

Basic Report 08103, Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt

Report Date: September 21, 2019 19:56 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup (1 serving) 251g	1 tbsp 16g
Proximates				
Water	g	87.61	219.90	14.02
Energy	kcal	50	126	8
Protein	g	1.44	3.61	0.23
Total lipid (fat)	g	0.21	0.53	0.03
Carbohydrate, by difference	g	10.52	26.41	1.68
Fiber, total dietary	g	0.5	1.3	0.1
Sugars, total	g	0.03	0.08	0.00
Minerals				
Calcium, Ca	mg	87	218	14
Iron, Fe	mg	3.74	9.39	0.60
Magnesium, Mg	mg	5	13	1
Phosphorus, P	mg	15	38	2
Potassium, K	mg	16	40	3
Sodium, Na	mg	6	15	1
Zinc, Zn	mg	0.13	0.33	0.02
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.055	0.138	0.009
Riboflavin	mg	0.025	0.063	0.004
Niacin	mg	0.520	1.305	0.083
Vitamin B-6	mg	0.013	0.033	0.002
Folate, DFE	µg	18	45	3
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.02	0.05	0.00

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	0.1	0.3	0.0
Lipids				
Fatty acids, total saturated	g	0.033	0.083	0.005
Fatty acids, total monounsaturated	g	0.028	0.070	0.004
Fatty acids, total polyunsaturated	g	0.114	0.286	0.018
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0