

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

Report Date: September 22, 2017 09:38 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.5 oz 14.2g	1 cracker 3g
<b>Proximates</b>				
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
<b>Minerals</b>				
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
<b>Vitamins</b>				
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
<b>Lipids</b>				
Fatty acids, total saturated	g	2.932	0.416	0.088

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>0.5 oz 14.2g</b>	<b>1 cracker 3g</b>
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
<b>Amino Acids</b>				
<b>Other</b>				