

Basic Report 28148, KEEBLER, TOWN HOUSE, Wheat Crackers

Report Date: September 25, 2017 20:18 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	5.0 crackers 16g
Proximates			
Water	g	3.00	0.48
Energy	kcal	489	78
Protein	g	6.30	1.01
Total lipid (fat)	g	24.40	3.90
Carbohydrate, by difference	g	63.20	10.11
Fiber, total dietary	g	2.8	0.4
Sugars, total	g	3.10	0.50
Minerals			
Magnesium, Mg	mg	5	1
Phosphorus, P	mg	333	53
Potassium, K	mg	134	21
Sodium, Na	mg	876	140
Zinc, Zn	mg	0.10	0.02
Vitamins			
Thiamin	mg	0.560	0.090
Riboflavin	mg	0.310	0.050
Niacin	mg	3.800	0.608
Vitamin B-6	mg	0.010	0.002
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	4.000	0.640
Fatty acids, total monounsaturated	g	6.000	0.960
Fatty acids, total polyunsaturated	g	14.100	2.256

Nutrient	Unit	1 Value Per100 g	5.0 crackers 16g
Fatty acids, total trans	g	0.200	0.032
Cholesterol	mg	1	0

Amino Acids

Other