



**Food ID:** A111

**Food name and Description:** Cracker, egg

**Scientific name:**

**Alternate/Common name(s):** Galyetas de patatas

**Edible portion:** 100%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	3.8
Energy, calculated (kcal)	422
Protein (g)	15
Total Fat (g)	8.1
Carbohydrate, total (g)	72.3
Ash, total (g)	0.8

## **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.9
Sugars, total (g)	0.3

## **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	55
Phosphorus, P (mg)	149
Iron, Fe (mg)	4.3
Sodium, Na (mg)	22

## **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.16
Riboflavin, Vitamin B2 (mg)	0.15
Niacin (mg)	2.4
Ascorbic Acid, Vitamin C (mg)	0

## **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	2.11
Fatty acids, monounsaturated, total (g)	2.36
Fatty acids, polyunsaturated, total(g)	1.82
Cholesterol (mg)	78