

**Basic Report 18416, Bread, white, commercially prepared, low sodium, no salt**

Report Date: January 27, 2015 23:14 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 cup, crumbs 45g	1 cup, cubes 35g	1 slice, large 30g	1 slice 25g	1 slice, thin 20g
<b>Proximates</b>								
Water	g	36.70	10.40	16.52	12.84	11.01	9.18	7.34
Energy	kcal	267	76	120	93	80	67	53
Protein	g	8.20	2.32	3.69	2.87	2.46	2.05	1.64
Total lipid (fat)	g	3.60	1.02	1.62	1.26	1.08	0.90	0.72
Carbohydrate, by difference	g	49.60	14.06	22.32	17.36	14.88	12.40	9.92
Fiber, total dietary	g	2.3	0.7	1.0	0.8	0.7	0.6	0.5
Sugars, total	g	4.31	1.22	1.94	1.51	1.29	1.08	0.86
<b>Minerals</b>								
Calcium, Ca	mg	108	31	49	38	32	27	22
Iron, Fe	mg	3.03	0.86	1.36	1.06	0.91	0.76	0.61
Magnesium, Mg	mg	24	7	11	8	7	6	5
Phosphorus, P	mg	94	27	42	33	28	24	19
Potassium, K	mg	119	34	54	42	36	30	24
Sodium, Na	mg	298	84	134	104	89	74	60
Zinc, Zn	mg	0.62	0.18	0.28	0.22	0.19	0.16	0.12
<b>Vitamins</b>								
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.472	0.134	0.212	0.165	0.142	0.118	0.094
Riboflavin	mg	0.341	0.097	0.153	0.119	0.102	0.085	0.068
Niacin	mg	3.969	1.125	1.786	1.389	1.191	0.992	0.794
Vitamin B-6	mg	0.064	0.018	0.029	0.022	0.019	0.016	0.013
Folate, DFE	µg	171	48	77	60	51	43	34
Vitamin B-12	µg	0.03	0.01	0.01	0.01	0.01	0.01	0.01
Vitamin A, RAE	µg	0	0	0	0	0	0	0
Vitamin A, IU	IU	1	0	0	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.22	0.06	0.10	0.08	0.07	0.06	0.04

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	3.1	0.9	1.4	1.1	0.9	0.8	0.6
<b>Lipids</b>								
Fatty acids, total saturated	g	0.811	0.230	0.365	0.284	0.243	0.203	0.162
Fatty acids, total monounsaturated	g	1.612	0.457	0.725	0.564	0.484	0.403	0.322
Fatty acids, total polyunsaturated	g	0.744	0.211	0.335	0.260	0.223	0.186	0.149
Cholesterol	mg	1	0	0	0	0	0	0
<b>Other</b>								
Caffeine	mg	0	0	0	0	0	0	0