



Cereals ready-to-eat, **QUAKER**, **QUAKER 100% Natural Cereal with oats, honey, and raisins**

TOTAL
25.9
12.1

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



Proteins
Water
Sugars
Fibre
Alcohol
Lipids
Other

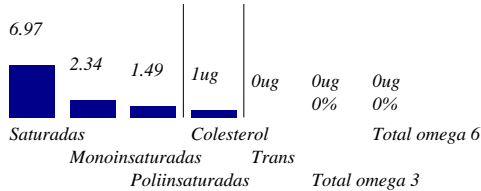
FIBER
26
17.1

Energy [kcal per 100 gr. food]



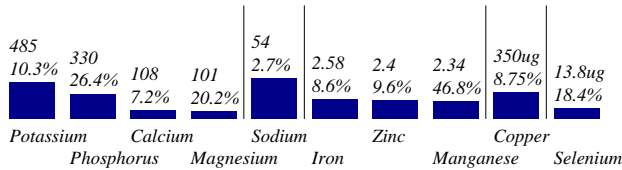
kCALs
18.1
16
95.6

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



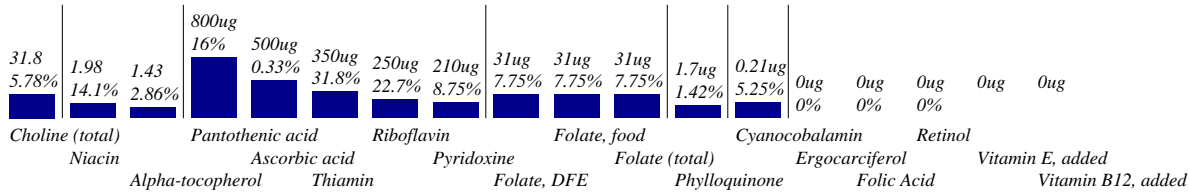
EFA
0

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



MINER.
15.9

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



VITAM.
8.3

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

