

## Basic Report 08700, Cereals ready-to-eat, KELLOGG RAISIN BRAN with Omega-3 from flaxseed

Report Date: February 20, 2018 04:11 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 Cup (1 NLEA serving) 53g
<b>Proximates</b>			
Water	g	5.69	3.02
Energy	kcal	349	185
Protein	g	7.30	3.87
Total lipid (fat)	g	2.50	1.32
Carbohydrate, by difference	g	82.69	43.83
Fiber, total dietary	g	9.6	5.1
Sugars, total	g	31.29	16.58
<b>Minerals</b>			
Calcium, Ca	mg	39	21
Iron, Fe	mg	8.50	4.50
Magnesium, Mg	mg	96	51
Phosphorus, P	mg	235	125
Potassium, K	mg	262	139
Sodium, Na	mg	355	188
Zinc, Zn	mg	2.79	1.48
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	2.0	1.1
Thiamin	mg	0.700	0.371
Riboflavin	mg	0.800	0.424
Niacin	mg	9.390	4.977
Vitamin B-6	mg	0.930	0.493
Vitamin B-12	µg	3.00	1.59
Vitamin A, IU	IU	943	500
Vitamin D (D2 + D3)	µg	1.9	1.0
Vitamin D	IU	75	40

### Lipids

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 Cup (1 NLEA serving) 53g</b>
Fatty acids, total saturated	g	0.300	0.159
Fatty acids, total monounsaturated	g	0.400	0.212
Fatty acids, total polyunsaturated	g	1.500	0.795
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0

**Amino Acids**

**Other**