

Statistics Report 18230, Crackers, standard snack-type, sandwich, with cheese filling
Report Date: August 24, 2019 09:33 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	g	3.90	7	0.270	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1992
Energy	kcal	477	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1992
Energy	kJ	1996	--	--	0	0	--	--	--	--	Calculated or imputed	--	05/2005
Protein	g	9.30	7	0.310	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1992
Total lipid (fat)	g	21.10	7	0.570	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1992
Ash	g	4.00	3	0.680	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1992
Carbohydrate, by difference	g	61.70	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1992
Fiber, total dietary	g	1.9	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/1994
Sugars, total	g	3.18	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Minerals													
Calcium, Ca	mg	257	6	17.000	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1992
Iron, Fe	mg	2.39	5	0.130	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1992

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Magnesium, Mg	mg	36	5	0.000	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1992
Phosphorus, P	mg	406	5	9.000	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1992
Potassium, K	mg	429	6	53.000	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1992
Sodium, Na 1	mg	978	--	--	0	0	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	08/2012
Zinc, Zn	mg	0.62	5	0.030	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1992
Copper, Cu	mg	0.082	5	0.002	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1992
Manganese, Mn	mg	0.290	5	0.066	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1992
Selenium, Se	µg	21.5	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.1	--	--	0	0	--	--	--	--	Calculated or imputed	--	11/1997
Thiamin	mg	0.446	7	0.015	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1992
Riboflavin	mg	0.684	7	0.069	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1992
Niacin	mg	3.766	7	0.101	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1992
Pantothenic acid	mg	0.509	--	--	0	0	--	--	--	--	Calculated or imputed	--	11/1997

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Vitamin B-6	mg	0.049	--	--	0	0	--	--	--	--	Calculated or imputed	--	11/1997
Folate, total	µg	100	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003
Folic acid	µg	86	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2012
Folate, food	µg	14	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1992
Folate, DFE	µg	160	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2012
Choline, total	mg	27.5	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2012
Vitamin B-12	µg	0.10	--	--	0	0	--	--	--	--	Calculated or imputed	--	11/1997
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	17	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003
Retinol	µg	16	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003
Carotene, beta	µg	5	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003
Carotene, alpha	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003
Cryptoxanthin, beta	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003
Vitamin A, IU	IU	62	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003
Lycopene	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003
Lutein + zeaxanthin	µg	10	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003
Vitamin E (alpha-tocopherol)	mg	0.22	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003
Vitamin E, added	mg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2008

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Vitamin D	IU	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	8.3	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003
Lipids													
Fatty acids, total saturated	g	6.125	--	--	0	0	--	--	--	--	Calculated or imputed	--	11/1997
4:0	g	0.031	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1992
6:0	g	0.017	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1992
8:0	g	0.009	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1992
10:0	g	0.020	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1992
12:0	g	0.020	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1992
14:0	g	0.196	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1992
16:0	g	2.911	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1992
18:0	g	2.446	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1992
Fatty acids, total monounsaturated	g	11.254	--	--	0	0	--	--	--	--	Calculated or imputed	--	11/1997
16:1 undifferentiated	g	0.058	--	--	0	0	--	--	--	--	Calculated or imputed	--	11/1997
18:1 undifferentiated	g	11.165	--	--	0	0	--	--	--	--	Calculated or imputed	--	11/1997
20:1	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	11/1997

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22:1 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	11/1997
Fatty acids, total polyunsaturated	g	2.567	--	--	0	0	--	--	--	--	Calculated or imputed	--	11/1997
18:2 undifferentiated	g	2.415	--	--	0	0	--	--	--	--	Calculated or imputed	--	11/1997
18:3 undifferentiated	g	0.153	--	--	0	0	--	--	--	--	Calculated or imputed	--	11/1997
18:4	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	11/1997
20:4 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	11/1997
20:5 n-3 (EPA)	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	11/1997
22:5 n-3 (DPA)	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	11/1997
22:6 n-3 (DHA)	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	11/1997
Cholesterol	mg	2	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1992
Amino Acids													
Tryptophan	g	0.120	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1992
Threonine	g	0.266	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1992
Isoleucine	g	0.348	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1992
Leucine	g	0.649	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1992
Lysine	g	0.293	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1992
Methionine	g	0.165	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1992

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Cystine	g	0.189	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1992
Phenylalanine	g	0.447	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1992
Tyrosine	g	0.279	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1992
Valine	g	0.398	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1992
Arginine	g	0.361	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1992
Histidine	g	0.204	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1992
Alanine	g	0.290	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1992
Aspartic acid	g	0.414	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1992
Glutamic acid	g	2.977	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1992
Glycine	g	0.309	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1992
Proline	g	1.031	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1992
Serine	g	0.470	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1992
Other													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/1998

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Caffeine	mg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003
Theobromine	mg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003

Sources of Data
¹Kellogg, Co. Kellogg Company Products, 2012