

Full Report (All Nutrients) 45338915, 100% WHOLE GRAIN BREAD, UPC: 073410026366
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Report Date: July 19, 2019 19:21 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer BIMBO BAKERIES USA, INC.

Nutrient	Unit	Data points	Std. Error	2 SLICE 96g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	260	271
Protein	g	--	--	10.00	10.42
Total lipid (fat)	g	--	--	6.00	6.25
Carbohydrate, by difference	g	--	--	46.00	47.92
Fiber, total dietary	g	--	--	6.0	6.2
Sugars, total	g	--	--	6.00	6.25
Sugars, added	g	--	--	6.0	6.2
Minerals					
Calcium, Ca	mg	--	--	100	104
Iron, Fe	mg	--	--	2.20	2.29
Potassium, K	mg	--	--	240	250
Sodium, Na	mg	--	--	500	521
Vitamins					
Vitamin D	IU	--	--	0	0
Lipids					
Fatty acids, total saturated	g	--	--	0.000	0.000
Fatty acids, total monounsaturated	g	--	--	1.997	2.080
Fatty acids, total polyunsaturated	g	--	--	2.995	3.120
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0

Amino Acids
Other
Ingredients

WHOLE WHEAT FLOUR, WATER, BULGUR WHEAT, SUNFLOWER SEEDS, SUGAR, WHEAT GLUTEN, YEAST, SOYBEAN OIL, SALT, WHOLE WHEAT, CULTURED WHEAT STARCH, GRAIN VINEGAR, NATURAL FLAVORS, SOY LECITHIN, CITRIC ACID, SOY, WHEY. *Date Available: 05/25/2018 Date Last Updated by Company: 05/25/2018*