

Full Report (All Nutrients) 28292, Crackers, multigrain

Report Date: July 24, 2019 01:25 EDT

Nutrient values and weights are for edible portion.

Food Group : Baked Products

Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	4.0 crackers 14g
Proximates					
Water 1	g	2.50	--	--	0.35
Energy 1	kcal	482	--	--	67
Energy	kJ	2018	--	--	283
Protein 1	g	7.10	--	--	0.99
Total lipid (fat) 1	g	20.40	--	--	2.86
Ash	g	2.40	--	--	0.34
Carbohydrate, by difference 1	g	67.60	--	--	9.46
Fiber, total dietary 1	g	3.5	--	--	0.5
Sugars, total 1	g	12.00	--	--	1.68
Minerals					
Calcium, Ca	mg	14	--	--	2
Iron, Fe	mg	2.59	--	--	0.36
Magnesium, Mg 1	mg	29	--	--	4
Phosphorus, P 1	mg	292	--	--	41
Potassium, K 1	mg	171	--	--	24
Sodium, Na 1	mg	883	--	--	124
Zinc, Zn	mg	0.98	--	--	0.14
Copper, Cu	mg	0.151	--	--	0.021
Selenium, Se	µg	26.1	--	--	3.7
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin 1	mg	0.520	--	--	0.073

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	4.0 crackers 14g
Riboflavin 1	mg	0.280	--	--	0.039
Niacin 1	mg	3.400	--	--	0.476
Vitamin B-6	mg	0.117	--	--	0.016
Folate, total 1	µg	103	--	--	14
Folic acid	µg	57	--	--	8
Folate, food	µg	46	--	--	6
Folate, DFE	µg	143	--	--	20
Choline, total	mg	10.4	--	--	1.5
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Carotene, beta	µg	2	--	--	0
Carotene, alpha	µg	1	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	5	--	--	1
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	73	--	--	10
Vitamin E (alpha-tocopherol)	mg	1.75	--	--	0.24
Vitamin E, added	mg	0.00	--	--	0.00
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
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
13:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000
15:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	4.0 crackers 14g
16:0	g	2.256	--	--	0.316
17:0	g	0.007	--	--	0.001
18:0	g	0.891	--	--	0.125
20:0	g	0.072	--	--	0.010
22:0	g	0.073	--	--	0.010
24:0	g	0.000	--	--	0.000
Fatty acids, total monounsaturated	g	5.000	--	--	0.700
14:1	g	0.000	--	--	0.000
15:1	g	0.000	--	--	0.000
16:1 undifferentiated	g	0.001	--	--	0.000
17:1	g	0.000	--	--	0.000
18:1 undifferentiated	g	4.948	--	--	0.693
20:1	g	0.052	--	--	0.007
22:1 undifferentiated	g	0.000	--	--	0.000
24:1 c	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	11.800	--	--	1.652
18:2 undifferentiated	g	10.438	--	--	1.461
18:3 undifferentiated	g	1.362	--	--	0.191
18:4	g	0.000	--	--	0.000
20:2 n-6 c,c	g	0.000	--	--	0.000
20:3 undifferentiated	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
21:5	g	0.000	--	--	0.000
22:4	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.190	--	--	0.027
Cholesterol ¹	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.088	--	--	0.012
Threonine	g	0.193	--	--	0.027
Isoleucine	g	0.237	--	--	0.033

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	4.0 crackers 14g
Leucine	g	0.481	--	--	0.067
Lysine	g	0.182	--	--	0.025
Methionine	g	0.122	--	--	0.017
Cystine	g	0.147	--	--	0.021
Phenylalanine	g	0.347	--	--	0.049
Tyrosine	g	0.185	--	--	0.026
Valine	g	0.291	--	--	0.041
Arginine	g	0.320	--	--	0.045
Histidine	g	0.168	--	--	0.024
Alanine	g	0.252	--	--	0.035
Aspartic acid	g	0.350	--	--	0.049
Glutamic acid	g	2.204	--	--	0.309
Glycine	g	0.277	--	--	0.039
Proline	g	0.870	--	--	0.122
Serine	g	0.336	--	--	0.047
Hydroxyproline	g	0.000	--	--	0.000
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

Sources of Data

¹Kellogg, Co. Kellogg Company Products, 2012