

Basic Report 08701, Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Multi-grain

Report Date: October 24, 2017 01:45 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 Cup (1 NLEA serving) 31g
Proximates			
Water	g	3.00	0.93
Energy	kcal	364	113
Protein	g	7.59	2.35
Total lipid (fat)	g	1.29	0.40
Carbohydrate, by difference	g	86.59	26.84
Fiber, total dietary	g	9.6	3.0
Sugars, total	g	20.70	6.42
Minerals			
Calcium, Ca	mg	36	11
Iron, Fe	mg	29.00	8.99
Magnesium, Mg	mg	63	20
Phosphorus, P	mg	200	62
Potassium, K	mg	250	78
Sodium, Na	mg	606	188
Zinc, Zn	mg	1.70	0.53
Vitamins			
Vitamin C, total ascorbic acid	mg	68.0	21.1
Thiamin	mg	1.690	0.524
Riboflavin	mg	1.910	0.592
Niacin	mg	22.600	7.006
Vitamin B-6	mg	2.250	0.698
Vitamin B-12	µg	7.00	2.17
Vitamin A, IU	IU	2419	750
Vitamin D (D2 + D3)	µg	3.2	1.0
Vitamin D	IU	129	40

Lipids

Nutrient	Unit	1 Value Per100 g	1 Cup (1 NLEA serving) 31g
Fatty acids, total saturated	g	0.300	0.093
Fatty acids, total monounsaturated	g	0.100	0.031
Fatty acids, total polyunsaturated	g	0.690	0.214
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0

Amino Acids

Other