

Crunchy Nut Corn Flakes (GPRS 100139) v5.0

GPRS 100139

Revision No.: v5.0

Date: 2016-05-20

Language: English

Legal Food Name

Golden flakes of corn with sugar, peanuts and honey.

EU IngredientsMaize, Sugar, **Peanuts** (6%), **Barley Malt Flavouring**, Molasses, Honey (1%), Salt.Vitamins & Minerals: Niacin, Iron, Vitamin B<sub>6</sub>, Vitamin B<sub>2</sub> (Riboflavin), Vitamin B<sub>1</sub> (Thiamin), Folic Acid, Vitamin B<sub>12</sub>.

For allergens see ingredients highlighted in bold

Suitable for Vegetarians, Halal, Kosher Pareve

Nutrition Information

	Typical value		per 30 g serving	
	Per 100g			
ENERGY	1683 kJ	398 kcal	505 kJ	119 kcal
FAT	4.5 g		1.4 g	
of which saturates	0.7 g		0.2 g	
CARBOHYDRATE	82 g		25 g	
of which are sugars	35 g		11 g	
FIBRE	2.5 g		0.8 g	
PROTEIN	6 g		1.8 g	
SALT	0.75 g		0.23 g	
<b>VITAMINS:</b>		<b>% NRV</b>		<b>% NRV</b>
THIAMIN (B <sub>1</sub> )	0.91 mg	(83)	0.28 mg	(25)
RIBOFLAVIN (B <sub>2</sub> )	1.2 mg	(83)	0.35 mg	(25)
NIACIN	13 mg	(83)	4.0 mg	(25)
VITAMIN B <sub>6</sub>	1.2 mg	(83)	0.35 mg	(25)
FOLIC ACID	334 µg	(167)	100 µg	(50)
VITAMIN B <sub>12</sub>	2.1 µg	(83)	0.63 µg	(25)
<b>MINERALS:</b>				
IRON	8.0 mg	(57)	2.4 mg	(17)

European Quality

	Level per Serving	% R I	R I
Calories kJ	505		
Calories kcal	119	6	2000
Fat g	1.4	2	70
Saturates g	0.2	1	20
Sugars g	11	12	90
Salt g	0.23	4	6
Energy level per 100g		1683	kJ
Energy level per 100g		398	kcal

Local Market Notes:
