

## Basic Report 18076, Bread, whole-wheat, commercially prepared, toasted

Report Date: September 24, 2019 04:54 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 slice 25g
<b>Proximates</b>				
Water	g	24.25	6.87	6.06
Energy	kcal	306	87	76
Protein	g	16.27	4.61	4.07
Total lipid (fat)	g	4.07	1.15	1.02
Carbohydrate, by difference	g	51.16	14.50	12.79
Fiber, total dietary	g	7.5	2.1	1.9
Sugars, total	g	5.77	1.64	1.44
<b>Minerals</b>				
Calcium, Ca	mg	130	37	32
Iron, Fe	mg	2.96	0.84	0.74
Magnesium, Mg	mg	99	28	25
Phosphorus, P	mg	303	86	76
Potassium, K	mg	326	92	82
Sodium, Na	mg	565	160	141
Zinc, Zn	mg	2.15	0.61	0.54
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.376	0.107	0.094
Riboflavin	mg	0.284	0.081	0.071
Niacin	mg	5.732	1.625	1.433
Vitamin B-6	mg	0.237	0.067	0.059
Folate, DFE	µg	52	15	13
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	4	1	1
Vitamin E (alpha-tocopherol)	mg	0.63	0.18	0.16

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	9.0	2.6	2.2
<b>Lipids</b>				
Fatty acids, total saturated	g	0.922	0.261	0.231
Fatty acids, total monounsaturated	g	1.972	0.559	0.493
Fatty acids, total polyunsaturated	g	0.740	0.210	0.185
Fatty acids, total trans	g	1.025	0.291	0.256
Cholesterol	mg	0	0	0
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0