

Full Report (All Nutrients) 18060, Bread, rye

Report Date: September 22, 2019 04:02 EDT

Nutrient values and weights are for edible portion.

Food Group : Baked Products

Carbohydrate Factor: 4.1 Fat Factor: 8.6 Protein Factor:3.7 Nitrogen to Protein Conversion Factor:5.8

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 slice, regular 32g	1 slice, snack-size 7g	1 slice, thin 25g
Proximates								
Water	g	37.30	54	0.210	10.57	11.94	2.61	9.32
Energy	kcal	259	--	--	73	83	18	65
Energy	kJ	1084	--	--	307	347	76	271
Protein	g	8.50	76	0.070	2.41	2.72	0.59	2.12
Total lipid (fat)	g	3.30	78	0.080	0.94	1.06	0.23	0.82
Ash	g	2.50	41	0.060	0.71	0.80	0.17	0.62
Carbohydrate, by difference	g	48.30	--	--	13.69	15.46	3.38	12.07
Fiber, total dietary	g	5.8	--	--	1.6	1.9	0.4	1.4
Sugars, total	g	3.85	--	--	1.09	1.23	0.27	0.96
Minerals								
Calcium, Ca	mg	73	103	2.000	21	23	5	18
Iron, Fe	mg	2.83	101	0.040	0.80	0.91	0.20	0.71
Magnesium, Mg	mg	40	38	1.000	11	13	3	10
Phosphorus, P	mg	125	37	3.000	35	40	9	31
Potassium, K	mg	166	53	3.000	47	53	12	42
Sodium, Na	mg	603	--	--	171	193	42	151
Zinc, Zn	mg	1.14	38	0.030	0.32	0.36	0.08	0.28
Copper, Cu	mg	0.186	34	0.005	0.053	0.060	0.013	0.047
Manganese, Mn	mg	0.824	36	0.031	0.234	0.264	0.058	0.206
Selenium, Se	µg	30.9	44	0.800	8.8	9.9	2.2	7.7
Fluoride, F ¹	µg	51.0	9	--	14.5	16.3	3.6	12.8

Vitamins

Nutrient	Unit	1	Data points	Std. Error	1 oz 28.35g	1 slice, regular 32g	1 slice, snack-size 7g	1 slice, thin 25g
		Value Per100 g						
Vitamin C, total ascorbic acid	mg	0.4	--	--	0.1	0.1	0.0	0.1
Thiamin	mg	0.434	69	0.008	0.123	0.139	0.030	0.108
Riboflavin	mg	0.335	70	0.013	0.095	0.107	0.023	0.084
Niacin	mg	3.805	70	0.070	1.079	1.218	0.266	0.951
Pantothenic acid	mg	0.440	4	0.052	0.125	0.141	0.031	0.110
Vitamin B-6	mg	0.075	2	--	0.021	0.024	0.005	0.019
Folate, total	µg	110	--	--	31	35	8	28
Folic acid	µg	59	--	--	17	19	4	15
Folate, food	µg	51	4	14.000	14	16	4	13
Folate, DFE	µg	151	--	--	43	48	11	38
Choline, total	mg	14.6	--	--	4.1	4.7	1.0	3.6
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0	0	0
Retinol	µg	0	--	--	0	0	0	0
Carotene, beta	µg	4	--	--	1	1	0	1
Carotene, alpha	µg	0	--	--	0	0	0	0
Cryptoxanthin, beta	µg	1	--	--	0	0	0	0
Vitamin A, IU	IU	7	--	--	2	2	0	2
Lycopene	µg	0	--	--	0	0	0	0
Lutein + zeaxanthin	µg	54	--	--	15	17	4	14
Vitamin E (alpha-tocopherol)	mg	0.33	--	--	0.09	0.11	0.02	0.08
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0	0
Vitamin K (phylloquinone)	µg	1.2	--	--	0.3	0.4	0.1	0.3
Lipids								
Fatty acids, total saturated	g	0.626	--	--	0.177	0.200	0.044	0.157
4:0	g	0.000	--	--	0.000	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000	0.000	0.000

Nutrient	Unit	1	Data points	Std. Error	1 oz 28.35g	1 slice, regular 32g	1 slice, snack-size 7g	1 slice, thin 25g
		Value Per100 g						
14:0	g	0.011	--	--	0.003	0.004	0.001	0.003
16:0	g	0.385	--	--	0.109	0.123	0.027	0.096
18:0	g	0.230	--	--	0.065	0.074	0.016	0.058
Fatty acids, total monounsaturated	g	1.311	--	--	0.372	0.420	0.092	0.328
16:1 undifferentiated	g	0.012	--	--	0.003	0.004	0.001	0.003
18:1 undifferentiated	g	1.296	--	--	0.367	0.415	0.091	0.324
20:1	g	0.003	--	--	0.001	0.001	0.000	0.001
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.799	--	--	0.227	0.256	0.056	0.200
18:2 undifferentiated	g	0.739	--	--	0.210	0.236	0.052	0.185
18:3 undifferentiated	g	0.060	--	--	0.017	0.019	0.004	0.015
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000
Cholesterol	mg	0	7	0.000	0	0	0	0
Amino Acids								
Tryptophan	g	0.096	--	--	0.027	0.031	0.007	0.024
Threonine	g	0.255	--	--	0.072	0.082	0.018	0.064
Isoleucine	g	0.319	--	--	0.090	0.102	0.022	0.080
Leucine	g	0.579	--	--	0.164	0.185	0.041	0.145
Lysine	g	0.233	--	--	0.066	0.075	0.016	0.058
Methionine	g	0.139	--	--	0.039	0.044	0.010	0.035
Cystine	g	0.173	--	--	0.049	0.055	0.012	0.043
Phenylalanine	g	0.411	--	--	0.117	0.132	0.029	0.103
Tyrosine	g	0.213	--	--	0.060	0.068	0.015	0.053
Valine	g	0.379	--	--	0.107	0.121	0.027	0.095
Arginine	g	0.325	--	--	0.092	0.104	0.023	0.081
Histidine	g	0.182	--	--	0.052	0.058	0.013	0.045
Alanine	g	0.299	--	--	0.085	0.096	0.021	0.075
Aspartic acid	g	0.442	--	--	0.125	0.141	0.031	0.111
Glutamic acid	g	2.603	--	--	0.738	0.833	0.182	0.651

Nutrient	Unit	1	Data points	Std. Error	1 oz 28.35g	1 slice, regular 32g	1 slice, snack-size 7g	1 slice, thin 25g
		Value Per100 g						
Glycine	g	0.302	--	--	0.086	0.097	0.021	0.075
Proline	g	0.909	--	--	0.258	0.291	0.064	0.227
Serine	g	0.417	--	--	0.118	0.133	0.029	0.104
Other								
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0
Flavonoids								
Isoflavones								
Daidzein ²	mg	0.00	1	--	0.00	0.00	0.00	0.00
Genistein ²	mg	0.00	1	--	0.00	0.00	0.00	0.00
Glycitein ²	mg	0.00	1	--	0.00	0.00	0.00	0.00
Total isoflavones ²	mg	0.00	1	--	0.00	0.00	0.00	0.00
Formononetin	mg	0.00	1	--	0.00	0.00	0.00	0.00
Coumestrol	mg	0.00	1	--	0.00	0.00	0.00	0.00

Sources of Data

¹Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffision

²Thompson, L. U., Boucher, B. A., Liu, Z., Cotterchio, M., and Kreiger, N. Phytoestrogen content of foods consumed in Canada, including isoflavones, lignans, and coumestan., 2006 Nutr. Cancer 54 pp.184-201