

Basic Report 28141, KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Original

Report Date: May 27, 2017 05:45 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	5.0 crackers 15g
Proximates			
Water	g	2.50	0.38
Energy	kcal	487	73
Protein	g	6.60	0.99
Total lipid (fat)	g	23.10	3.46
Carbohydrate, by difference	g	64.30	9.64
Fiber, total dietary	g	2.1	0.3
Sugars, total	g	6.80	1.02
Minerals			
Iron, Fe	mg	3.90	0.58
Magnesium, Mg	mg	15	2
Phosphorus, P	mg	268	40
Potassium, K	mg	99	15
Sodium, Na	mg	1240	186
Zinc, Zn	mg	0.70	0.10
Vitamins			
Thiamin	mg	0.550	0.083
Riboflavin	mg	0.330	0.050
Niacin	mg	4.400	0.660
Vitamin B-6	mg	0.030	0.004
Lipids			
Fatty acids, total saturated	g	3.800	0.570
Fatty acids, total monounsaturated	g	5.600	0.840
Fatty acids, total polyunsaturated	g	13.200	1.980
Fatty acids, total trans	g	0.220	0.033
Cholesterol	mg	0	0

Amino Acids

Nutrient	Unit	1 Value Per100 g	5.0 crackers 15g
Other			