

## Basic Report 28292, Crackers, multigrain

Report Date: September 25, 2017 16:41 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	4.0 crackers 14g
<b>Proximates</b>			
Water	g	2.50	0.35
Energy	kcal	482	67
Protein	g	7.10	0.99
Total lipid (fat)	g	20.40	2.86
Carbohydrate, by difference	g	67.60	9.46
Fiber, total dietary	g	3.5	0.5
Sugars, total	g	12.00	1.68
<b>Minerals</b>			
Calcium, Ca	mg	14	2
Iron, Fe	mg	2.59	0.36
Magnesium, Mg	mg	29	4
Phosphorus, P	mg	292	41
Potassium, K	mg	171	24
Sodium, Na	mg	883	124
Zinc, Zn	mg	0.98	0.14
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.520	0.073
Riboflavin	mg	0.280	0.039
Niacin	mg	3.400	0.476
Vitamin B-6	mg	0.117	0.016
Folate, DFE	µg	143	20
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	5	1
Vitamin E (alpha-tocopherol)	mg	1.75	0.24

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Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	36.0	5.0
<b>Lipids</b>			
Fatty acids, total saturated	g	3.300	0.462
Fatty acids, total monounsaturated	g	5.000	0.700
Fatty acids, total polyunsaturated	g	11.800	1.652
Fatty acids, total trans	g	0.190	0.027
Cholesterol	mg	0	0
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0