



Cereals, corn grits, yellow, regular and quick, unenriched, dry

TOTAL
9.1
5.3

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



Proteins
Water
Sugars
Fibre
Alcohol
Lipids
Other

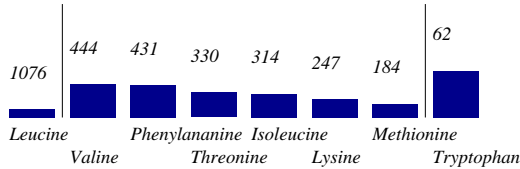
FIBER
6.4
4.2

Energy [kcal per 100 gr. food]



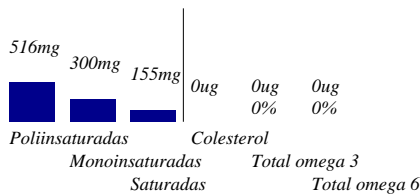
kCALs
16.1
14.3
22.8

Essential aminoacids profile [mg per 100 gr. food]



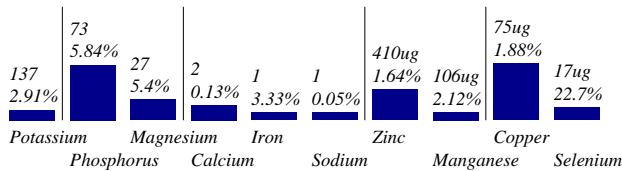
PROTE.
19.1
15.7
55

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



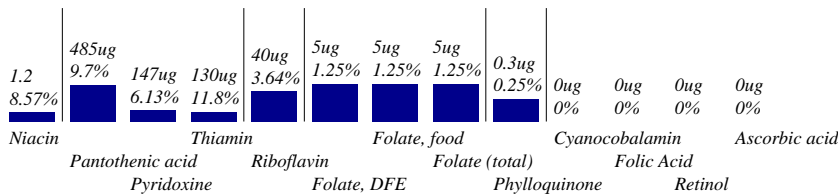
EFA
0

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



MINER.
4.6

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



VITAM.
3.4

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

