

Basic Report 18214, Crackers, cheese, regular

Report Date: September 20, 2019 02:12 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.5 oz 14.2g	1 cup, bite size 62g	1 cup, crushed 72g	1 gold fish 0.6g	1 bag, single serving 28g	1 snack stick 2g	1 cracker (1" square) 1g
Proximates									
Water	g	3.55	0.50	2.20	2.56	0.02	0.99	0.07	0.04
Energy	kcal	489	69	303	352	3	137	10	5
Protein	g	10.93	1.55	6.78	7.87	0.07	3.06	0.22	0.11
Total lipid (fat)	g	22.74	3.23	14.10	16.37	0.14	6.37	0.45	0.23
Carbohydrate, by difference	g	59.42	8.44	36.84	42.78	0.36	16.64	1.19	0.59
Fiber, total dietary	g	2.3	0.3	1.4	1.7	0.0	0.6	0.0	0.0
Sugars, total	g	4.53	0.64	2.81	3.26	0.03	1.27	0.09	0.05
Minerals									
Calcium, Ca	mg	136	19	84	98	1	38	3	1
Iron, Fe	mg	4.88	0.69	3.03	3.51	0.03	1.37	0.10	0.05
Magnesium, Mg	mg	25	4	16	18	0	7	0	0
Phosphorus, P	mg	200	28	124	144	1	56	4	2
Potassium, K	mg	156	22	97	112	1	44	3	2
Sodium, Na	mg	973	138	603	701	6	272	19	10
Zinc, Zn	mg	1.19	0.17	0.74	0.86	0.01	0.33	0.02	0.01
Vitamins									
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.562	0.080	0.348	0.405	0.003	0.157	0.011	0.006
Riboflavin	mg	0.338	0.048	0.210	0.243	0.002	0.095	0.007	0.003
Niacin	mg	6.113	0.868	3.790	4.401	0.037	1.712	0.122	0.061
Vitamin B-6	mg	0.170	0.024	0.105	0.122	0.001	0.048	0.003	0.002
Folate, DFE	µg	241	34	149	174	1	67	5	2
Vitamin B-12	µg	0.34	0.05	0.21	0.24	0.00	0.10	0.01	0.00
Vitamin A, RAE	µg	17	2	11	12	0	5	0	0
Vitamin A, IU	IU	156	22	97	112	1	44	3	2
Vitamin E (alpha-tocopherol)	mg	2.19	0.31	1.36	1.58	0.01	0.61	0.04	0.02

Nutrient	Unit	1 Value Per100 g	0.5 oz 14.2g	1 cup, bite size 62g	1 cup, crushed 72g	1 gold fish 0.6g	1 bag, single serving 28g	1 snack stick 2g	1 cracker (1" square) 1g
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	1	0	1	1	0	0	0	0
Vitamin K (phylloquinone)	µg	9.4	1.3	5.8	6.8	0.1	2.6	0.2	0.1
Lipids									
Fatty acids, total saturated	g	5.288	0.751	3.279	3.807	0.032	1.481	0.106	0.053
Fatty acids, total monounsaturated	g	5.744	0.816	3.561	4.136	0.034	1.608	0.115	0.057
Fatty acids, total polyunsaturated	g	10.090	1.433	6.256	7.265	0.061	2.825	0.202	0.101
Fatty acids, total trans	g	0.542	0.077	0.336	0.390	0.003	0.152	0.011	0.005
Cholesterol	mg	3	0	2	2	0	1	0	0
Amino Acids									
Other									
Caffeine	mg	0	0	0	0	0	0	0	0