

## Basic Report 08013, Cereals ready-to-eat, GENERAL MILLS, CHEERIOS

Report Date: July 23, 2019 18:37 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup (1 NLEA serving) 28g
<b>Proximates</b>			
Water	g	3.76	1.05
Energy	kcal	372	104
Protein	g	12.40	3.47
Total lipid (fat)	g	6.60	1.85
Carbohydrate, by difference	g	73.20	20.50
Fiber, total dietary	g	10.1	2.8
Sugars, total	g	4.50	1.26
<b>Minerals</b>			
Calcium, Ca	mg	357	100
Iron, Fe	mg	28.90	8.09
Magnesium, Mg	mg	114	32
Phosphorus, P	mg	357	100
Potassium, K	mg	633	177
Sodium, Na	mg	497	139
Zinc, Zn	mg	13.40	3.75
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	21.4	6.0
Thiamin	mg	1.300	0.364
Riboflavin	mg	0.100	0.028
Niacin	mg	17.900	5.012
Vitamin B-6	mg	1.790	0.501
Folate, DFE	µg	1198	335
Vitamin B-12	µg	6.77	1.90
Vitamin A, RAE	µg	990	277
Vitamin A, IU	IU	3299	924
Vitamin E (alpha-tocopherol)	mg	0.41	0.11

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Vitamin D (D2 + D3)	µg	3.6	1.0
Vitamin D	IU	143	40
Vitamin K (phylloquinone)	µg	2.0	0.6
<b>Lipids</b>			
Fatty acids, total saturated	g	1.600	0.448
Fatty acids, total monounsaturated	g	2.300	0.644
Fatty acids, total polyunsaturated	g	2.400	0.672
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0