

Basic Report 28243, SUNSHINE, CHEEZ-IT, Hot & Spicy Crackers

Report Date: March 18, 2018 06:00 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	25.0 crackers 30g
Proximates			
Water	g	2.50	0.75
Energy	kcal	513	154
Protein	g	8.30	2.49
Total lipid (fat)	g	26.10	7.83
Carbohydrate, by difference	g	61.20	18.36
Fiber, total dietary	g	2.9	0.9
Sugars, total	g	1.00	0.30
Minerals			
Iron, Fe	mg	4.26	1.28
Phosphorus, P	mg	72	22
Potassium, K	mg	117	35
Sodium, Na	mg	988	296
Vitamins			
Thiamin	mg	0.580	0.174
Riboflavin	mg	0.360	0.108
Niacin	mg	4.550	1.365
Vitamin A, RAE	µg	384	115
Vitamin A, IU	IU	1279	384
Lipids			
Fatty acids, total saturated	g	6.300	1.890
Fatty acids, total monounsaturated	g	7.100	2.130
Fatty acids, total polyunsaturated	g	12.500	3.750
Fatty acids, total trans	g	0.280	0.084
Cholesterol	mg	0	0

Amino Acids

Other

