

Basic Report 28137, KEEBLER, TOASTEDS, Wheat Crackers

Report Date: June 24, 2017 13:13 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	5.0 crackers 16g
Proximates			
Water	g	3.00	0.48
Energy	kcal	466	75
Protein	g	8.30	1.33
Total lipid (fat)	g	20.00	3.20
Carbohydrate, by difference	g	66.10	10.58
Fiber, total dietary	g	4.0	0.6
Sugars, total	g	9.00	1.44
Minerals			
Iron, Fe	mg	4.20	0.67
Magnesium, Mg	mg	33	5
Phosphorus, P	mg	367	59
Potassium, K	mg	197	32
Sodium, Na	mg	875	140
Vitamins			
Thiamin	mg	0.520	0.083
Riboflavin	mg	0.300	0.048
Niacin	mg	4.300	0.688
Lipids			
Fatty acids, total saturated	g	3.200	0.512
Fatty acids, total monounsaturated	g	5.000	0.800
Fatty acids, total polyunsaturated	g	11.400	1.824
Fatty acids, total trans	g	0.180	0.029
Cholesterol	mg	0	0
Amino Acids			
Other			