

Basic Report 08204, Cereals ready-to-eat, chocolate-flavored frosted puffed corn

Report Date: July 18, 2019 09:53 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 30g
Proximates			
Water	g	3.42	1.03
Energy	kcal	405	122
Protein	g	3.34	1.00
Total lipid (fat)	g	3.50	1.05
Carbohydrate, by difference	g	87.20	26.16
Fiber, total dietary	g	3.8	1.1
Sugars, total	g	43.70	13.11
Minerals			
Calcium, Ca	mg	70	21
Iron, Fe	mg	15.87	4.76
Magnesium, Mg	mg	36	11
Phosphorus, P	mg	141	42
Potassium, K	mg	176	53
Sodium, Na	mg	534	160
Zinc, Zn	mg	0.56	0.17
Vitamins			
Vitamin C, total ascorbic acid	mg	52.9	15.9
Thiamin	mg	1.323	0.397
Riboflavin	mg	1.499	0.450
Niacin	mg	17.637	5.291
Vitamin B-6	mg	1.764	0.529
Folate, DFE	µg	587	176
Vitamin B-12	µg	5.29	1.59
Vitamin A, RAE	µg	1324	397
Vitamin A, IU	IU	4409	1323
Vitamin E (alpha-tocopherol)	mg	0.11	0.03

Nutrient	Unit	1 Value Per100 g	1 cup 30g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.6	0.2
Lipids			
Fatty acids, total saturated	g	0.961	0.288
Fatty acids, total monounsaturated	g	2.079	0.624
Fatty acids, total polyunsaturated	g	0.231	0.069
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	4	1