

Basic Report 28147, KEEBLER, TOWN HOUSE, TOPPERS, Original Crackers

Report Date: February 19, 2018 02:53 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 crackers 14g
Proximates			
Water	g	2.20	0.31
Energy	kcal	483	68
Protein	g	7.60	1.06
Total lipid (fat)	g	20.50	2.87
Carbohydrate, by difference	g	66.80	9.35
Fiber, total dietary	g	2.6	0.4
Sugars, total	g	8.00	1.12
Minerals			
Iron, Fe	mg	3.80	0.53
Phosphorus, P	mg	227	32
Potassium, K	mg	112	16
Sodium, Na	mg	967	135
Vitamins			
Thiamin	mg	0.580	0.081
Riboflavin	mg	0.300	0.042
Niacin	mg	3.500	0.490
Lipids			
Fatty acids, total saturated	g	2.900	0.406
Fatty acids, total monounsaturated	g	5.700	0.798
Fatty acids, total polyunsaturated	g	11.800	1.652
Fatty acids, total trans	g	0.110	0.015
Cholesterol	mg	0	0
Amino Acids			
Other			