

Basic Report 19814, Snacks, pretzels, hard, plain, made with enriched flour, unsalted

Report Date: September 24, 2017 19:05 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	10.0 twists 60g
Proximates				
Water	g	3.30	0.94	1.98
Energy	kcal	381	108	229
Protein	g	9.10	2.58	5.46
Total lipid (fat)	g	3.50	0.99	2.10
Carbohydrate, by difference	g	79.20	22.45	47.52
Fiber, total dietary	g	2.8	0.8	1.7
Sugars, total	g	2.21	0.63	1.33
Minerals				
Calcium, Ca	mg	36	10	22
Iron, Fe	mg	4.32	1.22	2.59
Magnesium, Mg	mg	35	10	21
Phosphorus, P	mg	113	32	68
Potassium, K	mg	146	41	88
Sodium, Na	mg	250	71	150
Zinc, Zn	mg	0.85	0.24	0.51
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.461	0.131	0.277
Riboflavin	mg	0.623	0.177	0.374
Niacin	mg	5.251	1.489	3.151
Vitamin B-6	mg	0.116	0.033	0.070
Folate, DFE	µg	233	66	140
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.35	0.10	0.21

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	0.9	0.3	0.5
Lipids				
Fatty acids, total saturated	g	0.750	0.213	0.450
Fatty acids, total monounsaturated	g	1.360	0.386	0.816
Fatty acids, total polyunsaturated	g	1.220	0.346	0.732
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0