

## Basic Report 28144, KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Reduced Fat

Report Date: September 23, 2017 15:51 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	5.0 crackers 14g
<b>Proximates</b>			
Water	g	2.30	0.32
Energy	kcal	450	63
Protein	g	7.20	1.01
Total lipid (fat)	g	16.00	2.24
Carbohydrate, by difference	g	70.40	9.86
Fiber, total dietary	g	2.3	0.3
Sugars, total	g	7.50	1.05
<b>Minerals</b>			
Iron, Fe	mg	4.30	0.60
Magnesium, Mg	mg	16	2
Phosphorus, P	mg	293	41
Potassium, K	mg	108	15
Sodium, Na	mg	1288	180
Zinc, Zn	mg	0.80	0.11
<b>Vitamins</b>			
Thiamin	mg	0.600	0.084
Riboflavin	mg	0.360	0.050
Niacin	mg	4.800	0.672
Vitamin B-6	mg	0.030	0.004
<b>Lipids</b>			
Fatty acids, total saturated	g	2.600	0.364
Fatty acids, total monounsaturated	g	3.800	0.532
Fatty acids, total polyunsaturated	g	9.100	1.274
Fatty acids, total trans	g	0.100	0.014
Cholesterol	mg	0	0

### Amino Acids

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>5.0 crackers 14g</b>
<b>Other</b>			