

Basic Report 28376, VAN'S, The Perfect 10, Crispy Six Whole Grain + Four Seed Baked Crackers, Gluten Free

Report Date: May 25, 2017 04:40 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 crackers 8.4g
Proximates			
Water	g	3.09	0.26
Energy	kcal	471	40
Protein	g	7.63	0.64
Total lipid (fat)	g	18.93	1.59
Carbohydrate, by difference	g	67.57	5.68
Minerals			
Calcium, Ca	mg	57	5
Iron, Fe	mg	1.94	0.16
Magnesium, Mg	mg	94	8
Phosphorus, P	mg	269	23
Potassium, K	mg	255	21
Sodium, Na	mg	730	61
Zinc, Zn	mg	1.72	0.14
Vitamins			
Lipids			
Amino Acids			
Other			