

Basic Report 28292, Crackers, multigrain

Report Date: September 20, 2019 06:01 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	4.0 crackers 14g
Proximates			
Water	g	2.50	0.35
Energy	kcal	482	67
Protein	g	7.10	0.99
Total lipid (fat)	g	20.40	2.86
Carbohydrate, by difference	g	67.60	9.46
Fiber, total dietary	g	3.5	0.5
Sugars, total	g	12.00	1.68
Minerals			
Calcium, Ca	mg	14	2
Iron, Fe	mg	2.59	0.36
Magnesium, Mg	mg	29	4
Phosphorus, P	mg	292	41
Potassium, K	mg	171	24
Sodium, Na	mg	883	124
Zinc, Zn	mg	0.98	0.14
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.520	0.073
Riboflavin	mg	0.280	0.039
Niacin	mg	3.400	0.476
Vitamin B-6	mg	0.117	0.016
Folate, DFE	µg	143	20
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	5	1
Vitamin E (alpha-tocopherol)	mg	1.75	0.24

Nutrient	Unit	1 Value Per100 g	4.0 crackers 14g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	36.0	5.0
Lipids			
Fatty acids, total saturated	g	3.300	0.462
Fatty acids, total monounsaturated	g	5.000	0.700
Fatty acids, total polyunsaturated	g	11.800	1.652
Fatty acids, total trans	g	0.190	0.027
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0