

Basic Report 03189, Babyfood, cereal, oatmeal, dry fortified

Report Date: September 15, 2019 12:28 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tbsp 3.2g	0.5 oz 15g	0.25 cup 12.2g	1 box 223g
Proximates						
Water	g	4.56	0.15	0.68	0.56	10.17
Energy	kcal	394	13	59	48	879
Protein	g	10.99	0.35	1.65	1.34	24.51
Total lipid (fat)	g	6.36	0.20	0.95	0.78	14.18
Carbohydrate, by difference	g	73.48	2.35	11.02	8.96	163.86
Fiber, total dietary	g	7.3	0.2	1.1	0.9	16.3
Sugars, total	g	11.67	0.37	1.75	1.42	26.02
Minerals						
Calcium, Ca	mg	1160	37	174	142	2587
Iron, Fe	mg	64.10	2.05	9.61	7.82	142.94
Magnesium, Mg	mg	110	4	16	13	245
Phosphorus, P	mg	506	16	76	62	1128
Potassium, K	mg	549	18	82	67	1224
Sodium, Na	mg	21	1	3	3	47
Zinc, Zn	mg	12.68	0.41	1.90	1.55	28.28
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	1.431	0.046	0.215	0.175	3.191
Riboflavin	mg	1.586	0.051	0.238	0.193	3.537
Niacin	mg	21.348	0.683	3.202	2.604	47.606
Vitamin B-6	mg	0.853	0.027	0.128	0.104	1.902
Folate, DFE	µg	396	13	59	48	883
Vitamin B-12	µg	4.60	0.15	0.69	0.56	10.26
Vitamin A, RAE	µg	0	0	0	0	0
Vitamin A, IU	IU	16	1	2	2	36
Vitamin E (alpha-tocopherol)	mg	12.23	0.39	1.83	1.49	27.27

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Vitamin D (D2 + D3)	µg	12.7	0.4	1.9	1.5	28.3
Vitamin D	IU	510	16	76	62	1137
Vitamin K (phylloquinone)	µg	1.4	0.0	0.2	0.2	3.1
Lipids						
Fatty acids, total saturated	g	0.841	0.027	0.126	0.103	1.875
Fatty acids, total monounsaturated	g	1.564	0.050	0.235	0.191	3.488
Fatty acids, total polyunsaturated	g	1.748	0.056	0.262	0.213	3.898
Fatty acids, total trans	g	0.002	0.000	0.000	0.000	0.004
Cholesterol	mg	0	0	0	0	0
Amino Acids						
Other						
Caffeine	mg	0	0	0	0	0