

## Basic Report 28345, Crackers, gluten-free, multi-seeded and multigrain

Report Date: December 11, 2017 19:55 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 crackers 6.1g
<b>Proximates</b>			
Water	g	3.59	0.22
Energy	kcal	453	28
Protein	g	11.25	0.69
Total lipid (fat)	g	15.84	0.97
Carbohydrate, by difference	g	66.30	4.04
Fiber, total dietary	g	10.2	0.6
Sugars, total	g	0.86	0.05
<b>Minerals</b>			
Calcium, Ca	mg	238	15
Iron, Fe	mg	2.83	0.17
Magnesium, Mg	mg	164	10
Phosphorus, P	mg	374	23
Potassium, K	mg	381	23
Sodium, Na	mg	438	27
Zinc, Zn	mg	2.64	0.16
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.208	0.013
Riboflavin	mg	0.173	0.011
Niacin	mg	4.833	0.295
Vitamin B-6	mg	0.370	0.023
Folate, DFE	µg	35	2
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	7	0
Vitamin E (alpha-tocopherol)	mg	1.50	0.09

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Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	13.7	0.8
<b>Lipids</b>			
Fatty acids, total saturated	g	2.069	0.126
Fatty acids, total monounsaturated	g	7.004	0.427
Fatty acids, total polyunsaturated	g	5.981	0.365
Fatty acids, total trans	g	0.018	0.001
Cholesterol	mg	0	0
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0