

Basic Report 08013, Cereals ready-to-eat, GENERAL MILLS, CHEERIOS

Report Date: June 26, 2019 06:03 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup (1 NLEA serving) 28g
Proximates			
Water	g	3.76	1.05
Energy	kcal	372	104
Protein	g	12.40	3.47
Total lipid (fat)	g	6.60	1.85
Carbohydrate, by difference	g	73.20	20.50
Fiber, total dietary	g	10.1	2.8
Sugars, total	g	4.50	1.26
Minerals			
Calcium, Ca	mg	357	100
Iron, Fe	mg	28.90	8.09
Magnesium, Mg	mg	114	32
Phosphorus, P	mg	357	100
Potassium, K	mg	633	177
Sodium, Na	mg	497	139
Zinc, Zn	mg	13.40	3.75
Vitamins			
Vitamin C, total ascorbic acid	mg	21.4	6.0
Thiamin	mg	1.300	0.364
Riboflavin	mg	0.100	0.028
Niacin	mg	17.900	5.012
Vitamin B-6	mg	1.790	0.501
Folate, DFE	µg	1198	335
Vitamin B-12	µg	6.77	1.90
Vitamin A, RAE	µg	990	277
Vitamin A, IU	IU	3299	924
Vitamin E (alpha-tocopherol)	mg	0.41	0.11

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Vitamin D (D2 + D3)	µg	3.6	1.0
Vitamin D	IU	143	40
Vitamin K (phylloquinone)	µg	2.0	0.6
Lipids			
Fatty acids, total saturated	g	1.600	0.448
Fatty acids, total monounsaturated	g	2.300	0.644
Fatty acids, total polyunsaturated	g	2.400	0.672
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0