

Cereal, Corn Flakes, Kellogg

Nutrition Facts

Serving Size 1 cup (28g)

Servings Per Container 1

Amount Per Serving

Calories 101 **Calories from Fat** 2

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 0mg **0%**

Sodium 202mg **8%**

Potassium 22mg **1%**

Total Carbohydrate 24g **8%**

Dietary Fiber 1g **3%**

Sugars 3g

Protein 2g **4%**

Vitamin A 10% ● Vitamin C 10%

Calcium 0% ● Iron 45%

Thiamin 40% ● Riboflavin 43%

Niacin 34% ● Vitamin B6 48%

Folacin 34% ● Vitamn B12 44%

Phosphorus 1% ● Zinc 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: **2,000** **2,500**

Total Fat Less than **65g** **80g**

Sat Fat Less than **20g** **25g**

Cholesterol Less than **300mg** **300mg**

Sodium Less than **2400mg** **2400mg**

Total Carbohydrate **300g** **375g**

Dietary Fiber **25g** **30g**

Calories per gram:

Fat 9 * **Carbohydrate 4** * **Protein 4**