

Basic Report 28143, KEEBLER, TOWN HOUSE, Reduced Fat Crackers

Report Date: February 24, 2018 23:06 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	6.0 crackers 15g
Proximates			
Water	g	2.65	0.40
Energy	kcal	431	65
Protein	g	6.60	0.99
Total lipid (fat)	g	11.30	1.70
Carbohydrate, by difference	g	77.10	11.56
Fiber, total dietary	g	2.2	0.3
Sugars, total	g	8.40	1.26
Minerals			
Magnesium, Mg	mg	0	0
Phosphorus, P	mg	220	33
Potassium, K	mg	133	20
Sodium, Na	mg	868	130
Zinc, Zn	mg	0.00	0.00
Vitamins			
Thiamin	mg	0.690	0.103
Riboflavin	mg	0.360	0.054
Niacin	mg	4.200	0.630
Vitamin B-6	mg	0.000	0.000
Vitamin B-12	µg	0.00	0.00
Vitamin E (alpha-tocopherol)	mg	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Lipids			
Fatty acids, total saturated	g	2.000	0.300
Fatty acids, total monounsaturated	g	2.600	0.390
Fatty acids, total polyunsaturated	g	6.500	0.975

Nutrient	Unit	1 Value Per100 g	6.0 crackers 15g
Fatty acids, total trans	g	0.100	0.015
Cholesterol	mg	1	0

Amino Acids

Other