

Statistics Report 28292, Crackers, multigrain

Report Date: September 22, 2019 04:02 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1	g	2.50	--	--	0	0	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	01/2013
Energy 1	kcal	482	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
Energy	kJ	2018	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
Protein 1	g	7.10	--	--	0	0	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	01/2013
Total lipid (fat) 1	g	20.40	--	--	0	0	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	01/2013
Ash	g	2.40	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
Carbohydrate, by difference 1	g	67.60	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
Fiber, total dietary 1	g	3.5	--	--	0	0	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	01/2013

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Sugars, total 1	g	12.00	--	--	0	0	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	01/2013
Minerals													
Calcium, Ca	mg	14	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
Iron, Fe	mg	2.59	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
Magnesium, Mg 1	mg	29	--	--	0	0	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	01/2013
Phosphorus, P 1	mg	292	--	--	0	0	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	01/2013
Potassium, K 1	mg	171	--	--	0	0	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	01/2013
Sodium, Na 1	mg	883	--	--	0	0	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	01/2013
Zinc, Zn	mg	0.98	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
Copper, Cu	mg	0.151	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
Selenium, Se	µg	26.1	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013

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Thiamin 1	mg	0.520	--	--	0	0	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	01/2013
Riboflavin 1	mg	0.280	--	--	0	0	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	01/2013
Niacin 1	mg	3.400	--	--	0	0	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	01/2013
Vitamin B-6	mg	0.117	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
Folate, total 1	µg	103	--	--	0	0	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	01/2013
Folic acid	µg	57	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
Folate, food	µg	46	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
Folate, DFE	µg	143	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
Choline, total	mg	10.4	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
Vitamin B-12	µg	0.00	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
Vitamin A, RAE	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
Retinol	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
Carotene, beta	µg	2	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013

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Carotene, alpha	µg	1	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
Cryptoxanthin, beta	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
Vitamin A, IU	IU	5	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
Lycopene	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
Lutein + zeaxanthin	µg	73	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
Vitamin E (alpha-tocopherol)	mg	1.75	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
Vitamin E, added	mg	0.00	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
Vitamin D (D2 + D3)	µg	0.0	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
Vitamin D	IU	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
Vitamin K (phylloquinone)	µg	36.0	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
Lipids													
Fatty acids, total saturated 1	g	3.300	--	--	0	0	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	01/2013
4:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
6:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
8:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
10:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
12:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
13:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
15:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
16:0	g	2.256	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
17:0	g	0.007	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
18:0	g	0.891	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
20:0	g	0.072	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
22:0	g	0.073	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
24:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
Fatty acids, total monounsaturated 1	g	5.000	--	--	0	0	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	01/2013
14:1	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
15:1	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
16:1 undifferentiated	g	0.001	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
17:1	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
18:1 undifferentiated	g	4.948	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
20:1	g	0.052	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
22:1 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
24:1 c	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total polyunsaturated 1	g	11.800	--	--	0	0	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	01/2013
18:2 undifferentiated	g	10.438	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
18:3 undifferentiated	g	1.362	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
18:4	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
20:2 n-6 c,c	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
20:3 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
20:4 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
20:5 n-3 (EPA)	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
21:5	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
22:4	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
22:5 n-3 (DPA)	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
22:6 n-3 (DHA)	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
Fatty acids, total trans 1	g	0.190	--	--	0	0	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	01/2013
Cholesterol 1	mg	0	--	--	0	0	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	01/2013
Amino Acids													
Tryptophan	g	0.088	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Threonine	g	0.193	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
Isoleucine	g	0.237	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
Leucine	g	0.481	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
Lysine	g	0.182	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
Methionine	g	0.122	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
Cystine	g	0.147	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
Phenylalanine	g	0.347	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
Tyrosine	g	0.185	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
Valine	g	0.291	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
Arginine	g	0.320	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
Histidine	g	0.168	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
Alanine	g	0.252	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
Aspartic acid	g	0.350	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
Glutamic acid	g	2.204	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
Glycine	g	0.277	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
Proline	g	0.870	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
Serine	g	0.336	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
Hydroxyproline	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
Other													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013

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Caffeine	mg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013
Theobromine	mg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2013

Sources of Data

¹Kellogg, Co. Kellogg Company Products, 2012