



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