

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

Report Date: November 23, 2017 11:58 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