

Basic Report 08645, Cereals ready-to-eat, BEAR NAKED Nut Cluster Crunch, honey almond

Report Date: February 01, 2015 17:44 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	0.75 cup (1 NLEA serving) 49g
Proximates			
Water	g	3.00	1.47
Energy	kcal	369	181
Protein	g	8.90	4.36
Total lipid (fat)	g	3.10	1.52
Carbohydrate, by difference	g	82.50	40.42
Fiber, total dietary	g	6.2	3.0
Sugars, total	g	22.10	10.83
Minerals			
Calcium, Ca	mg	27	13
Iron, Fe	mg	0.50	0.24
Magnesium, Mg	mg	11	5
Phosphorus, P	mg	47	23
Potassium, K	mg	225	110
Sodium, Na	mg	440	216
Zinc, Zn	mg	0.10	0.05
Vitamins			
Thiamin	mg	0.010	0.005
Riboflavin	mg	0.040	0.020
Niacin	mg	0.200	0.098
Vitamin B-6	mg	0.010	0.005
Folate, DFE	µg	2	1
Vitamin E (alpha-tocopherol)	mg	0.45	0.22
Lipids			
Fatty acids, total saturated	g	0.200	0.098
Fatty acids, total monounsaturated	g	1.400	0.686
Fatty acids, total polyunsaturated	g	0.600	0.294

Nutrient	Unit	1	0.75 cup (1 NLEA serving)	
		Value	49g	
		Per100 g		
Cholesterol	mg	0		0