

Supplex Corn Flakes 250g

Corn flakes with no added sugar
GMO-free

Gluten free

To start the day well, nutritionists recommend a balanced, complete breakfast that will prevent sudden feelings of tiredness at the end of the morning and obtain the best intellectual performance.

With the highly flavoured syrup of Jerusalem artichoke and no addition of granulated sugar, Supplex corn flakes have a sweet light flavour.

Ingredients: corn seeds (92%), syrup of Jerusalem artichoke, iodised salt.
may contain traces of peanut

Nutritional advice:

Examples of balanced breakfasts

- Prepare a portion corn flakes with skimmed or semi-skimmed milk, together with a glass of pure orange juice.
- Sprinkle your corn flakes on a bowl of fromage blanc, mix and add a few slices of fresh fruit. (kiwi, strawberries, peaches, pears or clementines)

NUTRITIONAL INFORMATION

	Intake for 100 g of Corn Flakes	Intake for 30 g of cereals + 150 ml of skimmed milk
Energy	336.5 kcal 1556 kJ	149 kcal 667 kJ
Proteins	7.16 g	7.10 g
Carbohydrates <i>Of which monosaccharide</i>	82.09 g 5.59 g *	31.38 g 8.42 g **
Fats <i>Of which saturated</i>	1.05 g 0.31 g	0.62 g 0.09 g
Sodium	0.49 g	0.22 g
Fibre	2.59 g	0.78 g

*monosaccharides: fructose 3.89 g + glucose 0.77 g + lactose 0.1 g + maltose 0.1 g

**monosaccharides: lactose 6.78 g + fructose 1.17 g + glucose 0.22 g + saccharose 0.22 g + maltose 0.03 g