

Basic Report 08124, Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry

Report Date: March 02, 2015 18:10 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 packet (1 NLEA serving) 43g
Proximates			
Water	g	6.62	2.85
Energy	kcal	366	157
Protein	g	8.62	3.71
Total lipid (fat)	g	4.61	1.98
Carbohydrate, by difference	g	76.74	33.00
Fiber, total dietary	g	8.3	3.6
Sugars, total	g	28.87	12.41
Minerals			
Calcium, Ca	mg	243	104
Iron, Fe	mg	8.78	3.78
Magnesium, Mg	mg	87	37
Phosphorus, P	mg	294	126
Potassium, K	mg	327	141
Sodium, Na	mg	454	195
Zinc, Zn	mg	1.97	0.85
Vitamins			
Vitamin C, total ascorbic acid	mg	1.2	0.5
Thiamin	mg	0.730	0.314
Riboflavin	mg	1.040	0.447
Niacin	mg	12.210	5.250
Vitamin B-6	mg	0.980	0.421
Vitamin B-12	µg	0.00	0.00
Vitamin A, IU	IU	2454	1055
Vitamin E (alpha-tocopherol)	mg	0.42	0.18
Lipids			
Fatty acids, total saturated	g	0.880	0.378

Nutrient	Unit	1 Value Per100 g	1 packet (1 NLEA serving) 43g
Fatty acids, total monounsaturated	g	1.640	0.705
Fatty acids, total polyunsaturated	g	1.360	0.585
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Other			
Caffeine	mg	0	0