

Basic Report 28135, KEEBLER, TOASTEDS, Onion Crackers

Report Date: June 28, 2017 11:50 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 | | | |