

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

Report Date: May 29, 2017 16:42 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.75 cup (1 NLEA serving) 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 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**