



Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL

TOTAL
35.5
21.7

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



Proteins
Water
Sugars
Fibre
Alcohol
Lipids
Other

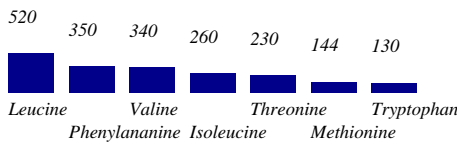
FIBER
36
23.7

Energy [kcal per 100 gr. food]



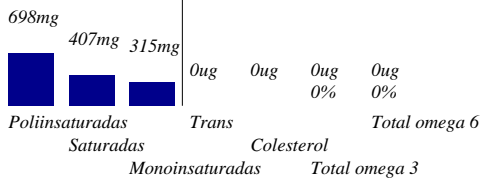
kCALs
14.5
12.8
93.9

Essential aminoacids profile [mg per 100 gr. food]



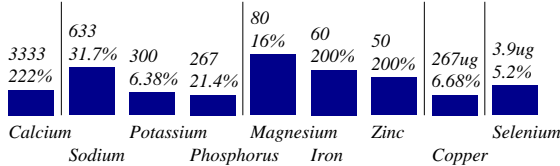
PROTE.
14.5
11.9
100

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



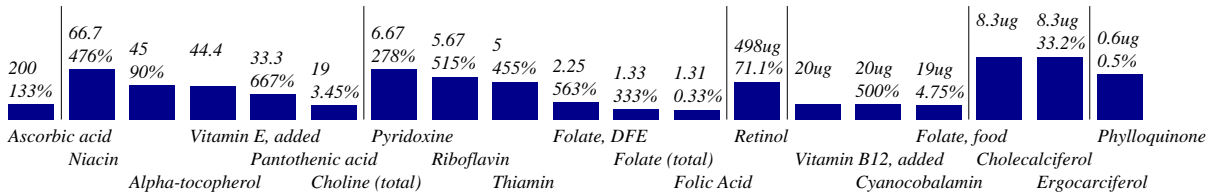
EFA
0

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



MINER.
43

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



VITAM.
69

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

