

## Basic Report 08561, Cereals, KASHI GO LEAN Hot Cereal, Hearty Honey & Cinnamon, dry

Report Date: July 23, 2017 08:46 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 packet (1 NLEA serving) 40g
<b>Proximates</b>			
Water	g	5.90	2.36
Energy	kcal	367	147
Protein	g	18.39	7.36
Total lipid (fat)	g	5.30	2.12
Carbohydrate, by difference	g	68.00	27.20
Fiber, total dietary	g	12.0	4.8
Sugars, total	g	17.70	7.08
<b>Minerals</b>			
Calcium, Ca	mg	66	26
Iron, Fe	mg	3.70	1.48
Magnesium, Mg	mg	68	27
Phosphorus, P	mg	241	96
Potassium, K	mg	586	234
Sodium, Na	mg	273	109
Zinc, Zn	mg	0.89	0.36
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	1.0	0.4
Thiamin	mg	0.230	0.092
Riboflavin	mg	0.070	0.028
Niacin	mg	1.100	0.440
Vitamin B-6	mg	0.050	0.020
Folate, DFE	µg	11	4
Vitamin A, IU	IU	12	5
<b>Lipids</b>			
Fatty acids, total saturated	g	0.800	0.320
Fatty acids, total monounsaturated	g	1.790	0.716

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Fatty acids, total polyunsaturated	g	2.000	0.800
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0

**Amino Acids**

**Other**