

Basic Report 18049, Bread, reduced-calorie, oat bran

Report Date: August 21, 2017 04:29 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 slice 23g
Proximates				
Water	g	46.00	13.04	10.58
Energy	kcal	201	57	46
Protein	g	8.00	2.27	1.84
Total lipid (fat)	g	3.20	0.91	0.74
Carbohydrate, by difference	g	41.30	11.71	9.50
Fiber, total dietary	g	12.0	3.4	2.8
Sugars, total	g	3.52	1.00	0.81
Minerals				
Calcium, Ca	mg	57	16	13
Iron, Fe	mg	3.15	0.89	0.72
Magnesium, Mg	mg	55	16	13
Phosphorus, P	mg	139	39	32
Potassium, K	mg	102	29	23
Sodium, Na	mg	459	130	106
Zinc, Zn	mg	1.05	0.30	0.24
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.354	0.100	0.081
Riboflavin	mg	0.203	0.058	0.047
Niacin	mg	3.763	1.067	0.865
Vitamin B-6	mg	0.103	0.029	0.024
Folate, DFE	µg	114	32	26
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	2	1	0
Vitamin E (alpha-tocopherol)	mg	0.28	0.08	0.06

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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	1.7	0.5	0.4
Lipids				
Fatty acids, total saturated	g	0.445	0.126	0.102
Fatty acids, total monounsaturated	g	0.684	0.194	0.157
Fatty acids, total polyunsaturated	g	1.670	0.473	0.384
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0