

Basic Report 08681, Cereals ready-to-eat, CASCADIAN FARM, Cinnamon Crunch

Report Date: January 31, 2015 12:40 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	2.09	0.56
Energy	kcal	407	110
Protein	g	5.69	1.54
Total lipid (fat)	g	8.50	2.30
Carbohydrate, by difference	g	81.59	22.03
Fiber, total dietary	g	11.0	3.0
Sugars, total	g	31.00	8.37
Minerals			
Calcium, Ca	mg	0	0
Iron, Fe	mg	2.70	0.73
Magnesium, Mg	mg	0	0
Phosphorus, P	mg	148	40
Potassium, K	mg	237	64
Sodium, Na	mg	380	103
Zinc, Zn	mg	0.00	0.00
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.100	0.027
Riboflavin	mg	0.000	0.000
Niacin	mg	1.500	0.405
Vitamin B-6	mg	0.000	0.000
Vitamin B-12	µg	0.00	0.00
Vitamin A, IU	IU	0	0
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0

Lipids

Nutrient	Unit	1	0.75 cup (1 NLEA serving)
		Value Per100 g	27g
Fatty acids, total saturated	g	1.000	0.270
Fatty acids, total monounsaturated	g	5.700	1.539
Fatty acids, total polyunsaturated	g	1.500	0.405
Cholesterol	mg	0	0