

## Kellogg's Cereal - Crunchy Nut - Information

Breakfast just got a whole lot crunchier with Kellogg's Crunchy Nut Cereal. The irresistibly crunchy flakes of golden corn are drizzled in yummy honey and chopped peanuts. This breakfast table classic is certain to brighten up your day with the delicious taste of honey combined with the classic Crunchy Nut taste you know and love. Not only do they taste amazing, Kellogg's Crunchy Nut Corn Flakes are enriched with 8 vitamins & minerals, plus they are made with no artificial colours or flavours. The only trouble is they taste too good! Enjoy as part of a balanced diet and healthy lifestyle. \*Please always check the label of the pack you receive as there may be differences from the information you read on site due to stock changeover

**Our Product Code:** 030119  
**Suppliers Product Code:**  
**Information Last Updated:** 25/11/2022  
**Date Produced:** 19/01/2026

### Allergy Information

Key: **Contains** **May Contain**



Sesame



Gluten



Crustaceans



Eggs



Lupin



Nuts



Milk



Celery



Sulphur Dioxide



Soya



Cereal



Peanuts



Fish



Molluscs



Mustard

### Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	398.00
Energy (kJ)	1683.00
Protein (g)	6.00
Carb (g)	82.00
Of Which Sugars (g)	35.00
Fat (g)	4.50
Of Which Saturates (g)	0.70
Fibre (g)	2.50
Salt (g)	0.75

### Dietary Information

Key: **Suitable for**



**Please Note:** This information has been supplied by manufacturers and other third parties to Yare Food Services. Whilst we take steps to ensure the information is correct and regularly updated, we give no warranty and no guarantee to the accuracy of this information. Product information and ingredients may change; please always read product labels carefully in addition to this document for accuracy. Please also consider changes to ingredients when products have been substituted.

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### Ingredients

Maize, sugar, PEANUTS (6%), BARLEY malt extract, molasses, honey (1%), salt, niacin, iron, vitamin B6, riboflavin, thiamin, folic acid, vitamin D, vitamin B12.

### Handling Information

#### Directions for Use

Eat as directed

#### Storage Instructions

Store in a cool dry place.



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