



MALT-O-MEAL

057903 - Cereal Frosted Flakes Bowlpak



# Nutrition Facts

Servings per Container  
Serving size

Amount per serving  
**Calories 110**

	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 25g	<b>9%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 11g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D	<b>10%</b>
Calcium 0mg	<b>0%</b>
Iron 4.5mg	<b>25%</b>
Potassium 0mg	<b>0%</b>

\* The % Daily Value (DV) 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.

## \* Benefits

## Ingredients

## ⚠ Allergens

### Contains:

soy wheat

### Free From:

crustaceans eggs fish milk  
 peanuts sesame tree nuts

## Handling Suggestions

## 📄 Product Specifications

## Serving Suggestions

## Prep & Cooking Suggestions

Brand	Manufacturer	Product Category
MALT-O-MEAL	POST FOODSERVICE	Cold Cereal

MFG #	SPC #	GTIN	Pack	Pack Desc.
01015	057903	10042400010156	96	96/1 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
8.67lb	8.67lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
16.56in	13in	14.38in	1.79ft3	9x3	0DAYS	40°F / 111°F



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### Nutrition Analysis

Calories	110	Total Fat	0g	Sodium	160mg
Protein	1	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	25g	Saturated Fat	0g	Iron	4.5mg
Sugars	11g	Added Sugars	0g	Potassium	0mg
Dietary Fiber	1g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

### Additional Images

