

Basic Report 08145, Cereals, whole wheat hot natural cereal, cooked with water, without salt

Report Date: November 20, 2017 21:39 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 242g	0.75 cup 182g
Proximates				
Water	g	83.60	202.31	152.15
Energy	kcal	62	150	113
Protein	g	2.00	4.84	3.64
Total lipid (fat)	g	0.40	0.97	0.73
Carbohydrate, by difference	g	13.70	33.15	24.93
Fiber, total dietary	g	1.6	3.9	2.9
Sugars, total	g	0.08	0.19	0.15
Minerals				
Calcium, Ca	mg	7	17	13
Iron, Fe	mg	0.62	1.50	1.13
Magnesium, Mg	mg	22	53	40
Phosphorus, P	mg	69	167	126
Potassium, K	mg	71	172	129
Sodium, Na	mg	0	0	0
Zinc, Zn	mg	0.48	1.16	0.87
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.070	0.169	0.127
Riboflavin	mg	0.050	0.121	0.091
Niacin	mg	0.890	2.154	1.620
Vitamin B-6	mg	0.073	0.177	0.133
Folate, DFE	µg	14	34	25
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.24	0.58	0.44

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Vitamin K (phylloquinone)	µg	0.4	1.0	0.7
Lipids				
Fatty acids, total saturated	g	0.060	0.145	0.109
Fatty acids, total monounsaturated	g	0.057	0.138	0.104
Fatty acids, total polyunsaturated	g	0.202	0.489	0.368
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0