.786
Vitamin B-12	µg	--	--	1.50	5.36
Vitamin A, IU	IU	--	--	500	1786
Vitamin D	IU	--	--	40	143
Lipids					
Fatty acids, total saturated	g	--	--	0.000	0.000

Nutrient	Unit	Data points	Std. Error	1 cup 28g	1 Value Per100 g
Fatty acids, total monounsaturated	g	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	--	--	0.000	0.000
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0

Amino Acids

Other

Ingredients

MILLED CORN, SUGAR, MALT FLAVOR, CONTAINS 2% OR LESS OF SALT. BHT ADDED TO PACKAGING FOR FRESHNESS. VITAMINS AND MINERALS: IRON, VITAMIN C (SODIUM ASCORBATE, ASCORBIC ACID), NIACINAMIDE, VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN HYDROCHLORIDE), VITAMIN A PALMITATE, FOLIC ACID, VITAMIN D, VITAMIN B12. *Date Available:* 03/12/2018 *Date Last Updated by Company:* 03/12/2018