

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

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	0.20 mg
Trans Fat	0.0 g	Riboflavin	0.09 mg
Polyunsaturated Fat	1.4 g	Niacin (NE)	2.7 mg
Monounsaturated Fat	0.4 g	Vitamin B6	0.30 mg
Cholesterol	0 mg	Folate (DFE)	667 mcg
Sodium	17 mg	Folic Acid	399 mcg
Total Carbohydrate	84.4 g	Vitamin B12	0.0 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	0.0 g	Zinc	1.8 mg
Protein	8.0 g	Selenium	NA mcg
Vitamin D	0.0 mcg	Copper	NA mg
Calcium	15.1 mg	Manganese	NA mg
Iron	30.0 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
NA = Database values for the nutrient do not exist or are incomplete.		Fluoride	NA mg
		Moisture	5.4 %
		Ash	0 %
		Whole Grain	80.56 %

GTIN/UPC Code	Type of Package	Net Weight	Servings Per Container
00038000219924	Case		
00038000219931	Carton	1.31oz (37g)	1
00038000220555	Case		
00038000147463			
00038000147470	Carton	32.7oz (2lb 0.7oz) (927g)	6
00038000178085	Case		
00038000178092	Carton	10.94oz (310g)	2 (FMW)
00038000226793	Case		
00038000226809	Carton	6.67oz (189g)	1
		1-0.81oz (23g) CF, 1-0.88oz (25g) RK, 1-1.1oz (31g) FF	
00038000241222	Case		
00038000241239	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
		2 - 0.95 OZ (27g) CP	
		2 - 0.95 OZ (27g) AJ	
		2 - 1.76 OZ (50g) RK	

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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