

Basic Report 28292, Crackers, multigrain

Report Date: June 19, 2019 21:27 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 |

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| 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 |