

Blevit Rice and fruits

My first fruit cereal



AVERAGE ANALYSIS

Average composition		Per 100 g	Per serving 50 g
Energy Value	kJ	1641	821
	kcal	388	194
Proteins	g	13,7	6,9
Carbohydrates	g	72	36
of which sugars	g	35	17,5
of which added sugars	g	8,6	4,3
Fat	g	4,2	2,1
of which saturated	g	0,7	0,4
of which monounsaturated	g	3	1,5
of which polyunsaturated	g	0,5	0,2
<i>trans fatty acids</i>	g	0	0
Cholesterol	mg	3	1,5
Fiber	g	3,6	1,8

Minerals

Sodium	mg	120	60
Calcium	mg	480	240
Iron	mg	7,5	3,8
Zinc	mg	6,0	3

Vitamins

Vitamin A	µg	370	185
Vitamin D	µg	7,5	3,8
Vitamin E	mg	4	2
Vitamin B ₁	µg	750	375
Vitamin B ₂	µg	500	250
Vitamin B ₆	µg	550	275
Vitamin B ₁₂	µg	0,95	0,5
Vitamin C	mg	40	20
Folic acid	µg	48	24
Pantothenic acid	mg	2,7	1,4
Niacin	mg	6	3
Biotin	µg	25	12,5