

Basic Report 28149, KEEBLER, TOWN HOUSE, FLATBREAD CRISPS, Sea Salt and Olive Oil Crackers

Report Date: August 16, 2017 15:39 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	8.0 crackers 15g
Proximates			
Water	g	2.30	0.34
Energy	kcal	443	66
Protein	g	8.00	1.20
Total lipid (fat)	g	14.00	2.10
Carbohydrate, by difference	g	72.80	10.92
Fiber, total dietary	g	3.6	0.5
Sugars, total	g	5.20	0.78
Minerals			
Magnesium, Mg	mg	16	2
Phosphorus, P	mg	53	8
Potassium, K	mg	73	11
Sodium, Na	mg	942	141
Zinc, Zn	mg	0.30	0.04
Vitamins			
Thiamin	mg	0.440	0.066
Riboflavin	mg	0.250	0.037
Niacin	mg	3.300	0.495
Vitamin B-6	mg	0.050	0.007
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	2.100	0.315
Fatty acids, total monounsaturated	g	3.100	0.465
Fatty acids, total polyunsaturated	g	7.200	1.080

Nutrient	Unit	1 Value Per100 g	8.0 crackers 15g
Fatty acids, total trans	g	0.100	0.015
Cholesterol	mg	0	0

Amino Acids

Other