

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

Report Date: August 21, 2017 04:34 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 Cup (1 NLEA serving) 31g
<b>Proximates</b>			
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
<b>Minerals</b>			
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
<b>Vitamins</b>			
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

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 Cup (1 NLEA serving) 31g</b>
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**