

Heartland - Oat Groats

September 19, 2005

Total Weight: 100.00 g (3.53 oz-wt.)
 Serving Size: 100.00 g (3.53 oz-wt.)
 Serves: 1.00
 Cost: --

Multi-Column

Basic Components

Calories	380.95
Calories from Fat	64.29
Calories from Saturated Fat	10.71
Protein	16.67 g
Carbohydrates	66.67 g
Dietary Fiber	9.52 g
Soluble Fiber	-- g
InSoluble Fiber	-- g
Sugar - Total	2.38 g
Monosaccharides	-- g
Galactose	-- g
Glucose	-- g
Fructose	-- g
Disaccharides	-- g
Lactose	-- g
Sucrose	-- g
Maltose	-- g
Other Carbs	54.76 g
Fat - Total	7.14 g
Saturated Fat	1.19 g
Mono Fat	-- g
Poly Fat	-- g
Trans Fatty Acids	0 g
Cholesterol	0 mg
Water	7.50 g
Ash	2.02 g
KiloJoules	1592.86

Vitamins

Vitamin A IU	0 IU
Vitamin A RAE	0 mcg
Vitamin A RE	0 mcg
A - Carotenoid	0 RE
A - Retinol	0 RE
A - Beta Carotene	0 mcg
Thiamin-B1	0.71 mg
Riboflavin-B2	0.14 mg
Niacin-B3	0.95 mg
Niacin Equiv.	0.95 mg
Vitamin-B6	-- mg
Vitamin-B12	-- mcg
Biotin	-- mcg
Vitamin C	0 mg
Vitamin D IU	-- IU
Vitamin D mcg	-- mcg
Vit E Alpha-Tocopherol	-- mg
Vit E-Alpha Equiv.	-- mg
Vitamin E IU	-- IU

Vitamin E mg	-- mg
Folate	-- mcg
Folate DFE	-- mcg
Vitamin K	-- mcg
Pantothenic Acid	-- mg

Minerals

Boron	-- mcg
Calcium	47.62 mg
Chloride	-- mg
Chromium	-- mcg
Copper	-- mg
Fluoride	-- mg
Iodine	-- mcg
Iron	4.29 mg
Magnesium	-- mg
Manganese	-- mg
Molybdenum	-- mcg
Phosphorus	476.19 mg
Potassium	428.57 mg
Selenium	-- mcg
Sodium	0 mg
Zinc	-- mg

Saturated Fats

4:0-Butyric	-- g
6:0-Caproic	-- g
8:0-Caprylic	-- g
10:0-Capric	-- g
12:0-Lauric	-- g
14:0-Myristic	-- g
15:0-Pentadecanoic	-- g
16:0-Palmitic	-- g
17:0-Margaric	-- g
18:0-Stearic	-- g
20:0-Arachidic	-- g
22:0-Behenate	-- g
24:0-Lignoceric	-- g

Mono Fats

14:1-Myristol	-- g
15:1-Pentadecenoic	-- g
16:1-Palmitol	-- g
17:1-Heptadecenoic	-- g
18:1-Oleic	-- g
20:1-Eicosen	-- g
22:1-Erucic	-- g
24:1-Nervonic	-- g

Poly Fats

18:2-Linoleic	-- g
18:3-Linolenic	-- g

18:4-Stearidon	-- g
20:3-Eicosatrienoic	-- g
20:4-Arachidon	-- g
20:5-EPA	-- g
22:5-DPA	-- g
22:6-DHA	-- g

Other Fats

Omega 3 Fatty Acids	-- g
Omega 6 Fatty Acids	-- g

Amino Acids

Alanine	-- g
Arginine	-- g
Aspartate	-- g
Cystine	-- g
Glutamate	-- g
Glycine	-- g
Histidine	-- g
Isolucine	-- g
Leucine	-- g
Lysine	-- g
Methionine	-- g
Phenylalanine	-- g
Proline	-- g
Serine	-- g
Threonine	-- g
Tryptophan	-- g
Tyrosine	-- g
Valine	-- g

Other

Alcohol	0 g
Caffeine	0 mg
Artif Sweetener - Total	-- mg
Aspartame	-- mg
Saccharin	-- mg
Sugar Alcohol	-- g
Glycerol	-- g
Inositol	-- g
Mannitol	-- g
Sorbitol	-- g
Xylitol	-- g
Organic Acids	-- mg
Acetic Acid	-- mg
Citric Acid	-- mg
Lactic Acid	-- mg
Malic Acid	-- mg
Choline	-- mg
Taurine	-- mg