

# Corn Flakes 380g 1005553722

Crispy, golden flakes of corn

## **NUTRITION INFORMATION (AVERAGE)**

Serving per package: 10  
Serving size: 35 g (1 metric cup)

	quantity per serving	% daily intake $\Delta$ per serving	quantity per 100g
Energy	560 kJ	6 %	1590 kJ
Protein	2.7 g	5 %	7.6 g
Fat, total	0.4 g	0.5 %	1.0 g
- saturated	0.3 g	1 %	0.8 g
Carbohydrate	28.7 g	9 %	82.1 g
- sugars	2.5 g	3 %	7.2 g
Dietary fibre	1.4 g	5 %	4.1 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 $\mu$ g	25 %	142 $\mu$ 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.

$\Delta$  Percentage daily intakes are based on an average adult diet of 8700 kJ.

\* Percentage Recommended Dietary Intake (Aust/NZ)

## **Ingredients**

Corn (88%), sugar, salt, barley malt extract, minerals (iron, zinc oxide), vitamins (vitamin E, niacin, vitamin B6, riboflavin, folate).

**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 cereals containing 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: 365 days

Storage and Use: Store in a cool dry place

## **Dietary Lifestyle Claims**

Fodmap Friendly  
Vegan Suitable  
Vegetarian Suitable