

Nutritionals

Kellogg's Frosted Flakes Ice Cream

05/23/2019

Nutrition Facts	
servings per container	
Serving size	4 fl. oz (95g)
Amount per serving	
Calories	160
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 70mg	3%
Total Carbohydrate 25g	9%
Dietary Fiber 0g	0%
Total Sugars 21g	
Includes 12g Added Sugars	24%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 134mg	10%
Iron 0mg	0%
Potassium 159mg	4%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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 Milk, Wheat.

May also contain Gluten. Low Sodium

Good source of 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.