

Basic Report 18013, Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked

Report Date: September 15, 2019 20:21 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 biscuit (2-1/4" dia) 21g
Proximates				
Water	g	27.70	7.85	5.82
Energy	kcal	319	90	67
Protein	g	7.80	2.21	1.64
Total lipid (fat)	g	9.10	2.58	1.91
Carbohydrate, by difference	g	51.60	14.63	10.84
Fiber, total dietary	g	2.3	0.7	0.5
Sugars, total	g	8.14	2.31	1.71
Minerals				
Calcium, Ca	mg	19	5	4
Iron, Fe	mg	3.09	0.88	0.65
Magnesium, Mg	mg	17	5	4
Phosphorus, P	mg	465	132	98
Potassium, K	mg	185	52	39
Sodium, Na	mg	962	273	202
Zinc, Zn	mg	0.46	0.13	0.10
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.417	0.118	0.088
Riboflavin	mg	0.232	0.066	0.049
Niacin	mg	3.448	0.978	0.724
Vitamin B-6	mg	0.029	0.008	0.006
Folate, DFE	µg	138	39	29
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.07	0.02	0.01

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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	2.2	0.6	0.5
Lipids				
Fatty acids, total saturated	g	3.648	1.034	0.766
Fatty acids, total monounsaturated	g	2.797	0.793	0.587
Fatty acids, total polyunsaturated	g	0.780	0.221	0.164
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0