

Basic Report 25070, Snacks, shrimp cracker

Report Date: June 26, 2019 06:14 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 serving 28g
Proximates			
Water	g	13.60	3.81
Energy	kcal	426	119
Protein	g	7.14	2.00
Total lipid (fat)	g	17.86	5.00
Carbohydrate, by difference	g	59.09	16.55
Fiber, total dietary	g	5.6	1.6
Sugars, total	g	21.43	6.00
Minerals			
Calcium, Ca	mg	20	6
Iron, Fe	mg	1.91	0.53
Magnesium, Mg	mg	72	20
Phosphorus, P	mg	191	53
Potassium, K	mg	193	54
Sodium, Na	mg	571	160
Zinc, Zn	mg	1.38	0.39
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.264	0.074
Riboflavin	mg	0.091	0.025
Niacin	mg	2.631	0.737
Vitamin B-6	mg	0.216	0.060
Folate, DFE	µg	23	6
Vitamin B-12	µg	0.02	0.01
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin E (alpha-tocopherol)	mg	3.28	0.92

Nutrient	Unit	1 Value Per100 g	1 serving 28g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	12.8	3.6
Lipids			
Fatty acids, total saturated	g	5.357	1.500
Fatty acids, total monounsaturated	g	7.997	2.239
Fatty acids, total polyunsaturated	g	3.971	1.112
Fatty acids, total trans	g	0.066	0.018
Cholesterol	mg	2	1
Amino Acids			
Other			
Caffeine	mg	0	0