

## Basic Report 08671, Cereals ready-to-eat, GENERAL MILLS, Dulce De Leche CHEERIOS

Report Date: August 16, 2017 17:45 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.75 cup (1 NLEA serving) 27g
<b>Proximates</b>			
Water	g	2.20	0.59
Energy	kcal	378	102
Protein	g	6.50	1.75
Total lipid (fat)	g	5.69	1.54
Carbohydrate, by difference	g	82.00	22.14
Fiber, total dietary	g	7.3	2.0
Sugars, total	g	20.89	5.64
<b>Minerals</b>			
Calcium, Ca	mg	370	100
Iron, Fe	mg	33.29	8.99
Magnesium, Mg	mg	59	16
Phosphorus, P	mg	222	60
Potassium, K	mg	272	73
Sodium, Na	mg	509	137
Zinc, Zn	mg	13.89	3.75
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	55.6	15.0
Thiamin	mg	1.390	0.375
Riboflavin	mg	1.600	0.432
Niacin	mg	18.500	4.995
Vitamin B-6	mg	1.850	0.500
Vitamin B-12	µg	5.59	1.51
Vitamin A, IU	IU	1852	500
Vitamin D (D2 + D3)	µg	3.7	1.0
Vitamin D	IU	148	40

### Lipids

Nutrient	Unit	1	0.75 cup (1 NLEA serving)
		Value Per100 g	27g
Fatty acids, total saturated	g	1.000	0.270
Fatty acids, total monounsaturated	g	1.890	0.510
Fatty acids, total polyunsaturated	g	2.700	0.729
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0

**Amino Acids**

**Other**