

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

Report Date: May 22, 2017 17:23 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.75 cup (1 NLEA serving) 27g
Proximates			
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
Minerals			
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
Vitamins			
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 Value Per100 g	0.75 cup (1 NLEA serving) 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