

Nutritionals

Kellogg's Frosted Flakes Ice Cream CND

05/23/2019

| Nutrition Facts | |
|----------------------------------|----------------|
| Per 125 mL (100 g) | |
| Calories 170 | % Daily Value* |
| Fat 5 g | 7 % |
| Saturated 3.5 g + Trans 0.2 g | 19 % |
| Carbohydrate 26 g | |
| Fibre 0 g | 0 % |
| Sugars 22 g | 22 % |
| Protein 4 g | |
| Cholesterol 20 mg | |
| Sodium 75 mg | 3 % |
| Potassium 175 mg | 4 % |
| Calcium 150 mg | 12 % |
| Iron 0.5 mg | 3 % |

* 5% or less is a little, 15% or more is a lot

INGREDIENTS: Light Ice Cream (milk ingredients, sugar, glucose solids, maltodextrin, mono and diglycerides, locust bean gum, guar gum, carrageenan, natural and artificial flavour), Kellogg's Frosted Flakes (milled corn, sugar, corn and barley malt extract, salt, colour, bht, vitamins and minerals: iron, niacinamide, thiamine hydrochloride, cholecalciferol (vitamin D3), d-calcium pantothenate, pyridoxine hydrochloride, folic acid).

Kosher: Yes

Contains Gluten, Milk, Wheat.

Low sodium Contains vitamin B1 Contains vitamin B2 Contains calcium

Please Note:

Nutritional information is based on our standardized recipes and is calculated using information from suppliers and standard databases. Because our frozen yogurt is freshly prepared at our stores, exact information may vary. Data is rounded to meet federal regulations. Percent Daily Values (DV) are based on a 2,000 calorie diet.

Due to other products with allergens in our stores and at our suppliers, we cannot guarantee that any of our products are allergen free.