

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

Report Date: December 13, 2017 10:00 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 package 39g
Proximates			
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
Minerals			
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
Vitamins			
Thiamin	mg	0.420	0.164
Riboflavin	mg	0.270	0.105
Niacin	mg	3.600	1.404
Lipids			
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

