

## Basic Report 08142, Cereals, WHEATENA, dry

Report Date: August 16, 2017 23:48 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.33 cup (1 NLEA serving) 40g	1 cup 141g	0.25 cup 35g
<b>Proximates</b>					
Water	g	6.50	2.60	9.16	2.27
Energy	kcal	357	143	503	125
Protein	g	13.10	5.24	18.47	4.58
Total lipid (fat)	g	2.90	1.16	4.09	1.01
Carbohydrate, by difference	g	75.60	30.24	106.60	26.46
Fiber, total dietary	g	12.8	5.1	18.0	4.5
Sugars, total	g	1.60	0.64	2.26	0.56
<b>Minerals</b>					
Calcium, Ca	mg	500	200	705	175
Iron, Fe	mg	3.57	1.43	5.03	1.25
Magnesium, Mg	mg	130	52	183	46
Phosphorus, P	mg	384	154	541	134
Potassium, K	mg	492	197	694	172
Sodium, Na	mg	13	5	18	5
Zinc, Zn	mg	4.41	1.76	6.22	1.54
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.070	0.028	0.099	0.025
Riboflavin	mg	0.140	0.056	0.197	0.049
Niacin	mg	3.520	1.408	4.963	1.232
Vitamin B-6	mg	0.120	0.048	0.169	0.042
Folate, DFE	µg	59	24	83	21
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	1	0	1	0
Vitamin A, IU	IU	22	9	31	8
Vitamin E (alpha-tocopherol)	mg	3.44	1.38	4.85	1.20

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Vitamin K (phylloquinone)	µg	2.3	0.9	3.2	0.8
<b>Lipids</b>					
Fatty acids, total saturated	g	0.430	0.172	0.606	0.150
Fatty acids, total monounsaturated	g	0.410	0.164	0.578	0.143
Fatty acids, total polyunsaturated	g	1.460	0.584	2.059	0.511
Cholesterol	mg	0	0	0	0
<b>Amino Acids</b>					
<b>Other</b>					
Caffeine	mg	0	0	0	0