

Full Report (All Nutrients) 45376408, Banana Nut Cheerios Cereal, UNPREPARED, GTIN: 00016000127487

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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	0.75 cup (28g) 28g	1 Value Per100 g
Proximates					
Protein	g	--	--	2.00	7.14
Total lipid (fat)	g	--	--	1.50	5.36
Carbohydrate, by difference	g	--	--	22.00	78.57
Fiber, total dietary	g	--	--	2.0	7.1
Sugars, total	g	--	--	8.00	28.57
Minerals					
Calcium, Ca	mg	--	--	100	357
Iron, Fe	mg	--	--	4.50	16.07
Magnesium, Mg	mg	--	--	24	86
Phosphorus, P	mg	--	--	80	286
Potassium, K	mg	--	--	80	286
Sodium, Na	mg	--	--	120	429
Zinc, Zn	mg	--	--	3.75	13.39
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	6.0	21.4
Thiamin	mg	--	--	0.280	1.000
Riboflavin	mg	--	--	0.425	1.518
Vitamin B-6	mg	--	--	0.500	1.786
Vitamin B-12	µg	--	--	1.50	5.36
Vitamin A, IU	IU	--	--	500	1786
Vitamin D	IU	--	--	40	143

Lipids

Nutrient	Unit	Data points	Std. Error	0.75 cup (28g) 28g	1 Value Per100 g
Fatty acids, total saturated	g	--	--	0.000	0.000
Fatty acids, total monounsaturated	g	--	--	0.501	1.790
Fatty acids, total polyunsaturated	g	--	--	0.501	1.790
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0

Amino Acids

Other

Ingredients

WHOLE GRAIN OATS, SUGAR, CORN STARCH, BROWN SUGAR SYRUP, SALT, CANOLA OIL, BANANA PUREE, CINNAMON, TRISODIUM PHOSPHATE, NATURAL FLAVOR, NATURAL PECAN FLAVOR. 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: 06/20/2018 Date Last Updated by Company: 06/20/2018*