

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

Report Date: May 30, 2017 05:09 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 packet (1 NLEA serving) 40g
Proximates			
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
Minerals			
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
Vitamins			
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
Lipids			
Fatty acids, total saturated	g	0.800	0.320
Fatty acids, total monounsaturated	g	1.790	0.716

Nutrient	Unit	1 Value Per100 g	1 packet (1 NLEA serving) 40g
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