

**Basic Report 08646, Cereals ready-to-eat, BEAR NAKED Nut Cluster Crunch, maple pecan walnut**

Report Date: January 27, 2015 17:59 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 Cup (1 NLEA serving) 56g
<b>Proximates</b>			
Water	g	3.00	1.68
Energy	kcal	374	209
Protein	g	8.50	4.76
Total lipid (fat)	g	3.50	1.96
Carbohydrate, by difference	g	83.09	46.53
Fiber, total dietary	g	6.0	3.4
Sugars, total	g	22.60	12.66
<b>Minerals</b>			
Calcium, Ca	mg	20	11
Iron, Fe	mg	0.40	0.22
Magnesium, Mg	mg	6	3
Phosphorus, P	mg	40	22
Potassium, K	mg	216	121
Sodium, Na	mg	442	248
Zinc, Zn	mg	0.20	0.11
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.010	0.006
Riboflavin	mg	0.050	0.028
Niacin	mg	0.300	0.168
Vitamin B-6	mg	0.010	0.006
Folate, DFE	µg	2	1
Vitamin A, IU	IU	2	1
<b>Lipids</b>			
Fatty acids, total saturated	g	0.300	0.168
Fatty acids, total monounsaturated	g	0.690	0.386

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 Cup (1 NLEA serving) 56g</b>
Fatty acids, total polyunsaturated	g	1.500	0.840
Cholesterol	mg	0	0