

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

Report Date: September 26, 2017 16:10 EDT

Nutrient values and weights are for edible portion.

| Nutrient                       | Unit | 1<br>Value<br>Per100 g | 0.75 cup (1 NLEA serving)<br>28g |
|--------------------------------|------|------------------------|----------------------------------|
| <b>Proximates</b>              |      |                        |                                  |
| 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                             |
| <b>Minerals</b>                |      |                        |                                  |
| 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                             |
| <b>Vitamins</b>                |      |                        |                                  |
| 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                               |
| <b>Lipids</b>                  |      |                        |                                  |

| Nutrient                           | Unit | 1                 | 0.75 cup (1 NLEA serving) |
|------------------------------------|------|-------------------|---------------------------|
|                                    |      | Value<br>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**