

## 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.

**TFS Product Code:** 013172  
**Suppliers Product Code:**  
**Information Last Updated:** 17/05/2019  
**Date Produced:** 23/02/2025



### Allergy Information

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



Nuts



Milk



Sulphur Dioxide



Cereal

### Nutritional Information

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 (g)	0.30
Fibre (g)	4.50
Salt (g)	1.00

### Dietary Information

Key: **Suitable for**



Kosher



Vegetarian



Halal



Vegan

**Please Note:** This information has been supplied by manufacturers and other third parties to Thompsons Food Service Ltd. 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

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

No usage information

### Storage Instructions

Store in a dry place

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