

Basic Report 28133, KEEBLER, TOASTEDS, Buttercrisps Crackers

Report Date: February 20, 2018 04:18 EST

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 | | | |