

Full Report (All Nutrients) 18048, Bread, raisin, toasted, enriched

Report Date: January 27, 2015 23:14 EST

Nutrient values and weights are for edible portion

Food Group : Baked Products

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 oz 28.35g | 1 slice, large 29g | 1 slice 24g | 1 slice, thin 21g |
|--------------------------------|------|------------------|-------------|------------|-------------|--------------------|-------------|-------------------|
| Proximates | | | | | | | | |
| Water | g | 27.80 | -- | -- | 7.88 | 8.06 | 6.67 | 5.84 |
| Energy | kcal | 297 | -- | -- | 84 | 86 | 71 | 62 |
| Energy | kJ | 1243 | -- | -- | 352 | 360 | 298 | 261 |
| Protein | g | 8.60 | -- | -- | 2.44 | 2.49 | 2.06 | 1.81 |
| Total lipid (fat) | g | 4.80 | -- | -- | 1.36 | 1.39 | 1.15 | 1.01 |
| Ash | g | 1.90 | -- | -- | 0.54 | 0.55 | 0.46 | 0.40 |
| Carbohydrate, by difference | g | 56.90 | -- | -- | 16.13 | 16.50 | 13.66 | 11.95 |
| Fiber, total dietary | g | 4.7 | -- | -- | 1.3 | 1.4 | 1.1 | 1.0 |
| Sugars, total | g | 6.18 | -- | -- | 1.75 | 1.79 | 1.48 | 1.30 |
| Minerals | | | | | | | | |
| Calcium, Ca | mg | 72 | -- | -- | 20 | 21 | 17 | 15 |
| Iron, Fe | mg | 3.15 | -- | -- | 0.89 | 0.91 | 0.76 | 0.66 |
| Magnesium, Mg | mg | 28 | -- | -- | 8 | 8 | 7 | 6 |
| Phosphorus, P | mg | 118 | -- | -- | 33 | 34 | 28 | 25 |
| Potassium, K | mg | 246 | -- | -- | 70 | 71 | 59 | 52 |
| Sodium, Na | mg | 377 | -- | -- | 107 | 109 | 90 | 79 |
| Zinc, Zn | mg | 0.78 | -- | -- | 0.22 | 0.23 | 0.19 | 0.16 |
| Copper, Cu | mg | 0.215 | -- | -- | 0.061 | 0.062 | 0.052 | 0.045 |
| Manganese, Mn | mg | 0.545 | -- | -- | 0.155 | 0.158 | 0.131 | 0.114 |
| Selenium, Se | µg | 21.7 | -- | -- | 6.2 | 6.3 | 5.2 | 4.6 |
| Vitamins | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.4 | -- | -- | 0.1 | 0.1 | 0.1 | 0.1 |
| Thiamin | mg | 0.294 | -- | -- | 0.083 | 0.085 | 0.071 | 0.062 |
| Riboflavin | mg | 0.390 | -- | -- | 0.111 | 0.113 | 0.094 | 0.082 |

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| Niacin | mg | 3.391 | -- | -- | 0.961 | 0.983 | 0.814 | 0.712 |
| Pantothenic acid | mg | 0.274 | -- | -- | 0.078 | 0.079 | 0.066 | 0.058 |
| Vitamin B-6 | mg | 0.068 | -- | -- | 0.019 | 0.020 | 0.016 | 0.014 |
| Folate, total | µg | 98 | -- | -- | 28 | 28 | 24 | 21 |
| Folic acid | µg | 72 | -- | -- | 20 | 21 | 17 | 15 |
| Folate, food | µg | 26 | -- | -- | 7 | 8 | 6 | 5 |
| Folate, DFE | µg | 148 | -- | -- | 42 | 43 | 36 | 31 |
| Choline, total | mg | 15.9 | -- | -- | 4.5 | 4.6 | 3.8 | 3.3 |
| Vitamin B-12 | µg | 0.00 | -- | -- | 0.00 | 0.00 | 0.00 | 0.00 |
| Vitamin B-12, added | µg | 0.00 | -- | -- | 0.00 | 0.00 | 0.00 | 0.00 |
| Vitamin A, RAE | µg | 0 | -- | -- | 0 | 0 | 0 | 0 |
| Retinol | µg | 0 | -- | -- | 0 | 0 | 0 | 0 |
| Carotene, beta | µg | 0 | -- | -- | 0 | 0 | 0 | 0 |
| Carotene, alpha | µg | 0 | -- | -- | 0 | 0 | 0 | 0 |
| Cryptoxanthin, beta | µg | 0 | -- | -- | 0 | 0 | 0 | 0 |
| Vitamin A, IU | IU | 0 | -- | -- | 0 | 0 | 0 | 0 |
| Lycopene | µg | 0 | -- | -- | 0 | 0 | 0 | 0 |
| Lutein + zeaxanthin | µg | 46 | -- | -- | 13 | 13 | 11 | 10 |
| Vitamin E (alpha-tocopherol) | mg | 0.31 | -- | -- | 0.09 | 0.09 | 0.07 | 0.07 |
| Vitamin E, added | mg | 0.00 | -- | -- | 0.00 | 0.00 | 0.00 | 0.00 |
| Vitamin D (D2 + D3) | µg | 0.0 | -- | -- | 0.0 | 0.0 | 0.0 | 0.0 |
| Vitamin D | IU | 0 | -- | -- | 0 | 0 | 0 | 0 |
| Vitamin K (phylloquinone) | µg | 1.9 | -- | -- | 0.5 | 0.6 | 0.5 | 0.4 |
| Lipids | | | | | | | | |
| Fatty acids, total saturated | g | 1.175 | -- | -- | 0.333 | 0.341 | 0.282 | 0.247 |
| 4:0 | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 | 0.000 |
| 6:0 | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 | 0.000 |
| 8:0 | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 | 0.000 |
| 10:0 | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 | 0.000 |
| 12:0 | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 | 0.000 |
| 14:0 | g | 0.022 | -- | -- | 0.006 | 0.006 | 0.005 | 0.005 |
| 16:0 | g | 0.635 | -- | -- | 0.180 | 0.184 | 0.152 | 0.133 |
| 18:0 | g | 0.518 | -- | -- | 0.147 | 0.150 | 0.124 | 0.109 |

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| Fatty acids, total monounsaturated | g | 2.494 | -- | -- | 0.707 | 0.723 | 0.599 | 0.524 |
| 16:1 undifferentiated | g | 0.007 | -- | -- | 0.002 | 0.002 | 0.002 | 0.001 |
| 18:1 undifferentiated | g | 2.487 | -- | -- | 0.705 | 0.721 | 0.597 | 0.522 |
| 20:1 | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 | 0.000 |
| Fatty acids, total polyunsaturated | g | 0.738 | -- | -- | 0.209 | 0.214 | 0.177 | 0.155 |
| 18:2 undifferentiated | g | 0.697 | -- | -- | 0.198 | 0.202 | 0.167 | 0.146 |
| 18:3 undifferentiated | g | 0.041 | -- | -- | 0.012 | 0.012 | 0.010 | 0.009 |
| 18:4 | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 | 0.000 |
| 20:4 undifferentiated | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 | 0.000 |
| 20:5 n-3 (EPA) | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 | 0.000 |
| 22:5 n-3 (DPA) | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 | 0.000 |
| 22:6 n-3 (DHA) | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 | 0.000 |
| Cholesterol | mg | 0 | -- | -- | 0 | 0 | 0 | 0 |
| Amino Acids | | | | | | | | |
| Tryptophan | g | 0.090 | -- | -- | 0.026 | 0.026 | 0.022 | 0.019 |
| Threonine | g | 0.241 | -- | -- | 0.068 | 0.070 | 0.058 | 0.051 |
| Isoleucine | g | 0.312 | -- | -- | 0.088 | 0.090 | 0.075 | 0.066 |
| Leucine | g | 0.561 | -- | -- | 0.159 | 0.163 | 0.135 | 0.118 |
| Lysine | g | 0.217 | -- | -- | 0.062 | 0.063 | 0.052 | 0.046 |
| Methionine | g | 0.139 | -- | -- | 0.039 | 0.040 | 0.033 | 0.029 |
| Cystine | g | 0.166 | -- | -- | 0.047 | 0.048 | 0.040 | 0.035 |
| Phenylalanine | g | 0.392 | -- | -- | 0.111 | 0.114 | 0.094 | 0.082 |
| Tyrosine | g | 0.222 | -- | -- | 0.063 | 0.064 | 0.053 | 0.047 |
| Valine | g | 0.358 | -- | -- | 0.101 | 0.104 | 0.086 | 0.075 |
| Arginine | g | 0.394 | -- | -- | 0.112 | 0.114 | 0.095 | 0.083 |
| Histidine | g | 0.182 | -- | -- | 0.052 | 0.053 | 0.044 | 0.038 |
| Alanine | g | 0.290 | -- | -- | 0.082 | 0.084 | 0.070 | 0.061 |
| Aspartic acid | g | 0.382 | -- | -- | 0.108 | 0.111 | 0.092 | 0.080 |
| Glutamic acid | g | 2.559 | -- | -- | 0.725 | 0.742 | 0.614 | 0.537 |
| Glycine | g | 0.293 | -- | -- | 0.083 | 0.085 | 0.070 | 0.062 |
| Proline | g | 0.899 | -- | -- | 0.255 | 0.261 | 0.216 | 0.189 |
| Serine | g | 0.388 | -- | -- | 0.110 | 0.113 | 0.093 | 0.081 |

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|-----------------|-------------|---------------------------------|------------------------|-----------------------|------------------------|-------------------------------|------------------------|------------------------------|
| Other | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | 0.0 | 0.0 | 0.0 | 0.0 |
| Caffeine | mg | 0 | -- | -- | 0 | 0 | 0 | 0 |
| Theobromine | mg | 0 | -- | -- | 0 | 0 | 0 | 0 |