

## Basic Report 18986, AUSTIN, Grilled Cheese on Wafer Crackers, sandwich-type

Report Date: February 23, 2018 13:34 EST

Nutrient values and weights are for edible portion.

| Nutrient                           | Unit | 1 Value<br>Per100 g | 1 package<br>39g |
|------------------------------------|------|---------------------|------------------|
| <b>Proximates</b>                  |      |                     |                  |
| Water                              | g    | 2.70                | 1.05             |
| Energy                             | kcal | 493                 | 192              |
| Protein                            | g    | 7.90                | 3.08             |
| Total lipid (fat)                  | g    | 23.80               | 9.28             |
| Carbohydrate, by difference        | g    | 62.00               | 24.18            |
| Fiber, total dietary               | g    | 1.3                 | 0.5              |
| Sugars, total                      | g    | 12.60               | 4.91             |
| <b>Minerals</b>                    |      |                     |                  |
| Calcium, Ca                        | mg   | 129                 | 50               |
| Iron, Fe                           | mg   | 3.20                | 1.25             |
| Magnesium, Mg                      | mg   | 12                  | 5                |
| Phosphorus, P                      | mg   | 138                 | 54               |
| Potassium, K                       | mg   | 272                 | 106              |
| Sodium, Na                         | mg   | 910                 | 355              |
| <b>Vitamins</b>                    |      |                     |                  |
| Thiamin                            | mg   | 0.420               | 0.164            |
| Riboflavin                         | mg   | 0.270               | 0.105            |
| Niacin                             | mg   | 3.600               | 1.404            |
| <b>Lipids</b>                      |      |                     |                  |
| Fatty acids, total saturated       | g    | 5.900               | 2.301            |
| Fatty acids, total monounsaturated | g    | 5.000               | 1.950            |
| Fatty acids, total polyunsaturated | g    | 11.000              | 4.290            |
| Fatty acids, total trans           | g    | 0.770               | 0.300            |
| Cholesterol                        | mg   | 3                   | 1                |

### Amino Acids

### Other

