

European Quality



Product Specification

Corn Flakes 25% Vit D (GPRS 164234) v3.0

GPRS 164234

Revision No v3.0

Date: 2015-04-10

Language: English

Legal Food Name

Toasted flakes of golden corn

EU Ingredients

Maize, Sugar, **Barley Malt Flavouring**, Salt.

Vitamins & Minerals: Niacin, Iron, Vitamin B₆, Vitamin B₂(Riboflavin), Vitamin B₁(Thiamin), Folic Acid, Vitamin D, Vitamin B₁₂.

For allergens see ingredients highlighted in bold

Suitable for Vegetarians, Halal, Kosher Pareve

Nutrition Information

	Typical value		per 30 g serving	
	Per 100g			
ENERGY	1604 kJ	378 kcal	481 kJ	113 kcal
FAT	0.9 g		0.3 g	
of which saturates	0.2 g		0.1 g	
CARBOHYDRATE	84 g		25 g	
of which are sugars	8 g		2.4 g	
FIBRE	3 g		0.9 g	
PROTEIN	7 g		2.1 g	
SALT	1.13 g		0.34 g	
VITAMINS:		% NRV		% NRV
VITAMIN D	4.2 µg	(83)	1.3 µg	(25)
THIAMIN (B ₁)	0.91 mg	(83)	0.28 mg	(25)
RIBOFLAVIN (B ₂)	1.2 mg	(83)	0.35 mg	(25)
NIACIN	13 mg	(83)	4.0 mg	(25)
VITAMIN B ₆	1.2 mg	(83)	0.35 mg	(25)
FOLIC ACID	166 µg	(83)	50.0 µg	(25)
VITAMIN B ₁₂	2.1 µg	(83)	0.63 µg	(25)
MINERALS:				
IRON	8.0 mg	(57)	2.4 mg	(17)



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	Level per Serving	% R I	R I
Calories kJ	481		
Calories kcal	113	6	2000
Fat g	0.3	0.4	70
Saturates g	0.1	0.3	20
Sugars g	2.4	3	90
Salt g	0.34	6	6
Energy level per 100g		1604 kJ	
Energy level per 100g		378 kcal	