

Basic Report 28136, KEEBLER, TOASTEDS, Sesame Crackers

Report Date: June 23, 2017 23:38 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	496	79
Protein	g	6.60	1.06
Total lipid (fat)	g	24.30	3.89
Carbohydrate, by difference	g	62.60	10.02
Fiber, total dietary	g	2.8	0.4
Sugars, total	g	4.10	0.66
Minerals			
Phosphorus, P	mg	281	45
Potassium, K	mg	141	23
Sodium, Na	mg	887	142
Vitamins			
Thiamin	mg	0.610	0.098
Riboflavin	mg	0.310	0.050
Niacin	mg	3.700	0.592
Lipids			
Fatty acids, total saturated	g	3.500	0.560
Fatty acids, total monounsaturated	g	5.200	0.832
Fatty acids, total polyunsaturated	g	15.400	2.464
Fatty acids, total trans	g	0.200	0.032
Cholesterol	mg	0	0
Amino Acids			
Other			