



Cereals ready-to-eat, **QUAKER**, Honey Graham bagged cereal

**TOTAL**  
30.2  
17.1

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



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

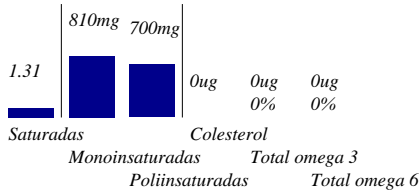
**FIBER**  
11.2  
7.4

Energy [kcal per 100 gr. food]



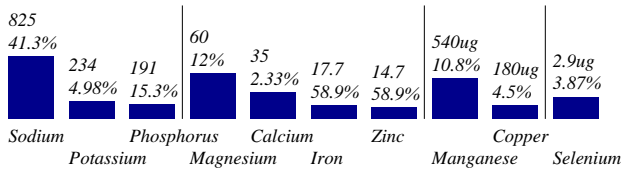
**kCALs**  
17.2  
15.2  
96.2

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



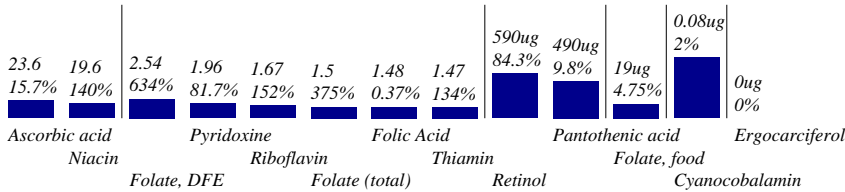
**EFA**  
0

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



**MINER.**  
21.3

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



**VITAM.**  
53.7