

**Basic Report 28145, KEEBLER, TOWN HOUSE, TOPPERS, Garlic Herb Crackers**

Report Date: January 28, 2015 04:12 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	3.0 crackers 14g
<b>Proximates</b>			
Water	g	1.90	0.27
Energy	kcal	483	68
Protein	g	6.40	0.90
Total lipid (fat)	g	19.00	2.66
Carbohydrate, by difference	g	71.60	10.02
Fiber, total dietary	g	2.8	0.4
Sugars, total	g	8.00	1.12
<b>Minerals</b>			
Iron, Fe	mg	3.00	0.42
Potassium, K	mg	110	15
Sodium, Na	mg	958	134
<b>Vitamins</b>			
Thiamin	mg	0.570	0.080
Riboflavin	mg	0.300	0.042
Niacin	mg	3.500	0.490
<b>Lipids</b>			
Fatty acids, total saturated	g	3.000	0.420
Fatty acids, total monounsaturated	g	5.400	0.756
Fatty acids, total polyunsaturated	g	10.500	1.470
Cholesterol	mg	0	0