

Basic Report 08218, Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins

Report Date: May 26, 2017 07:00 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.5 cup (1 NLEA serving) 51g
Proximates			
Water	g	3.39	1.73
Energy	kcal	412	210
Protein	g	9.66	4.93
Total lipid (fat)	g	10.38	5.29
Carbohydrate, by difference	g	74.67	38.08
Fiber, total dietary	g	9.4	4.8
Sugars, total	g	24.63	12.56
Minerals			
Calcium, Ca	mg	101	52
Iron, Fe	mg	2.69	1.37
Magnesium, Mg	mg	110	56
Phosphorus, P	mg	357	182
Potassium, K	mg	501	256
Sodium, Na	mg	54	28
Zinc, Zn	mg	2.64	1.35
Vitamins			
Vitamin C, total ascorbic acid	mg	0.5	0.3
Thiamin	mg	0.379	0.193
Riboflavin	mg	0.260	0.133
Niacin	mg	2.120	1.081
Vitamin B-6	mg	0.229	0.117
Folate, DFE	µg	33	17
Vitamin B-12	µg	0.15	0.08
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	8	4
Vitamin E (alpha-tocopherol)	mg	1.15	0.59

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Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	6.5	3.3
Lipids			
Fatty acids, total saturated	g	1.120	0.571
Fatty acids, total monounsaturated	g	5.870	2.994
Fatty acids, total polyunsaturated	g	2.390	1.219
Fatty acids, total trans	g	0.001	0.001
Cholesterol	mg	2	1
Amino Acids			
Other			
Caffeine	mg	0	0