

USDA National Nutrient Database for Standard Reference Release 26

Basic Report 08659, Cereals ready-to-eat, KELLOGG'S FROSTED FLAKES, CHOCO ZUCARITAS

Report Date: January 01, 2014 18:53 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 0.75 cup (1 NLEA serving) 30g	
		Value Per100 g	
Proximates			
Water	g	2.65	0.80
Energy	kcal	387	116
Protein	g	5.10	1.53
Total lipid (fat)	g	3.50	1.05
Carbohydrate, by difference	g	85.10	25.53
Fiber, total dietary	g	1.4	0.4
Sugars, total	g	38.10	11.43
Minerals			
Calcium, Ca	mg	7	2
Iron, Fe	mg	15.00	4.50
Magnesium, Mg	mg	36	11
Phosphorus, P	mg	77	23
Potassium, K	mg	179	54
Sodium, Na	mg	515	154
Zinc, Zn	mg	0.80	0.24
Vitamins			
Vitamin C, total ascorbic acid	mg	20.0	6.0
Thiamin	mg	1.250	0.375
Riboflavin	mg	1.420	0.426
Niacin	mg	16.700	5.010
Vitamin B-6	mg	1.670	0.501
Folate, DFE	µg	553	166
Vitamin B-12	µg	5.00	1.50
Vitamin A, IU	IU	1667	500
Vitamin D (D2 + D3)	µg	3.3	1.0
Vitamin D	IU	133	40
Lipids			
Fatty acids, total saturated	g	2.600	0.780
Fatty acids, total monounsaturated	g	0.600	0.180
Fatty acids, total polyunsaturated	g	0.200	0.060
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0

30 g de producto contiene 11g de azúcar, que es aprox.
 1 cucharada (cuchara de sopa) de azúcar.