

Basic Report 08102, Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry

Report Date: July 19, 2019 19:07 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tbsp 10.6g	3.0 tbsp (1 NLEA serving) 33g	1 cup 173g
Proximates					
Water	g	10.90	1.16	3.60	18.86
Energy	kcal	370	39	122	640
Protein	g	10.50	1.11	3.46	18.16
Total lipid (fat)	g	1.50	0.16	0.49	2.60
Carbohydrate, by difference	g	76.50	8.11	25.25	132.34
Fiber, total dietary	g	3.8	0.4	1.3	6.6
Sugars, total	g	0.20	0.02	0.07	0.35
Minerals					
Calcium, Ca	mg	606	64	200	1048
Iron, Fe	mg	28.60	3.03	9.44	49.48
Magnesium, Mg	mg	27	3	9	47
Phosphorus, P	mg	115	12	38	199
Potassium, K	mg	120	13	40	208
Sodium, Na	mg	7	1	2	12
Zinc, Zn	mg	0.88	0.09	0.29	1.52
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.500	0.053	0.165	0.865
Riboflavin	mg	0.200	0.021	0.066	0.346
Niacin	mg	4.200	0.445	1.386	7.266
Vitamin B-6	mg	0.108	0.011	0.036	0.187
Folate, DFE	µg	182	19	60	315
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0	0
Vitamin A, IU	IU	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.11	0.01	0.04	0.19

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	0.5	0.1	0.2	0.9
Lipids					
Fatty acids, total saturated	g	0.238	0.025	0.079	0.412
Fatty acids, total monounsaturated	g	0.205	0.022	0.068	0.355
Fatty acids, total polyunsaturated	g	0.829	0.088	0.274	1.434
Cholesterol	mg	0	0	0	0
Amino Acids					
Other					
Caffeine	mg	0	0	0	0