

Corn Flakes 6 x 1kg

Crispy, golden flakes of corn

NUTRITION INFORMATION (AVERAGE)

Serving per package: 171
Serving size: 35 g (1 metric cup†)

	quantity per serving	% daily intake Δ per serving	quantity per 100g
Energy	570 kJ	7 %	1620 kJ
Protein	2.8 g	6 %	7.9 g
Fat, total	0.6 g	0.9 %	1.8 g
- saturated	0.1 g	0.4 %	0.3 g
Carbohydrate	28.6 g	9 %	81.8 g
- sugars	3.1 g	3 %	8.9 g
Dietary fibre	1.3 g	4 %	3.8 g
Sodium	169 mg	7 %	485 mg

		%RDI*	
Riboflavin (Vit B2)	0.42 mg	25 %	1.21 mg
Niacin	2.5 mg	25 %	7.1 mg
Vitamin B6	0.4 mg	25 %	1.1 mg
Folate	50 μ g	25 %	142 μ g
Iron	3.0 mg	25 %	8.6 mg
Zinc	1.8 mg	15 %	5.1 mg

† Cup measurement is approximate and is only to be used as a guide. If you have any specific dietary requirements please weigh your serving.

Δ Percentage daily intakes are based on an average adult diet of 8700 kJ.

* Percentage Recommended Dietary Intake (Aust/NZ)

Ingredients

Corn (90%), sugar, salt, barley malt extract, vitamins (vitamin E, niacin, vitamin B6, riboflavin, folate), minerals (iron, zinc oxide).

Contains gluten containing cereals.

May contain traces of peanuts and/or tree nuts.

Health Star Rating: 3.5

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Allergen Information

Contains added sulphites (10mg/kg or more)	No
Contains gluten	Yes
Contains crustacea and their products	No
Contains egg and egg products	No
Contains fish and fish products	No
Contains milk and milk products	No
Contains peanuts and peanut products	Res
Contains soybeans and soybean products	No
Contains sesame seeds and sesame seed products	No
Contains tree nuts and tree nut products	Trace
Contains lupins	No

Please refer to ingredient statement for cross contact information

Country Of Origin Labelling

Made in Australia from at least 99% Australian Ingredients
95% Australian Ingredients (Bar Chart)

General Food Information

Shelf Life: 270 days

Storage and Use: Store in a cool dry place

Dietary Lifestyle Claims

Fodmap Friendly
Vegan Suitable
Vegetarian Suitable