

Product Name	Mini-Wheat's Frosted Little Bites Chocolate
Flavor Descriptor	SSB
NLI Description	SSB
Brand	KELLOGGS



Date Created	04/23/14
NLI #	08931
Kosher Status	Not Kosher
Product of	U.S.A.

USDA Ounce Equivalents of Grain per Serving	1
USDA Ounce Equivalents of Meal/Meal Alternative	
Diet Exchange	Carbohydrates 1 1/2
Whole Grains (g/serving)	21

Ingredients:
INGREDIENTS: WHOLE GRAIN WHEAT, SUGAR, SEMI-SWEET CHOCOLATE (SUGAR, CHOCOLATE, COCOA BUTTER, SOY LECITHIN, VANILLA EXTRACT), COCOA PROCESSED WITH ALKALI, CONTAINS 2% OR LESS OF SALT, BROWN RICE SYRUP, GELATIN, ARTIFICIAL FLAVOR.

VITAMINS AND MINERALS: REDUCED IRON, NIACINAMIDE, VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN HYDROCHLORIDE), FOLIC ACID, ZINC OXIDE, VITAMIN B12.

	1 Container	% Daily Value*	
		g	%
Serving Size g	28		
Serving Size oz			
Ancient Per Serving	Cereal		
Calories	100		
Calories from Fat	10		
Total Fat	1 g	2 %	g
Saturated Fat	0 g	0 %	g
Trans Fat	0 g		g
Monounsaturated Fat	g		g
Cholesterol	0 mg	0 %	mg
Sodium	105 mg	4 %	mg
Potassium	mg		mg
Total Carbohydrate	23 g	8 %	g
Dietary Fiber	3 g	12 %	g
Soluble Fiber	<1 g		g
Insoluble Fiber	2 g		g
Sugars	6 g		g
Sugar Alcohol	g		g
Other Carbohydrate	g		g
Protein	3 g		g
Vitamin A	0 %		%
Vitamin C	0 %		%
Calcium	0 %		%
Iron	45 %		%
Vitamin D			%
Vitamin E			%
Vitamin K			%
Thiamin	10 %		%
Riboflavin	10 %		%
Niacin	10 %		%
Vitamin B6	10 %		%
Folic Acid	25 %		%
Vitamin B12	10 %		%
Biotin			%
Pantothenic Acid			%
Phosphorus			%
Iodine			%
Magnesium			%
Zinc	4 %		%
Selenium			%
Copper			%
Manganese			%
Chromium			%
Molybdenum			%

ALLERGEN INFORMATION:
CONTAINS WHEAT AND SOY INGREDIENTS.

Other Required Statements:

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500	Print value if "Y"
Total Fat	Less than	65g	80g	Y
Salt, Fat	Less than	20g	25g	Y
Cholesterol	Less than	300mg	300mg	Y
Sodium	Less than	2,400mg	2,400mg	Y
Potassium		3,500mg	3,500mg	Y
Total Carbohydrate		300g	375g	Y
Dietary Fiber		25g	30g	Y
Protein		50g	55g	Y

Nutrient Contents Per 100g

Calories	354	Vitamin A	0IU
Calories from fat	31	Vitamin C	0 mg
Total Fat	3.4 g	Calcium	32.7 mg
Saturated Fat	1.5 g	Iron	28.9 mg
Monounsaturated Fat	0.8 g	Vitamin D	NA IU
Polyunsaturated Fat	1.1 g	Vitamin E	NA IU
Trans Fat	0.0 g	Thiamin	0.67 mg
Cholesterol	0 mg	Riboflavin	0.76 mg
Sodium	371 mg	Niacin	8.9 mg
Potassium	481 mg	Vitamin B6	0.89 mg
Total Carbohydrate	81.4 g	Folic Acid	357 mcg
Dietary Fiber	10.9 g	Vitamin B12	2.7 mcg
Soluble Fiber	1.1 g	Pantothenic Acid	NA mg
Insoluble Fiber	9.8 g	Phosphorus	335 mg
Sugars	22.3 g	Magnesium	90 mg
Sugar Alcohols	NA g	Zinc	2.7 mg
Protein	9.0 g	Copper	NA mg
		Manganese	NA mg
		Selenium	NA mcg
		Moisture	5.5 %
		Ash	0.7 %

NA = Database values for the nutrient do not exist or are incomplete.

GTIN/UPC Code	Type of Package	Net Weight	Servings Per Container
00038000458613	Case		96

Julia M. Jursinic, MS
 Sr. Director, Nutrition Labeling & Regulatory Compliance
 Kellogg Company