

Basic Report 08682, Cereals ready-to-eat, GENERAL MILLS, Multi Grain CHEERIOS, Peanut Butter

Report Date: February 24, 2018 11:01 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.75 cup (1 NLEA serving) 28g
Proximates			
Water	g	2.00	0.56
Energy	kcal	390	109
Protein	g	6.80	1.90
Total lipid (fat)	g	6.19	1.73
Carbohydrate, by difference	g	82.00	22.96
Fiber, total dietary	g	6.0	1.7
Sugars, total	g	32.50	9.10
Minerals			
Calcium, Ca	mg	357	100
Iron, Fe	mg	28.89	8.09
Magnesium, Mg	mg	57	16
Phosphorus, P	mg	214	60
Potassium, K	mg	297	83
Sodium, Na	mg	447	125
Zinc, Zn	mg	13.39	3.75
Vitamins			
Vitamin C, total ascorbic acid	mg	21.4	6.0
Thiamin	mg	1.290	0.361
Riboflavin	mg	1.500	0.420
Niacin	mg	17.890	5.009
Vitamin B-6	mg	1.780	0.498
Vitamin B-12	µg	5.40	1.51
Vitamin A, IU	IU	1786	500
Vitamin D (D2 + D3)	µg	3.6	1.0
Vitamin D	IU	143	40
Lipids			

Nutrient	Unit	1	0.75 cup (1 NLEA serving)
		Value Per100 g	28g
Fatty acids, total saturated	g	0.890	0.249
Fatty acids, total monounsaturated	g	2.700	0.756
Fatty acids, total polyunsaturated	g	2.290	0.641
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0

Amino Acids

Other