



Kellogg's Rice Krispies Breakfast Cereal 430g

Dietary and lifestyle

Allergy advice

Contains: **Barley**

May Contain: **Cereals Containing Gluten**

May contain Gluten from other Cereals.

Lifestyle

Halal, Kosher

Suitable for Vegetarians

30g

Salt

0.3g

5%

Energy

495kJ

117kcal

low

6%

Sugars

	2.4g
medium	
3%	
Fat	
	0.4g
low	
1%	
Saturates	
	0.1g
low	
1%	

100g: 1649 kJ / 389 kcal

Reference intake of an average adult (8400 kJ / 2000 kcal)

Description

Net Content

430 Grams

Additives

Free From: Artificial Flavours

Free From: Artificial Colours

Ingredients

Rice, Sugar, Salt, **Barley** Malt Extract, Niacin, Iron, Vitamin B6, Riboflavin, Thiamin, Folic Acid, Vitamin D, Vitamin B12

Nutritional Values

Typical values per 100g /30g

Typical values	/100g	NRV**	/30g	NRV**	%RI*
Energy	1649 kJ	495 kJ			
Fat	1.2 g	0.4 g	1 %		
of which saturates	0.4 g	0.1 g	1 %		
Carbohydrate	86 g	26 g	10 %		
of which sugars	7.9 g	2.4 g	3 %		
Fibre	2.9 g	0.9 g			
Protein	7.0 g	2.1 g	4 %		
Salt	1.0 g	0.3 g	5 %		
Vitamins:					
Vitamin D	8.4 µg	168 %	2.5 µg	50 %	

Typical values	/100g	NRV**	/30g	NRV**	%RI*
Vitamin B12	2.1 µg	84 %	0.63 µg	25 %	
Vitamin B6	1.2 mg	86 %	0.36 mg	25 %	
**Nutrient reference values (Adults)					
Iron	8.0 mg	57 %	2.4 mg	17 %	
Riboflavin	1.2 mg	86 %	0.36 mg	25 %	
Niacin	13 mg	81 %	3.9 mg	25 %	
*Reference intake of an average adult (8400 kJ / 2000 kcal)					
Folic Acid	166 µg	83 %	49.8 µg	25 %	
Thiamin	0.91 mg	83 %	0.27 mg	25 %	
Minerals:					