

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

Report Date: August 21, 2017 04:33 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.5 cup (1 NLEA serving) 51g
<b>Proximates</b>			
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
<b>Minerals</b>			
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
<b>Vitamins</b>			
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

Nutrient	Unit	1	0.5 cup (1 NLEA serving)
		Value Per100 g	51g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	6.5	3.3
<b>Lipids</b>			
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
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0