

Tel: 01493 653429 E-Mail: accounts@yareshipping.co.uk

Web: www.yareshipping.co.uk

Kellogg's Special K 30g Portions - Information

Special K flakes are a delicious combination of crunchy rice, whole wheat and barley. A nutritious cereal with fibre and wholegrain and 9 key vitamins and minerals. Feed your strength with Special K, a nutritious and delicious start to your day*. *Special K cereals & cereal bars (excluding Biscuit Moments) contain ? 15% of the nutrient reference value of vitamins B3, B6 and B9 which contribute to the reduction of tiredness and fatigue. Enjoy as part of a varied and balanced diet and a healthy lifestyle.

Our Product Code: 013172

Suppliers Product Code:

Information Last Updated: 17/05/2019 **Date Produced:** 27/11/2025



Allergy Information

Key: Contains





Nuts



Milk





Sulphur Dioxide Cereal

Nutritional Information

1.00

Serving Unit: 100g or 100ml

Energy (kcal) 375.00 Energy (kJ) 1588.00 Protein (g) 9.00 Carb (g) 79.00

Of Which Sugars (g) 15.00 Fat (g) 1.50

Of Which Saturates

Salt (g)

(g) 0.30 Fibre (g) 4.50

Dietary Information

Key: Suitable for









Kosher Vegetarian

Halal Vegan

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.

Yare Food Services Nelsons Yard South Denes Road Great Yarmouth Norfolk, NR30 3PR



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Ingredients

Rice (46%), WHOLEWHEAT (33%), Sugar, BARLEY (8%), Malted BARLEY Flour, BARLEY Malt Flavouring, Salt, Vitamins & Minerals: Niacin, Iron, Zinc, Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin), Vitamin B6, Folic Acid, Vitamin D, Vitamin B12

Handling Information

Directions for Use

Storage Instructions

No usage information

Store in a dry place

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