

# Blevit Rice

My first cereal



## AVERAGE ANALYSIS

Average composition		Per 100 g	Per serving 50 g
<b>Energy Value</b>	<b>kJ</b>	<b>1667</b>	<b>835</b>
	<b>kcal</b>	<b>394</b>	<b>197</b>
Proteins	g	14,4	7,2
Carbohydrates	g	72	36
of which sugars	g	32	16
of which added sugars	g	9,8	4,9
Fat	g	4,7	2,4
of which saturated	g	0,7	0,4
of which monounsaturated	g	3,4	1,7
of which polyunsaturated	g	0,6	0,3
<i>trans fatty acids</i>	g	0	0
Cholesterol	mg	4	2
Fiber	g	3	1,5

### Minerals

Sodium	mg	120	60
Calcium	mg	500	250
Iron	mg	6,6	3,3
Zinc	mg	5,6	2,8

### Vitamins

Vitamin A	µg	370	185
Vitamin D	µg	7,5	3,8
Vitamin E	mg	4,0	2
Vitamin B1	µg	750	375
Vitamin B2	µg	500	250
Vitamin B6	µg	550	275
Vitamin B12	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