

Basic Report 28235, SUNSHINE, CHEEZ-IT, Baby Swiss Crackers

Report Date: January 25, 2015 07:14 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	25.0 crackers 30g	1 pouch 21g
Proximates				
Water	g	2.30	0.69	0.48
Energy	kcal	503	151	106
Protein	g	8.60	2.58	1.81
Total lipid (fat)	g	24.70	7.41	5.19
Carbohydrate, by difference	g	63.10	18.93	13.25
Fiber, total dietary	g	2.2	0.7	0.5
Sugars, total	g	1.40	0.42	0.29
Minerals				
Iron, Fe	mg	4.10	1.23	0.86
Magnesium, Mg	mg	16	5	3
Phosphorus, P	mg	68	20	14
Potassium, K	mg	104	31	22
Sodium, Na	mg	629	189	132
Zinc, Zn	mg	0.70	0.21	0.15
Vitamins				
Thiamin	mg	0.590	0.177	0.124
Riboflavin	mg	0.350	0.105	0.074
Niacin	mg	4.700	1.410	0.987
Vitamin B-6	mg	0.030	0.009	0.006
Lipids				
Fatty acids, total saturated	g	5.600	1.680	1.176
Fatty acids, total monounsaturated	g	5.800	1.740	1.218
Fatty acids, total polyunsaturated	g	12.000	3.600	2.520
Cholesterol	mg	5	2	1