

Basic Report 18230, Crackers, standard snack-type, sandwich, with cheese filling

Report Date: July 16, 2019 14:33 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.5 oz 14.2g	1 cracker, sandwich 7g
Proximates				
Water	g	3.90	0.55	0.27
Energy	kcal	477	68	33
Protein	g	9.30	1.32	0.65
Total lipid (fat)	g	21.10	3.00	1.48
Carbohydrate, by difference	g	61.70	8.76	4.32
Fiber, total dietary	g	1.9	0.3	0.1
Sugars, total	g	3.18	0.45	0.22
Minerals				
Calcium, Ca	mg	257	36	18
Iron, Fe	mg	2.39	0.34	0.17
Magnesium, Mg	mg	36	5	3
Phosphorus, P	mg	406	58	28
Potassium, K	mg	429	61	30
Sodium, Na	mg	978	139	68
Zinc, Zn	mg	0.62	0.09	0.04
Vitamins				
Vitamin C, total ascorbic acid	mg	0.1	0.0	0.0
Thiamin	mg	0.446	0.063	0.031
Riboflavin	mg	0.684	0.097	0.048
Niacin	mg	3.766	0.535	0.264
Vitamin B-6	mg	0.049	0.007	0.003
Folate, DFE	µg	160	23	11
Vitamin B-12	µg	0.10	0.01	0.01
Vitamin A, RAE	µg	17	2	1
Vitamin A, IU	IU	62	9	4
Vitamin E (alpha-tocopherol)	mg	0.22	0.03	0.02

Nutrient	Unit	1 Value Per100 g	0.5 oz 14.2g	1 cracker, sandwich 7g
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	8.3	1.2	0.6
Lipids				
Fatty acids, total saturated	g	6.125	0.870	0.429
Fatty acids, total monounsaturated	g	11.254	1.598	0.788
Fatty acids, total polyunsaturated	g	2.567	0.365	0.180
Cholesterol	mg	2	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0