

Basic Report 08693, Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry

Report Date: January 29, 2015 17:23 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 package (1 NLEA serving) 73g
Proximates			
Water	g	6.59	4.81
Energy	kcal	394	288
Protein	g	12.02	8.77
Total lipid (fat)	g	11.02	8.04
Carbohydrate, by difference	g	66.73	48.71
Fiber, total dietary	g	7.1	5.2
Sugars, total	g	26.34	19.23
Minerals			
Calcium, Ca	mg	132	96
Iron, Fe	mg	2.99	2.18
Magnesium, Mg	mg	103	75
Phosphorus, P	mg	333	243
Potassium, K	mg	501	366
Sodium, Na	mg	181	132
Zinc, Zn	mg	2.14	1.56
Vitamins			
Vitamin C, total ascorbic acid	mg	0.7	0.5
Thiamin	mg	0.334	0.244
Riboflavin	mg	0.250	0.182
Niacin	mg	1.330	0.971
Vitamin B-6	mg	0.231	0.169
Vitamin B-12	µg	0.21	0.15
Vitamin A, IU	IU	45	33
Vitamin E (alpha-tocopherol)	mg	0.50	0.36
Lipids			
Fatty acids, total saturated	g	1.387	1.013

Nutrient	Unit	1 Value Per100 g	1 package (1 NLEA serving) 73g
Fatty acids, total monounsaturated	g	5.695	4.157
Fatty acids, total polyunsaturated	g	3.147	2.297
Cholesterol	mg	1	1