

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

Report Date: July 23, 2017 08:46 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	10.0 twists 60g
<b>Proximates</b>				
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
<b>Minerals</b>				
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
<b>Vitamins</b>				
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
<b>Lipids</b>				
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
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0