Product Name	Mini-Wheats Frosted Original
Flavor Descriptor	
NLI Description	Ibox
Brand	**KELLOGG'S**

Date Created	07-12-22
NLI #	15684b
Kosher Status	Not Kosher
Product of	U.S.A.

USDA Ounce Equivalents of Grain per Serving	1.25
USDA Ounce Equivalents of Meat/Meat Alternate	
Whole Grains (g/serving)	29
USDA Bioengineered (BE) Status	BE disclosure not required

Serving Size	1 Box							
Serving Size g	37							
Serving Size oz								
Amount Per Serving	Cereal							
Calories	130							
			% Daily Value*					% Daily Value*
Total Fat	1	g	1	%		g		%
Saturated Fat	0	g	0	%		g		%
Trans Fat	0	g				g		
Polyunsaturated Fat		g				g		
Monounsaturated Fat		g				g		
Cholesterol	0	mg	0	%		mg		%
Sodium	5	mg	0	%		mg		%
Total Carbohydrate	31	g	11	%		g		%
Dietary Fiber	4	g	13	%		g		%
Soluble Fiber	<1	g				g		
Insolube Fiber	3	g				g		
Total Sugars	8	g				g		
Includes 7g Added Sugars	7	g	14	%		g		%
Sugar Alcohol		g				g		
Protein	3	g		%		g		%
Vitamin D	0	mcg	0	%		mcg		%
Calcium	0	mg	0	%		mg		%
Iron	11.1	mg	60	%		mg		%
Potassium	90	mg	2	%		mg		%
Vitamin A		mcg		%		mcg		%
Vitamin C		mg		%		mg		%
Vitamin E		mg		%		mg		%
Vitamin K		mcg		%		mcg		%
Thiamin		mg		%		mg		%
Riboflavin		mg		%		mg		%
Niacin		mg		%		mg		%
Vitamin B6		mg		%		mg		%
Folate	245	mcg DFE	60			mcg DFE		%
Folic Acid	145	mcg				mcg		
Vitamin B12		mcg		%		mcg		%
Biotin		mcg		%		mcg		%
Pantothenic Acid		mg		%		mg		%
Phosphorus		mg		%		mg		%
Iodine		mcg		%		mcg		%
Magnesium		mg		%		mg		%
Zinc		mg		%		mg		%
Selenium		mcg		%		mcg		%
Copper		mg		%		mg		%
Manganese		mg		%		mg		%
Chromium		mcg		%		mcg		%
Molybdenum		mcg		%		mcg		%
Chloride		mg		%		mg		%
Choline		mg		%		mg		%
Fluoride		mg		%		mg		%

Ingredients:

Ingredients: Whole grain wheat, sugar, contains 2% or less of brown rice syrup, gelatin, BHT for freshness.

Vitamins and Minerals: Reduced iron, folic acid.

ALLERGEN INFORMATION:

CONTAINS WHEAT INGREDIENTS.

Nutrient Contents Per 100g					
Calories	353		Vitamin E	1	mg
Total Fat	2.2	g	Vitamin K	NA	mcg
Saturated Fat	0.4	g	Thiamin	0.2	mg
Trans Fat	0	g	Riboflavin	0.09	mg
Polyunsaturated Fat	1.4	g	Niacin (NE)	2.7	mg
Monounsaturated Fat	0.4	g	Vitamin B6	0.3	mg
Cholesterol	0	mg	Folate (DFE)	667	mcg
Sodium	17	mg	Folic Acid	399	mcg
Total Carbohydrate	84.4	g	Vitamin B12	0	mcg
Dietary Fiber	9.7	g	Biotin	NA	mcg
Soluble Fiber	1.3	g	Pantothenic Acid	NA	mg
Insoluble Fiber	8.4	g	Phosphorus	208	mg
Total Sugars	20.8	g	Iodine	NA	mcg
Added Sugars	20.1	g	Magnesium	70	mg
Sugar Alcohols	0	g	Zinc	1.8	mg
Protein	8	g	Selenium	NA	mcg
Vitamin D	0	mcg	Copper	NA	mg
Calcium	15.1	mg	Manganese	NA	mg
Iron	30	mg	Chromium	NA	mcg
Potassium	270	mg	Molybdenum	NA	mcg
Vitamin A (RAE)	0	mcg	Chloride	NA	mg
Vitamin C	0	mg	Choline	NA	mg
			Fluoride	NA	mg
			Moisture	5.4	%
			Ash	0	%
			Whole Grain	80.56	%

NA = Database values for the nutrient do not exist or are incomplete.

GTIN/UPC Code	Type of Package	Net Weight	Servings Per Container
000 38000 21992 4	Case		
000 38000 21993 1	Carton	1.31oz (37g)	1
000 38000 22055 5	Case		
000 38000 14746 3			
000 38000 14747 0	Carton	32.7oz (2lb 0.7oz) (927g)	6
000 38000 17808 5	Case		
000 38000 17809 2	Carton	10.94oz (310g)	2 (FMW)
000 38000 22679 3	Case		
000 38000 22680 9	Carton	6.67oz (189g)	1
		1-0.81oz (23g) CF, 1-0.88oz (25g) RK, 1-1.2	
000 38000 24122 2	Case		
000 38000 24123 9	Carton	21.8 OZ (1 LB 5.8 OZ) (618g)	
		6 - 7.2 (204g) FF	
		4 - 0.95 OZ (27g) FL	
		4 - 1.31 OZ (37g) FMW	4

Product information can change at any time.
Always refer to product package for current nutrition and ingredient information.

Stefanie Dove, MBA RDN SNS

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