

Rice Krispies (GPRS 114387) v2.0

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Revision No v 2.0

Date: 2015-04-22

Language: English

Legal Food Name

Toasted rice cereal

EU IngredientsRice, Sugar, Salt, **B**arley Malt Flavouring.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 100 g | | | |
| ENERGY | 1626 kJ | 383 kcal | 488 kJ | 115 kcal |
| FAT | 1 g | | 0.3 g | |
| of which saturates | 0.2 g | | 0.1 g | |
| CARBOHYDRATE | 87 g | | 26 g | |
| of which are sugars | 10 g | | 3 g | |
| FIBRE | 1 g | | 0.3 g | |
| PROTEIN | 6 g | | 1.8 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) |

European Quality

| | Level per Serving | % R I | R I |
|-----------------------|-------------------|----------|------|
| Calories kJ | 488 | | |
| Calories kcal | 115 | 6 | 2000 |
| Fat g | 0.3 | 0.4 | 70 |
| Saturates g | 0.1 | 0.5 | 20 |
| Sugars g | 3 | 3 | 90 |
| Salt g | 0.34 | 6 | 6 |
| Energy level per 100g | | 1626 kJ | |
| Energy level per 100g | | 383 kcal | |

