

Full Report (All Nutrients) 45310607, GMILLS APPLE CINN CHEERIOS SWEETENED WHL GRN OAT CEREAL FAMILY SZ, UNPREPARED, GTIN: 00016000484986

 Based on the GS1 Global Data Synchronization Network, [Powered by 1WorldSynch](#)
Report Date: July 24, 2019 01:49 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer: GENERAL MILLS SALES INC.

Nutrient	Unit	Data points	Std. Error	1 cup (28g) 37.33g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	147	393
Protein	g	--	--	2.67	7.14
Total lipid (fat)	g	--	--	2.00	5.36
Carbohydrate, by difference	g	--	--	29.33	78.57
Fiber, total dietary	g	--	--	2.7	7.1
Fiber, soluble	g	--	--	1.5	4.0
Sugars, total	g	--	--	12.00	32.14
Minerals					
Calcium, Ca	mg	--	--	133	357
Iron, Fe	mg	--	--	6.00	16.07
Magnesium, Mg	mg	--	--	32	86
Phosphorus, P	mg	--	--	107	286
Potassium, K	mg	--	--	93	250
Sodium, Na	mg	--	--	147	393
Zinc, Zn	mg	--	--	5.00	13.39
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	8.0	21.4
Thiamin	mg	--	--	0.373	1.000
Riboflavin	mg	--	--	0.567	1.518
Vitamin B-6	mg	--	--	0.667	1.786
Vitamin B-12	µg	--	--	2.00	5.36

Nutrient	Unit	Data points	Std. Error	1 cup (28g) 37.33g	1 Value Per100 g
Vitamin A, IU	IU	--	--		667 1786
Vitamin D	IU	--	--		53 143
Lipids					
Fatty acids, total saturated	g	--	--	0.000	0.000
Fatty acids, total monounsaturated	g	--	--	1.333	3.570
Fatty acids, total polyunsaturated	g	--	--	0.668	1.790
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0

Amino Acids

Other

Ingredients

/ WHOLE GRAIN OATS, SUGAR, OAT BRAN, CORN STARCH, CORN SYRUP, CANOLA OIL, APPLE PUREE CONCENTRATE, SALT, REFINER'S SYRUP, CINNAMON, TRISODIUM PHOSPHATE, VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS. VITAMINS AND MINERALS: CALCIUM CARBONATE, ZINC AND IRON (MINERAL NUTRIENTS), VITAMIN C (SODIUM ASCORBATE), A B VITAMIN (NIACINAMIDE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN A (PALMITATE), A B VITAMIN (FOLIC ACID), VITAMIN B12, VITAMIN D3. *Date Available: 04/26/2018 Date Last Updated by Company: 03/05/2018*