

# CORNFLAKES

## NUTRITION INFORMATION

Pack size: 450g

Servings per pack: 15

Serving Size: 30g  
(approx. 3/4 cup)

	<b>AVG. QTY. PER SERVE</b>	<b>%DI PER SERVE †</b>	<b>AVG. QTY. PER 100G</b>
<b>Energy</b>	477kj	5%	1590kj
<b>Protein</b>	2.3g	5%	7.5g
<b>Fat</b>			
- Total	0.3g	0.5%	1.1g
- Saturated	0.1g	0.5%	0.3g
<b>Carbohydrate</b>	24.8g	8%	82.5g
- Sugars	2.0g	2%	6.8g
<b>Dietary fibre</b>	0.6g	2%	2.1g
<b>Sodium</b>	108mg	8%	600mg
<b>Thiamine (B1)</b>	0.30mg(27%RDI*)		1.0mg
<b>Riboflavin</b>	0.18mg(10%RDI*)		0.6mg
<b>Niacin (B3)</b>	2.5mg(25%RDI*)		8.3mg
<b>Folate</b>	100ug(50%RDI*)		333ug
<b>Iron</b>	2.0mg(17%RDI*)		6.7mg

†Percentage Daily Intake (%DI) are based on an average adult diet of 8700kj. Your Daily Intake may be higher or lower depending on your energy needs.

◆ Percentage of Recommended Dietary Intake (RDI)

**INGREDIENTS:** Corn (90%), sugar, **barley**, malt extract, salt, emulsifier (471), vitamins (thiamin, riboflavin, niacin, folic acid), mineral (iron).

Contains: gluten (barley).

May be present: peanuts, tree nuts, dairy and soy.

🌿 **98% FAT FREE**

🌿 **GOOD SOURCE OF NIACIN, THIAMINE & FOLATE**

# Hubbards