

Basic Report 28135, KEEBLER, TOASTEDS, Onion Crackers

Report Date: October 22, 2017 00:40 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	5.0 crackers 16g
Proximates			
Water	g	2.00	0.32
Energy	kcal	479	77
Protein	g	5.70	0.91
Total lipid (fat)	g	20.60	3.30
Carbohydrate, by difference	g	67.70	10.83
Fiber, total dietary	g	2.2	0.4
Sugars, total	g	9.70	1.55
Minerals			
Phosphorus, P	mg	243	39
Potassium, K	mg	117	19
Sodium, Na	mg	1006	161
Vitamins			
Thiamin	mg	0.560	0.090
Riboflavin	mg	0.300	0.048
Niacin	mg	3.470	0.555
Lipids			
Fatty acids, total saturated	g	3.400	0.544
Fatty acids, total monounsaturated	g	5.000	0.800
Fatty acids, total polyunsaturated	g	12.000	1.920
Fatty acids, total trans	g	0.200	0.032
Cholesterol	mg	0	0
Amino Acids			
Other			