



Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes

TOTAL  
40.3  
24.8

Macronutrient profile [gr. of nutrient per 100 gr. food]



Proteins  
Water  
Sugars  
Fibre  
Alcohol  
Lipids  
Other

FIBER  
70  
46.1

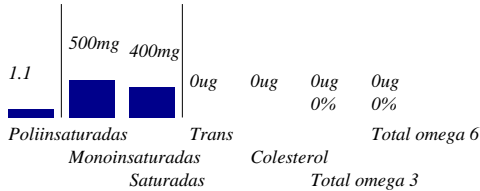
Energy [kcal per 100 gr. food]



318

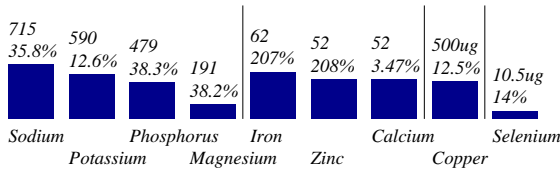
kCALs  
13.8  
12.2  
94.3

Main lipids profile [gr of lipid per 100 gr. food]



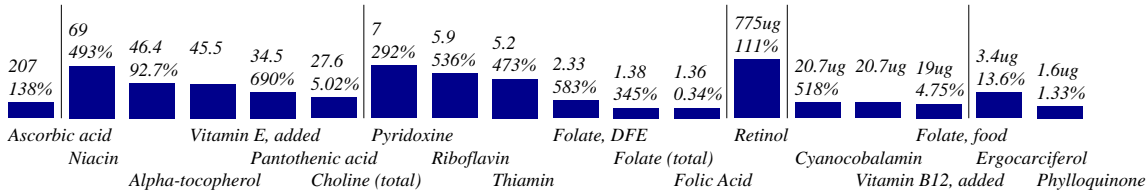
EFA  
0

Mineral and oligoelements profile [mg of mineral per 100 gr. food]



MINER.  
39.4

Vitamin profile [mg of vitamin per 100 gr. food]



VITAM.  
69.9

Phytochemicals profile [mg of nutrient per 100 gr. food]

