

Cereal, Frosted Flakes, Kellogg

Nutrition Facts

Serving Size 1 cup (30g)
Servings Per Container 1

| Amount Per Serving | |
|---------------------|---------------------|
| Calories 118 | Calories from Fat 8 |
| % Daily Value* | |

| | |
|------------------------|----|
| Total Fat 1g | 1% |
| Saturated Fat 0g | 2% |
| <i>Trans</i> Fat 0g | |
| Polyunsaturated Fat 0g | |
| Monounsaturated Fat 0g | |

| | |
|-------------------------------|----|
| Cholesterol 0mg | 0% |
| Sodium 150mg | 6% |
| Potassium 36mg | 1% |
| Total Carbohydrate 26g | 9% |
| Dietary Fiber 1g | 3% |
| Sugars 12g | |
| Protein 2g | 3% |

| | |
|---------------|-------------------|
| Vitamin A 10% | ● Vitamin C 24% |
| Calcium 0% | ● Iron 34% |
| Thiamin 45% | ● Riboflavin 34% |
| Niacin 36% | ● Vitamin B6 55% |
| Folacin 26% | ● Vitamin B12 35% |
| Phosphorus 3% | ● Zinc 38% |

*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 |