

Basic Report 14068, Beverages, KELLOGG'S SPECIAL K20 protein powder

Report Date: October 18, 2017 05:07 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 packet 14.5g
Proximates			
Water	g	3.95	0.57
Energy	kcal	380	55
Protein	g	35.20	5.10
Total lipid (fat)	g	0.60	0.09
Carbohydrate, by difference	g	58.40	8.47
Fiber, total dietary	g	37.5	5.4
Sugars, total	g	2.00	0.29
Minerals			
Calcium, Ca	mg	115	17
Iron, Fe	mg	2.00	0.29
Magnesium, Mg	mg	7	1
Phosphorus, P	mg	69	10
Potassium, K	mg	490	71
Sodium, Na	mg	280	41
Zinc, Zn	mg	0.00	0.00
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.000	0.000
Riboflavin	mg	0.000	0.000
Niacin	mg	27.650	4.009
Vitamin B-6	mg	2.800	0.406
Folate, DFE	µg	0	0
Vitamin B-12	µg	8.30	1.20
Vitamin A, RAE	µg	2	0
Vitamin A, IU	IU	8	1
Vitamin E (alpha-tocopherol)	mg	0.00	0.00

Nutrient	Unit	1 Value Per100 g	1 packet 14.5g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0
Lipids			
Fatty acids, total saturated	g	0.236	0.034
Fatty acids, total monounsaturated	g	0.146	0.021
Fatty acids, total polyunsaturated	g	0.400	0.058
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	4	1
Amino Acids			
Other			
Caffeine	mg	0	0