

## Basic Report 19051, Snacks, rice cracker brown rice, plain

Report Date: September 18, 2019 18:37 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cake 9g	2.0 cakes 18g
<b>Proximates</b>				
Water	g	5.80	0.52	1.04
Energy	kcal	387	35	70
Protein	g	8.20	0.74	1.48
Total lipid (fat)	g	2.80	0.25	0.50
Carbohydrate, by difference	g	81.50	7.33	14.67
Fiber, total dietary	g	4.2	0.4	0.8
Sugars, total	g	0.89	0.08	0.16
<b>Minerals</b>				
Calcium, Ca	mg	11	1	2
Iron, Fe	mg	1.49	0.13	0.27
Magnesium, Mg	mg	131	12	24
Phosphorus, P	mg	360	32	65
Potassium, K	mg	290	26	52
Sodium, Na	mg	166	15	30
Zinc, Zn	mg	3.00	0.27	0.54
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.061	0.005	0.011
Riboflavin	mg	0.165	0.015	0.030
Niacin	mg	7.806	0.703	1.405
Vitamin B-6	mg	0.150	0.013	0.027
Folate, DFE	µg	21	2	4
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.62	0.06	0.11

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cake 9g</b>	<b>2.0 cakes 18g</b>
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	1.9	0.2	0.3
<b>Lipids</b>				
Fatty acids, total saturated	g	0.570	0.051	0.103
Fatty acids, total monounsaturated	g	1.030	0.093	0.185
Fatty acids, total polyunsaturated	g	0.990	0.089	0.178
Cholesterol	mg	0	0	0
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0