

Full Report (All Nutrients) 28145, KEEBLER, TOWN HOUSE, TOPPERS, Garlic Herb Crackers

Report Date: January 29, 2015 05:16 EST

Nutrient values and weights are for edible portion

Food Group : Baked Products

Nitrogen to Protein Conversion Factor: 6.25

Manufacturer Kellogg, Co.

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 3.0 crackers 14g |
|---|------|------------------------|----------------|------------|---------------------|
| Proximates | | | | | |
| Water 1 | g | 1.90 | -- | -- | 0.27 |
| Energy 1 | kcal | 483 | -- | -- | 68 |
| Energy | kJ | 2021 | -- | -- | 283 |
| Protein 1 | g | 6.40 | -- | -- | 0.90 |
| Total lipid (fat) 1 | g | 19.00 | -- | -- | 2.66 |
| Carbohydrate, by difference 1 | g | 71.60 | -- | -- | 10.02 |
| Fiber, total dietary 1 | g | 2.8 | -- | -- | 0.4 |
| Sugars, total 1 | g | 8.00 | -- | -- | 1.12 |
| Minerals | | | | | |
| Iron, Fe 1 | mg | 3.00 | -- | -- | 0.42 |
| Potassium, K 1 | mg | 110 | -- | -- | 15 |
| Sodium, Na 1 | mg | 958 | -- | -- | 134 |
| Vitamins | | | | | |
| Thiamin 1 | mg | 0.570 | -- | -- | 0.080 |
| Riboflavin 1 | mg | 0.300 | -- | -- | 0.042 |
| Niacin 1 | mg | 3.500 | -- | -- | 0.490 |
| Folate, total 1 | µg | 119 | -- | -- | 17 |
| Lipids | | | | | |
| 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 |
| Fatty acids, total trans | g | 0.120 | -- | -- | 0.017 |

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|--------------------------|-------------|---------------------------------|------------------------|-------------------|-----------------------------|
| Cholesterol ¹ | mg | 0 | -- | -- | 0 |

Sources of Data

¹*Kellogg, Co. Kellogg Company Products, 2012*