

Full Report (All Nutrients) 45333820, Chex Mix Traditional Snack Mix, UNPREPARED, GTIN: 00016000122505

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Report Date: September 21, 2019 20:08 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer GENERAL MILLS SALES INC.

Nutrient	Unit	Data points	Std. Error	1 pouch (49g) 49g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	210	429
Protein	g	--	--	4.00	8.16
Total lipid (fat)	g	--	--	6.00	12.24
Carbohydrate, by difference	g	--	--	37.00	75.51
Fiber, total dietary	g	--	--	3.0	6.1
Sugars, total	g	--	--	3.00	6.12
Minerals					
Calcium, Ca	mg	--	--	0	0
Iron, Fe	mg	--	--	1.20	2.45
Potassium, K	mg	--	--	100	204
Sodium, Na	mg	--	--	370	755
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	0.0	0.0
Vitamin A, IU	IU	--	--	0	0
Vitamin D	IU	--	--	0	0
Lipids					
Fatty acids, total saturated	g	--	--	1.000	2.040
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0

Amino Acids
Other
Ingredients

WHOLE WHEAT, DEGERMED YELLOW CORN MEAL, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (SOYBEAN,

CANOLA, AND/OR RICE BRAN), SUGAR. CONTAINS 2% OR LESS OF: SALT, RYE FLOUR, MALTODEXTRIN, YEAST, SPICES, COLOR ADDED, DEXTROSE, DISTILLED MONOGLYCERIDES, BAKING SODA, TRISODIUM PHOSPHATE, YELLOW CORN FLOUR, CALCIUM CARBONATE, AUTOLYZED YEAST, DRIED ONION, DRIED GARLIC, HYDROLYZED SOY PROTEIN, BARLEY MALT SYRUP, CITRIC ACID, DISODIUM INOSINATE, DISODIUM GUANYLATE, NATURAL FLAVOR. FRESHNESS PRESERVED BY BHT. *Date Available: 06/26/2018 Date Last Updated by Company: 06/26/2018*