



Cereals, oats, instant, fortified, plain, dry

TOTAL 25.6 18.5

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



Proteins Water Sugars Fibre Alcohol Lipids Other

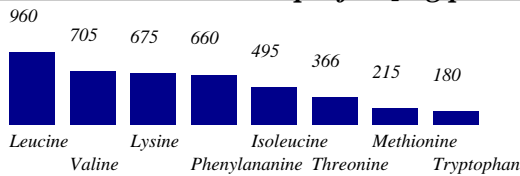
FIBER 40 26.3

Energy [kcal per 100 gr. food]



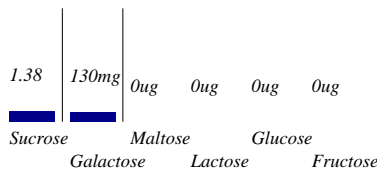
kCALs 16.3 14.4 35.7

Essential aminoacids profile [mg per 100 gr. food]



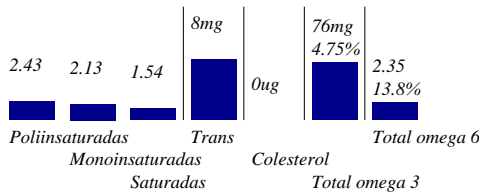
PROTE. 27.7 22.7 100

Sugars profile [gr of sugar per 100 gr. food]



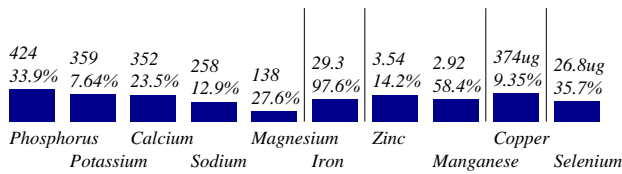
SUGAR 1.2

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



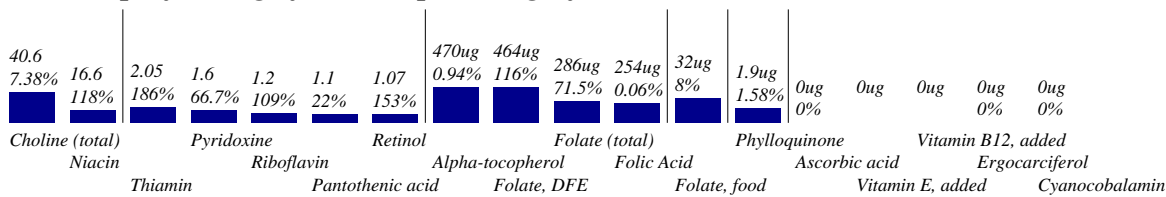
EFA 9.3

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



MINER. 32.1

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



VITAM. 42.4

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

