

## Basic Report 18963, Garlic bread, frozen

Report Date: June 19, 2019 05:38 EDT

Nutrient values and weights are for edible portion.

| Nutrient                       | Unit | 1<br>Value<br>Per100 g | 1 slice presliced<br>43g | 1 slice<br>59g |
|--------------------------------|------|------------------------|--------------------------|----------------|
| <b>Proximates</b>              |      |                        |                          |                |
| Water                          | g    | 31.78                  | 13.67                    | 18.75          |
| Energy                         | kcal | 350                    | 150                      | 206            |
| Protein                        | g    | 8.36                   | 3.59                     | 4.93           |
| Total lipid (fat)              | g    | 16.61                  | 7.14                     | 9.80           |
| Carbohydrate, by difference    | g    | 41.72                  | 17.94                    | 24.61          |
| Fiber, total dietary           | g    | 2.5                    | 1.1                      | 1.5            |
| Sugars, total                  | g    | 3.69                   | 1.59                     | 2.18           |
| <b>Minerals</b>                |      |                        |                          |                |
| Calcium, Ca                    | mg   | 27                     | 12                       | 16             |
| Iron, Fe                       | mg   | 3.05                   | 1.31                     | 1.80           |
| Magnesium, Mg                  | mg   | 23                     | 10                       | 14             |
| Phosphorus, P                  | mg   | 87                     | 37                       | 51             |
| Potassium, K                   | mg   | 103                    | 44                       | 61             |
| Sodium, Na                     | mg   | 544                    | 234                      | 321            |
| Zinc, Zn                       | mg   | 0.87                   | 0.37                     | 0.51           |
| <b>Vitamins</b>                |      |                        |                          |                |
| Vitamin C, total ascorbic acid | mg   | 0.2                    | 0.1                      | 0.1            |
| Thiamin                        | mg   | 0.462                  | 0.199                    | 0.273          |
| Riboflavin                     | mg   | 0.184                  | 0.079                    | 0.109          |
| Niacin                         | mg   | 4.142                  | 1.781                    | 2.444          |
| Vitamin B-6                    | mg   | 0.083                  | 0.036                    | 0.049          |
| Folate, DFE                    | µg   | 221                    | 95                       | 130            |
| Vitamin B-12                   | µg   | 0.08                   | 0.03                     | 0.05           |
| Vitamin A, RAE                 | µg   | 13                     | 6                        | 8              |
| Vitamin A, IU                  | IU   | 44                     | 19                       | 26             |
| Vitamin E (alpha-tocopherol)   | mg   | 1.18                   | 0.51                     | 0.70           |

| <b>Nutrient</b>                    | <b>Unit</b> | <b>1<br/>Value<br/>Per100 g</b> | <b>1 slice presliced<br/>43g</b> | <b>1 slice<br/>59g</b> |
|------------------------------------|-------------|---------------------------------|----------------------------------|------------------------|
| Vitamin D (D2 + D3)                | µg          | 0.2                             | 0.1                              | 0.1                    |
| Vitamin D                          | IU          | 9                               | 4                                | 5                      |
| Vitamin K (phylloquinone)          | µg          | 29.5                            | 12.7                             | 17.4                   |
| <b>Lipids</b>                      |             |                                 |                                  |                        |
| Fatty acids, total saturated       | g           | 5.281                           | 2.271                            | 3.116                  |
| Fatty acids, total monounsaturated | g           | 4.669                           | 2.008                            | 2.755                  |
| Fatty acids, total polyunsaturated | g           | 5.437                           | 2.338                            | 3.208                  |
| Fatty acids, total trans           | g           | 0.240                           | 0.103                            | 0.142                  |
| Cholesterol                        | mg          | 0                               | 0                                | 0                      |
| <b>Amino Acids</b>                 |             |                                 |                                  |                        |
| <b>Other</b>                       |             |                                 |                                  |                        |
| Caffeine                           | mg          | 0                               | 0                                | 0                      |