

**Basic Report 08121, Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt**

Report Date: July 20, 2019 06:27 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 234g	1 tbsp 14.6g	0.75 cup 175g
<b>Proximates</b>					
Water	g	83.61	195.65	12.21	146.32
Energy	kcal	71	166	10	124
Protein	g	2.54	5.94	0.37	4.45
Total lipid (fat)	g	1.52	3.56	0.22	2.66
Carbohydrate, by difference	g	12.00	28.08	1.75	21.00
Fiber, total dietary	g	1.7	4.0	0.2	3.0
Sugars, total	g	0.27	0.63	0.04	0.47
<b>Minerals</b>					
Calcium, Ca	mg	9	21	1	16
Iron, Fe	mg	0.90	2.11	0.13	1.57
Magnesium, Mg	mg	27	63	4	47
Phosphorus, P	mg	77	180	11	135
Potassium, K	mg	70	164	10	122
Sodium, Na	mg	4	9	1	7
Zinc, Zn	mg	1.00	2.34	0.15	1.75
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.076	0.178	0.011	0.133
Riboflavin	mg	0.016	0.037	0.002	0.028
Niacin	mg	0.225	0.526	0.033	0.394
Vitamin B-6	mg	0.005	0.012	0.001	0.009
Folate, DFE	µg	6	14	1	10
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	0.08	0.19	0.01	0.14

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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	0.3	0.7	0.0	0.5
<b>Lipids</b>					
Fatty acids, total saturated	g	0.310	0.725	0.045	0.542
Fatty acids, total monounsaturated	g	0.435	1.018	0.064	0.761
Fatty acids, total polyunsaturated	g	0.559	1.308	0.082	0.978
Fatty acids, total trans	g	0.001	0.002	0.000	0.002
Cholesterol	mg	0	0	0	0
<b>Amino Acids</b>					
<b>Other</b>					
Caffeine	mg	0	0	0	0