

Basic Report 08576, Cereals, CREAM OF WHEAT, 1 minute cook time, dry

Report Date: November 20, 2017 10:38 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 tablespoon (1 serving) 33g	1 tbsp 13.7g	1 cup 194g
Proximates					
Water	g	11.41	3.77	1.56	22.14
Energy	kcal	359	118	49	696
Protein	g	11.77	3.88	1.61	22.83
Total lipid (fat)	g	1.47	0.49	0.20	2.85
Carbohydrate, by difference	g	72.63	23.97	9.95	140.90
Fiber, total dietary	g	4.4	1.5	0.6	8.5
Sugars, total	g	0.51	0.17	0.07	0.99
Minerals					
Calcium, Ca	mg	801	264	110	1554
Iron, Fe	mg	29.75	9.82	4.08	57.72
Magnesium, Mg	mg	45	15	6	87
Phosphorus, P	mg	167	55	23	324
Potassium, K	mg	151	50	21	293
Sodium, Na	mg	7	2	1	14
Zinc, Zn	mg	1.35	0.45	0.18	2.62
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.740	0.244	0.101	1.436
Riboflavin	mg	0.375	0.124	0.051	0.728
Niacin	mg	6.075	2.005	0.832	11.785
Vitamin B-6	mg	0.092	0.030	0.013	0.178
Vitamin E (alpha-tocopherol)	mg	0.31	0.10	0.04	0.60
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0
Lipids					
Fatty acids, total saturated	g	0.295	0.097	0.040	0.572
Fatty acids, total monounsaturated	g	0.183	0.060	0.025	0.355

Nutrient	Unit	1 Value Per100 g	3.0 tablespoon (1 serving) 33g	1 tbsp 13.7g	1 cup 194g
Fatty acids, total polyunsaturated	g	0.849	0.280	0.116	1.647
Fatty acids, total trans	g	0.000	0.000	0.000	0.000

Amino Acids

Other