

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

Report Date: February 26, 2015 19:29 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

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
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

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
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

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
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