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## Frosted Corn Flakes™ Cereal Single Serve Bowlpak 1 oz

Sweetened flakes of whole grain corn cereal in in a ready-to-eat bowl for convenient, portion control. For crediting in USDA Child Nutrition Programs: 1 ounce equivalent grain, whole grain-rich criteria and USDA Smart Snacks criteria.

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### Product Information

PRODUCT CODE:	11768000
UPC:	016000117686
GTIN:	10016000117683
UNIT SIZE:	1 OZ
CASE COUNT:	96
ATTRIBUTES:	Whole Grain 1 oz. Eq. Grain No Artificial Flavors No Colors from Artificial Sources

### Specifications

NET WEIGHT:	N/A
VOLUME:	1.779 CF
HEIGHT:	14.12 IN
LENGTH:	16.75 IN
WIDTH:	13 IN
CASE SIZE:	1.779 CF

**Serving Size** ↔

**1 Bowl (28g)**

**100g**

As Packaged

As Packaged

**Calories**

**110**

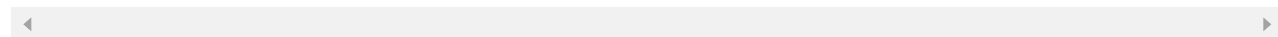
**393**

**% DV**

**% DV**

<b>Total Fat</b>	0.5g	<b>1%</b>	2g
Saturated Fat	0g	<b>0%</b>	0g
Trans Fat	0g		0g
<b>Cholesterol</b>	0mg	<b>0%</b>	0mg
<b>Sodium</b>	170mg	<b>7%</b>	607mg
<b>Total Carbohydrate</b>	24g	<b>9%</b>	86g
Dietary Fiber	1g	<b>4%</b>	4g
Total Sugars	8g		29g
Incl. Added Sugars	8g	<b>16%</b>	29g
<b>Protein</b>	1g		4g
Vitamin D		<b>6%</b>	4mcg
Calcium		<b>6%</b>	279mg
Iron		<b>30%</b>	19mg
Potassium		<b>0%</b>	0mg
Vitamin A		<b>6%</b>	643IU
Vitamin C		<b>6%</b>	19mg
Thiamin		<b>15%</b>	1mg
Riboflavin		<b>6%</b>	0mg
Niacin		<b>6%</b>	3mg
Vitamin B6		<b>15%</b>	1mg
Folate		<b>15%</b>	214mcg
Folic Acid	35mcg		125mcg
Vitamin B12		<b>15%</b>	1mcg
Phosphorus		<b>2%</b>	107mg
Magnesium		<b>2%</b>	36mg
Zinc		<b>15%</b>	6mg

\* Percent Daily Value (DV) are based on a 2,000 calorie diet  
 \* Not a significant nutrient source  
 \* Nutritional information is subject to change. See product label to verify ingredients and allergens.  
 \* Do not eat raw dough or batter.



**Ingredients**

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Yoplait® Light Gluten Free Yogurt Single Serve Cup Very Vanilla 6 oz

### You May Also Like



Corn Chex™ Gluten Free Cereal Single Serve Bowlpak 1 oz



Golden Grahams™ Cereal Single Serve Bowlpak 1 oz

Nutritional information is subject to change. See product label to verify ingredients and allergens.

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