

Basic Report 08680, Cereals, oats, instant, fortified, maple and brown sugar, dry

Report Date: July 22, 2019 18:42 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 packet 43g
Proximates			
Water	g	6.40	2.75
Energy	kcal	386	166
Protein	g	9.25	3.98
Total lipid (fat)	g	4.73	2.03
Carbohydrate, by difference	g	76.67	32.97
Fiber, total dietary	g	7.2	3.1
Sugars, total	g	30.28	13.02
Minerals			
Calcium, Ca	mg	258	111
Iron, Fe	mg	10.36	4.45
Magnesium, Mg	mg	90	39
Phosphorus, P	mg	305	131
Potassium, K	mg	361	155
Sodium, Na	mg	505	217
Zinc, Zn	mg	1.72	0.74
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	1.069	0.460
Riboflavin	mg	1.002	0.431
Niacin	mg	11.739	5.048
Vitamin B-6	mg	1.464	0.630
Folate, DFE	µg	240	103
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	692	298
Vitamin A, IU	IU	2310	993
Vitamin E (alpha-tocopherol)	mg	0.51	0.22

Nutrient	Unit	1 Value Per100 g	1 packet 43g
Vitamin D (D2 + D3) ^a	µg	0.0	0.0
Vitamin D ^b	IU	0	0
Vitamin K (phylloquinone)	µg	1.4	0.6
Lipids			
Fatty acids, total saturated	g	0.778	0.335
Fatty acids, total monounsaturated	g	1.432	0.616
Fatty acids, total polyunsaturated	g	1.600	0.688
Fatty acids, total trans	g	0.002	0.001
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0

Footnotes

^a Majority of brands are not fortified with vitamin D, but some store brands are fortified at 20% DV (80 IU or 2 mcg/100 g).
^b Majority of brands are not fortified with vitamin D, but some store brands are fortified at 20% DV (80 IU or 2 mcg/100 g).