

Basic Report 08602, Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan

Report Date: January 29, 2015 19:23 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	0.75 cup (1 NLEA serving) 30g
Proximates			
Water	g	3.00	0.90
Energy	kcal	375	112
Protein	g	7.50	2.25
Total lipid (fat)	g	6.00	1.80
Carbohydrate, by difference	g	81.20	24.36
Fiber, total dietary	g	10.3	3.1
Sugars, total	g	24.00	7.20
Minerals			
Calcium, Ca	mg	30	9
Iron, Fe	mg	27.00	8.10
Magnesium, Mg	mg	67	20
Phosphorus, P	mg	191	57
Potassium, K	mg	267	80
Sodium, Na	mg	650	195
Zinc, Zn	mg	1.50	0.45
Vitamins			
Vitamin C, total ascorbic acid	mg	70.0	21.0
Thiamin	mg	1.750	0.525
Riboflavin	mg	1.980	0.594
Niacin	mg	23.300	6.990
Vitamin B-6	mg	2.330	0.699
Folate, DFE	µg	781	234
Vitamin B-12	µg	7.00	2.10
Vitamin A, RAE	µg	750	225
Vitamin A, IU	IU	2500	750
Vitamin E (alpha-tocopherol)	mg	0.44	0.13

Nutrient	Unit	1	0.75 cup (1 NLEA serving)
		Value Per100 g	30g
Vitamin D (D2 + D3)	µg	3.3	1.0
Vitamin D	IU	133	40
Vitamin K (phylloquinone)	µg	0.9	0.3
Lipids			
Fatty acids, total saturated	g	0.700	0.210
Fatty acids, total monounsaturated	g	2.800	0.840
Fatty acids, total polyunsaturated	g	2.100	0.630
Cholesterol	mg	0	0
Other			
Caffeine	mg	0	0