

Basic Report 08071, Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS

Report Date: January 28, 2015 07:07 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	0.75 cup (1 NLEA serving) 27g
Proximates			
Water	g	2.90	0.78
Energy	kcal	380	103
Protein	g	5.70	1.54
Total lipid (fat)	g	2.20	0.59
Carbohydrate, by difference	g	88.50	23.90
Fiber, total dietary	g	5.0	1.4
Sugars, total	g	56.20	15.17
Minerals			
Calcium, Ca	mg	14	4
Iron, Fe	mg	1.50	0.40
Magnesium, Mg	mg	59	16
Phosphorus, P	mg	213	58
Potassium, K	mg	183	49
Sodium, Na	mg	142	38
Zinc, Zn	mg	1.70	0.46
Vitamins			
Vitamin C, total ascorbic acid	mg	22.0	5.9
Thiamin	mg	1.390	0.375
Riboflavin	mg	1.570	0.424
Niacin	mg	18.500	4.995
Vitamin B-6	mg	1.850	0.500
Folate, DFE	µg	616	166
Vitamin B-12	µg	5.60	1.51
Vitamin A, RAE	µg	556	150
Vitamin A, IU	IU	1852	500
Vitamin E (alpha-tocopherol)	mg	0.41	0.11

Nutrient	Unit	1	0.75 cup (1 NLEA serving)
		Value Per100 g	27g
Vitamin D (D2 + D3)	µg	3.7	1.0
Vitamin D	IU	148	40
Vitamin K (phylloquinone)	µg	2.8	0.8
Lipids			
Fatty acids, total saturated	g	0.500	0.135
Fatty acids, total monounsaturated	g	0.400	0.108
Fatty acids, total polyunsaturated	g	0.500	0.135
Cholesterol	mg	0	0
Other			
Caffeine	mg	0	0