

Organic Chocolate Cornflakes
Product Data Information

Brand	Barkat
Product Description	Organic Chocolate Cornflakes
Free From	Gluten, wheat, egg, milk, soya, artificial colours, flavours and preservatives
Ingredients	Maize, raw cane sugar, cocoa (5.6%), maize malt, salt
Allergens	May contain traces of nuts
Certifications	Suitable for vegetarians
Product Weight	250g (8.8oz)
Case Size	
Total Shelf Life	9 months

NUTRITION INFORMATION

	Per 100g	Per 30g serving
Energy	1593kJ/ 376kcal	478kJ/ 113kcal
Protein	6.4g	1.9g
Carbohydrates	84.9g	25.5g
of which sugars	31.6g	9.5g
Fat	2.3g	0.7g
of which saturates	0.87g	0.26g
Fibre	2.6g	0.8g
Sodium	823mg	246.9mg

Bar Code (unit): 8 04345 00000 4

Bar Code (case):

Product Dimensions (mm)

 Width
Depth
Height

Case Dimensions (cm)

 Width
Depth
Height

Pallet Configurations

 Quantity Per Layer
Layers Per Pallet

Nutrition Facts

Serving Size 30g

Servings Per Container 8

Amount Per Serving

Calories 113 Calories from Fat 6

	% Daily Value*	
Total Fat	1g	1%
Saturated Fat	0g	1%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	247mg	10%
Total Carbohydrate	26g	9%
Dietary Fibre	1g	3%
Sugars	10g	
Protein	2g	
Vitamin A %0	Vitamin C 0%	
Calcium 0%	Iron 0%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Saturated Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g

Calories per Gram

Fat. 9 . Carbohydrate. 4 . Protein. 4.