

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

Report Date: August 16, 2017 17:28 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 Cup (1 NLEA serving) 53g
Proximates			
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
Minerals			
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
Vitamins			
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

Nutrient	Unit	1 Value Per100 g	1 Cup (1 NLEA serving) 53g
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