



GMLFS  
17081300 - 40% Bran Flakes  
Large Bulk Size Ready to Eat Cereal



\* Benefits

Large Bulk Size Ready to Eat Cereal

Ingredients

WHOLE GRAIN WHEAT, WHEAT BRAN, SUGAR, BROWN SUGAR SYRUP, SALT, BARLEY MALT EXTRACT,VITAMINS AND MINERALS:IRON (FERRIC ORTHOPHOSPHATE), VITAMIN C (SODIUM ASCORBATE), VITAMIN A (PALMITATE), NIACINAMIDE, VITAMIN B1 (THIAMINE MONONITRATE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN D (CHOLECALCIFEROL), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID

⚠ Allergens

Contains:

wheat

Free From:

crustaceans shellfish mollusks  
 eggs fish milk peanuts  
 sesame soy tree nuts

Nutrition Facts

Servings per Container 227  
Serving size 1CUP (40g)

Amount per serving  
**Calories 130**

|                         | % Daily Value* |
|-------------------------|----------------|
| Total Fat 1.5g          | 2%             |
| Saturated Fat 0g        | 0%             |
| Trans Fat 0g            |                |
| Cholesterol 0mg         | 0%             |
| Sodium 300mg            | 13%            |
| Total Carbohydrate 32g  | 12%            |
| Dietary Fiber 8g        | 29%            |
| Total Sugars 7g         |                |
| Includes 5g Added Sugar | 10%            |
| Protein 4g              |                |
| Vitamin D 0.7mcg        | 4%             |
| Calcium 10mg            | 1%             |
| Iron 12.7mg             | 71%            |
| Potassium 450mg         | 10%            |

\* 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.

Handling Suggestions

DRY

Serving Suggestions

1 CUP

Prep & Cooking Suggestions

Add milk and enjoy

Product Specifications

| Brand                |            | Manufacturer                  |        |                 |            |                      |
|----------------------|------------|-------------------------------|--------|-----------------|------------|----------------------|
| GMLFS                |            | Gilster-Mary Lee Food Service |        |                 |            |                      |
|                      |            |                               |        |                 |            |                      |
| MFG #                | SPC #      | GTIN                          | Pack   | Pack Desc.      |            |                      |
| 71923-78531          | 17081300   | 10071923785319                | 1      | 1 / 20.0 LBR    |            |                      |
|                      |            |                               |        |                 |            |                      |
| Gross Weight         | Net Weight | Country of Origin             | Kosher | Child Nutrition |            |                      |
| 23.5lb               | 20lb       | USA                           | Yes    | No              |            |                      |
|                      |            |                               |        |                 |            |                      |
| Shipping Information |            |                               |        |                 |            |                      |
| Length               | Width      | Height                        | Volume | TlxHI           | Shelf Life | Storage Temp From/To |
| 20in                 | 16in       | 12.94in                       | 2.4ft3 | 6x3             | 365DAYS    | 50°F / 85°F          |



Nutrition Analysis - By Serving

|                        |      |                     |        |                |        |
|------------------------|------|---------------------|--------|----------------|--------|
| Calories               | 130  | Total Fat           | 1.5g   | Sodium         | 300mg  |
| Protein                | 4    | Trans Fats          | 0g     | Calcium        | 10mg   |
| Total Carbohydrates... | 32g  | Saturated Fat       | 0g     | Iron           | 12.7mg |
| Sugars                 | 7g   | Added Sugars        | 5g     | Potassium      | 450mg  |
| Dietary Fiber          | 8g   | Polyunsaturated Fat | 1g     | Zinc           | 0      |
| Lactose                |      | Monounsaturated Fat | 0g     | Phosphorus     |        |
| Sucrose                |      | Cholesterol         | 0mg    |                |        |
| Vitamin A(IU)•         | 270  | Vitamin D           | 0.7mcg | Thiamin        |        |
| Vitamin A(RE)          |      | Vitamin E           |        | Niacin         |        |
| Vitamin C              | 11mg | Folate              | 0mg    | Riboflavin     | 0.3mg  |
| Magnesium              |      | Vitamin B-6         |        | Vitamin B-1 2• |        |
| Monosodium             |      | Sulphites           |        | Nitrates       |        |

 Additional Images

