

## Kellogg's Special K PM 2.99 - Information

Powering You\* \*Special K Flakes contains ?15% of the nutrient reference value of folic acid which contributes to maternal tissue growth during pregnancy, iron and vitamin B6 which contribute to the reduction of tiredness and fatigue, vitamins B3 and B12 which contribute to normal energy-yielding metabolism and vitamin D which contributes to the normal function of the immune system. Special K Flakes also contains ?15% of the nutrient reference value of vitamins B1 and B2, and zinc.

**TFS Product Code:** 017728  
**Suppliers Product Code:**  
**Information Last Updated:** 21/05/2019  
**Date Produced:** 16/09/2025



### 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 (37%), Sugar, BARLEY (5%), Malted BARLEY Flour (3.5%), 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

No storage information

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