

## Basic Report 28146, KEEBLER, TOWN HOUSE, TOPPERS, Multigrain Crackers

Report Date: November 19, 2017 07:06 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 crackers 14g
<b>Proximates</b>			
Water	g	2.50	0.35
Energy	kcal	462	65
Protein	g	7.60	1.06
Total lipid (fat)	g	18.50	2.59
Carbohydrate, by difference	g	68.40	9.58
Fiber, total dietary	g	3.4	0.5
Sugars, total	g	13.70	1.92
<b>Minerals</b>			
Iron, Fe	mg	3.60	0.50
Magnesium, Mg	mg	34	5
Phosphorus, P	mg	287	40
Potassium, K	mg	168	24
Sodium, Na	mg	871	122
<b>Vitamins</b>			
Thiamin	mg	0.460	0.064
Riboflavin	mg	0.300	0.042
Niacin	mg	3.900	0.546
<b>Lipids</b>			
Fatty acids, total saturated	g	3.000	0.420
Fatty acids, total monounsaturated	g	4.500	0.630
Fatty acids, total polyunsaturated	g	10.600	1.484
Fatty acids, total trans	g	0.170	0.024
Cholesterol	mg	0	0
<b>Amino Acids</b>			
<b>Other</b>			