



Food ID: A114

Food name and Description: Cracker, salted

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	3
Energy, calculated (kcal)	480
Protein (g)	9.6
Total Fat (g)	19.9
Carbohydrate, total (g)	65.5
Ash, total (g)	2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.9
Sugars, total (g)	1.3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	38
Phosphorus, P (mg)	96
Iron, Fe (mg)	1.8
Sodium, Na (mg)	961

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	10
Retinol Activity Equivalent, RAE (µg)	1
Thiamin, Vitamin B1 (mg)	0.23
Riboflavin, Vitamin B2 (mg)	0.21
Niacin (mg)	2.9
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	3.81
Fatty acids, monounsaturated, total (g)	4.57
Fatty acids, polyunsaturated, total(g)	11.14
Cholesterol (mg)	0