

Full Report (All Nutrients) 18049, Bread, reduced-calorie, oat bran

Report Date: May 23, 2017 01:06 EDT

Nutrient values and weights are for edible portion.

Food Group : Baked Products

Carbohydrate Factor: 3.5 Fat Factor: 8.6 Protein Factor:3.6 Nitrogen to Protein Conversion Factor:5.8

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 slice 23g
Proximates						
Water	g	46.00	2	--	13.04	10.58
Energy	kcal	201	--	--	57	46
Energy	kJ	841	--	--	238	193
Protein	g	8.00	2	--	2.27	1.84
Total lipid (fat)	g	3.20	2	--	0.91	0.74
Ash	g	1.50	2	--	0.43	0.34
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	2	--	16	13
Iron, Fe	mg	3.15	2	--	0.89	0.72
Magnesium, Mg	mg	55	--	--	16	13
Phosphorus, P	mg	139	--	--	39	32
Potassium, K	mg	102	1	--	29	23
Sodium, Na	mg	459	--	--	130	106
Zinc, Zn	mg	1.05	--	--	0.30	0.24
Copper, Cu	mg	0.291	--	--	0.082	0.067
Manganese, Mn	mg	1.101	--	--	0.312	0.253
Selenium, Se	µg	20.6	--	--	5.8	4.7
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 slice 23g
Thiamin	mg	0.354	2	--	0.100	0.081
Riboflavin	mg	0.203	2	--	0.058	0.047
Niacin	mg	3.763	2	--	1.067	0.865
Pantothenic acid	mg	0.492	--	--	0.139	0.113
Vitamin B-6	mg	0.103	--	--	0.029	0.024
Folate, total	µg	81	--	--	23	19
Folic acid	µg	47	--	--	13	11
Folate, food	µg	34	--	--	10	8
Folate, DFE	µg	114	--	--	32	26
Choline, total	mg	14.6	--	--	4.1	3.4
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	1	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	2	--	--	1	0
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	42	--	--	12	10
Vitamin E (alpha-tocopherol)	mg	0.28	--	--	0.08	0.06
Vitamin E, added	mg	0.00	--	--	0.00	0.00
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
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.002	--	--	0.001	0.000
14:0	g	0.002	--	--	0.001	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 slice 23g
16:0	g	0.369	--	--	0.105	0.085
18:0	g	0.068	--	--	0.019	0.016
Fatty acids, total monounsaturated	g	0.684	--	--	0.194	0.157
16:1 undifferentiated	g	0.019	--	--	0.005	0.004
18:1 undifferentiated	g	0.663	--	--	0.188	0.152
20:1	g	0.002	--	--	0.001	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	1.670	--	--	0.473	0.384
18:2 undifferentiated	g	1.567	--	--	0.444	0.360
18:3 undifferentiated	g	0.102	--	--	0.029	0.023
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Tryptophan	g	0.103	--	--	0.029	0.024
Threonine	g	0.257	--	--	0.073	0.059
Isoleucine	g	0.321	--	--	0.091	0.074
Leucine	g	0.565	--	--	0.160	0.130
Lysine	g	0.291	--	--	0.082	0.067
Methionine	g	0.140	--	--	0.040	0.032
Cystine	g	0.135	--	--	0.038	0.031
Phenylalanine	g	0.165	--	--	0.047	0.038
Tyrosine	g	0.386	--	--	0.109	0.089
Valine	g	0.364	--	--	0.103	0.084
Arginine	g	0.384	--	--	0.109	0.088
Histidine	g	0.183	--	--	0.052	0.042
Alanine	g	0.312	--	--	0.088	0.072
Aspartic acid	g	0.527	--	--	0.149	0.121
Glutamic acid	g	2.197	--	--	0.623	0.505
Glycine	g	0.318	--	--	0.090	0.073

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 slice 23g
Proline	g	0.712	--	--	0.202	0.164
Serine	g	0.391	--	--	0.111	0.090
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0