

Basic Report 08067, Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K

Report Date: January 31, 2015 08:06 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup (1 NLEA serving) 31g
Proximates			
Water	g	3.00	0.93
Energy	kcal	378	117
Protein	g	18.70	5.80
Total lipid (fat)	g	1.70	0.53
Carbohydrate, by difference	g	73.00	22.63
Fiber, total dietary	g	1.1	0.3
Sugars, total	g	12.20	3.78
Minerals			
Calcium, Ca	mg	35	11
Iron, Fe	mg	28.00	8.68
Magnesium, Mg	mg	13	4
Phosphorus, P	mg	74	23
Potassium, K	mg	65	20
Sodium, Na	mg	709	220
Zinc, Zn	mg	1.30	0.40
Vitamins			
Vitamin C, total ascorbic acid	mg	68.0	21.1
Thiamin	mg	1.690	0.524
Riboflavin	mg	1.920	0.595
Niacin	mg	22.600	7.006
Vitamin B-6	mg	6.450	2.000
Folate, DFE	µg	2180	676
Vitamin B-12	µg	19.40	6.01
Vitamin A, RAE	µg	726	225
Vitamin A, IU	IU	2419	750
Vitamin E (alpha-tocopherol)	mg	15.30	4.74

Nutrient	Unit	1 Value Per100 g	1 cup (1 NLEA serving) 31g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.2	0.1
Lipids			
Fatty acids, total saturated	g	0.400	0.124
Fatty acids, total monounsaturated	g	0.400	0.124
Fatty acids, total polyunsaturated	g	0.800	0.248
Cholesterol	mg	0	0
Other			
Caffeine	mg	0	0