



Cereals, QUAKER, oatmeal, instant, low sodium, prepared with water

TOTAL
8.9
5.1

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



- Proteins
- Water
- Sugars
- Fibre
- Alcohol
- Lipids
- Other

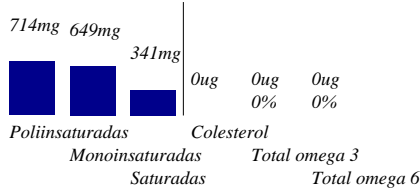
FIBER
9.2
6.1

Energy [kcal per 100 gr. food]

93

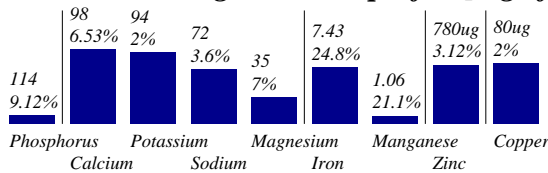
kCALs
4
3.6
25

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



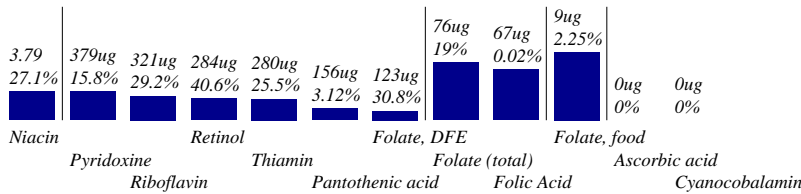
EFA
0

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



MINER.
8.8

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



VITAM.
16.1