



**Food ID:** A115

**Food name and Description:** Cracker, salted, round

**Scientific name:**

**Alternate/Common name(s):**

**Edible portion:** 100%

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

Water (g)	2.9
Energy, calculated (kcal)	505
Protein (g)	7.2
Total Fat (g)	24.7
Carbohydrate, total (g)	63.4
Ash, total (g)	1.8

## **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)	124
Phosphorus, P (mg)	145
Iron, Fe (mg)	1.8
Sodium, Na (mg)	962

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

Retinol, Vitamin A (µg)	5
beta-Carotene (µg)	5
Retinol Activity Equivalent, RAE (µg)	5
Thiamin, Vitamin B1 (mg)	0.12
Riboflavin, Vitamin B2 (mg)	0.07
Niacin (mg)	1.3
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	4.73
Fatty acids, monounsaturated, total (g)	5.68
Fatty acids, polyunsaturated, total(g)	13.82
Cholesterol (mg)	0