

# THANK GOODNESS GLUTEN FREE CORNFLAKES

## NUTRITION INFORMATION

Pack size: 325g

Servings per pack: 11

Serving Size: 30g

	AVG. QTY. PER SERVE	AVG. QTY. PER 100G	%DI PER SERVE
<b>Energy</b>	477kJ 114kcal	1590kJ 380kcal	5.5% 5.5%
<b>Protein</b>	2.1g	7g	4.2%
<b>Fat</b>			
- Total	0.4g	1.3g	0.6%
- Saturated	0.1g	0.3g	0.4%
<b>Carbohydrate</b>	25g	83.3g	8.1%
- Sugars	0.5g	1.7g	0.6%
<b>Fibre</b>	0.6g	2g	2%
<b>Sodium</b>	162mg	540mg	7%

\*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.

**INGREDIENTS:** Corn (95%), Apple Juice Concentrate (4%), Salt, Emulsifier (471), Vitamins (Niacin, Thiamine, Riboflavin, Folic Acid), Mineral (Iron).

Peanuts and Tree Nuts also processed on the same site.

 **CONTAINS REAL APPLE JUICE**

 **DAIRY AND SOY FREE**

 **NO ADDED SUGAR**

 **GOOD SOURCE OF NIACIN THIAMINE AND FOLIC ACID**

## Hubbards