

Basic Report 18426, Crackers, saltines, unsalted tops (includes oyster, soda, soup)

Report Date: May 30, 2017 05:14 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.5 oz 14.2g	1 cracker 3g
Proximates				
Water	g	4.10	0.58	0.12
Energy	kcal	434	62	13
Protein	g	9.20	1.31	0.28
Total lipid (fat)	g	11.80	1.68	0.35
Carbohydrate, by difference	g	71.50	10.15	2.15
Fiber, total dietary	g	3.0	0.4	0.1
Minerals				
Calcium, Ca	mg	119	17	4
Iron, Fe	mg	5.40	0.77	0.16
Magnesium, Mg	mg	27	4	1
Phosphorus, P	mg	105	15	3
Potassium, K	mg	128	18	4
Sodium, Na	mg	766	109	23
Zinc, Zn	mg	0.77	0.11	0.02
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.565	0.080	0.017
Riboflavin	mg	0.462	0.066	0.014
Niacin	mg	5.249	0.745	0.157
Vitamin B-6	mg	0.038	0.005	0.001
Folate, DFE	µg	189	27	6
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Lipids				
Fatty acids, total saturated	g	2.932	0.416	0.088

Nutrient	Unit	1 Value Per100 g	0.5 oz 14.2g	1 cracker 3g
Fatty acids, total monounsaturated	g	6.422	0.912	0.193
Fatty acids, total polyunsaturated	g	1.679	0.238	0.050
Cholesterol	mg	0	0	0
Amino Acids				
Other				