



Cereals ready-to-eat, **QUAKER, KRETSCHMER Honey Crunch Wheat Germ**

**TOTAL**  
37.1  
22.9

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



■ Proteins  
■ Water  
■ Sugars  
■ Fibre  
■ Alcohol  
■ Lipids  
■ Other

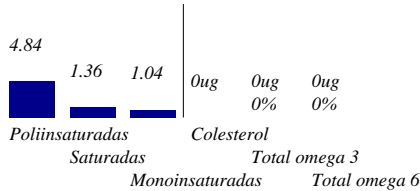
**FIBER**  
40.8  
26.8

**Energy [kcal per 100 gr. food]**



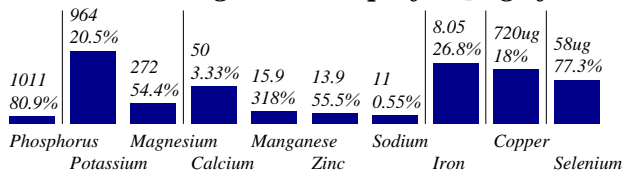
**kCALs**  
16.2  
14.3  
87.5

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



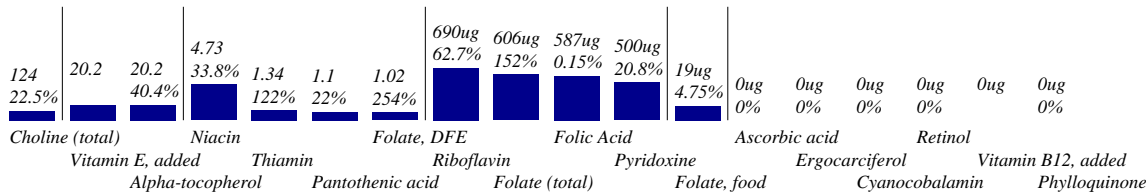
**EFA**  
0

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



**MINER.**  
43.7

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



**VITAM.**  
31.7

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

