

Kellogg's

All Bran – Complete Wheat Flakes



00038000596674 18 oz.

7 g total sugars in 37 g dry cereal meets sugar limits.

The first ingredient is whole grain and the cereal is fortified.

Serving Size 1 Cup (37 g)

Amount Per Serving

Calories

120

Total Fat

1 g

Saturated Fat

0 g

Trans Fat

0 g

Polyunsaturated Fat

0 g

Monounsaturated Fat

0 g

Cholesterol

0 mg

Sodium

260 mg

Total Carbohydrate

30 g

Dietary Fiber

6 g

Total Sugars

7 g

Includes 6g Added Sugars

6 g

Nutrition

Ingredients

Ingredients:

Whole grain wheat

wheat bran

sugar

brown sugar syrup

contains 2% or less of salt

malt flavor

Vitamins and Minerals:

Reduced iron

niacinamide

vitamin B6 (pyridoxine hydrochloride)

vitamin B2 (riboflavin)

vitamin B1 (thiamin)

folic acid

vitamin B12

vitamin D3