

Basic Report 28133, KEEBLER, TOASTEDS, Buttercrisps Crackers

Report Date: October 18, 2017 23:39 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	5.0 crackers 16g
Proximates			
Water	g	2.50	0.40
Energy	kcal	495	79
Protein	g	5.50	0.88
Total lipid (fat)	g	23.70	3.79
Carbohydrate, by difference	g	65.00	10.40
Fiber, total dietary	g	1.8	0.3
Sugars, total	g	8.40	1.34
Minerals			
Phosphorus, P	mg	18	3
Potassium, K	mg	115	18
Sodium, Na	mg	930	149
Vitamins			
Thiamin	mg	0.570	0.091
Riboflavin	mg	0.300	0.048
Niacin	mg	3.530	0.565
Lipids			
Fatty acids, total saturated	g	4.000	0.640
Fatty acids, total monounsaturated	g	5.800	0.928
Fatty acids, total polyunsaturated	g	13.700	2.192
Fatty acids, total trans	g	0.240	0.038
Cholesterol	mg	2	0
Amino Acids			
Other			