

Full Report (All Nutrients) 18064, Bread, wheat

Report Date: September 18, 2019 20:06 EDT

Nutrient values and weights are for edible portion.

Food Group : Baked Products

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 slice 29g
Proximates					
Water 1	g	35.25	9	0.400	10.22
Energy	kcal	274	--	--	79
Energy	kJ	1145	--	--	332
Protein 1	g	10.67	9	0.290	3.09
Total lipid (fat) 1	g	4.53	9	0.320	1.31
Ash 1	g	2.01	9	0.070	0.58
Carbohydrate, by difference	g	47.54	--	--	13.79
Fiber, total dietary 2	g	4.0	10	0.400	1.2
Sugars, total 1	g	5.73	8	0.420	1.66
Sucrose 1	g	0.00	8	0.000	0.00
Glucose (dextrose) 1	g	1.66	8	0.200	0.48
Fructose 1	g	2.33	8	0.250	0.68
Lactose 1	g	0.00	8	0.000	0.00
Maltose 1	g	1.74	8	0.200	0.50
Galactose 1	g	0.00	8	0.000	0.00
Starch 1	g	36.34	3	1.630	10.54
Minerals					
Calcium, Ca 1	mg	125	9	9.000	36
Iron, Fe 1	mg	3.60	9	0.300	1.04
Magnesium, Mg 1	mg	41	9	2.000	12
Phosphorus, P 1	mg	129	9	6.000	37
Potassium, K 1	mg	141	9	5.000	41
Sodium, Na 1	mg	473	9	30.000	137

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Zinc, Zn 1	mg	1.04	9	0.060	0.30
Copper, Cu 1	mg	0.148	9	0.008	0.043
Manganese, Mn 1	mg	1.026	9	0.060	0.298
Selenium, Se 3	µg	28.8	3	1.300	8.4
Vitamins					
Vitamin C, total ascorbic acid 3	mg	0.2	3	0.000	0.1
Thiamin 2	mg	0.411	7	0.036	0.119
Riboflavin 2	mg	0.252	7	0.033	0.073
Niacin 2	mg	5.590	7	0.468	1.621
Pantothenic acid 3	mg	0.820	3	0.057	0.238
Vitamin B-6 2	mg	0.111	7	0.013	0.032
Folate, total	µg	85	--	--	25
Folic acid	µg	20	--	--	6
Folate, food	µg	65	--	--	19
Folate, DFE	µg	99	--	--	29
Choline, total 3	mg	18.7	--	--	5.4
Betaine 3	mg	85.2	1	--	24.7
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Carotene, beta	µg	1	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	2	--	--	1
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	44	--	--	13
Vitamin E (alpha-tocopherol) 3	mg	0.19	3	0.010	0.06
Vitamin E, added	mg	0.00	--	--	0.00
Tocopherol, beta 3	mg	0.06	3	0.003	0.02
Tocopherol, gamma 3	mg	1.54	3	0.020	0.45
Tocopherol, delta 3	mg	0.33	3	0.009	0.10
Tocotrienol, alpha 3	mg	0.11	3	0.003	0.03

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Tocotrienol, gamma 3	mg	0.00	3	0.000	0.00
Tocotrienol, delta 3	mg	0.00	3	0.000	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone) 3	µg	4.9	3	0.200	1.4
Lipids					
Fatty acids, total saturated	g	0.697	--	--	0.202
4:0 1	g	0.000	9	0.000	0.000
6:0 1	g	0.000	9	0.000	0.000
8:0 1	g	0.000	9	0.000	0.000
10:0 1	g	0.001	9	0.001	0.000
12:0 1	g	0.008	9	0.002	0.002
14:0 1	g	0.007	9	0.001	0.002
15:0 1	g	0.003	9	0.000	0.001
16:0 1	g	0.440	9	0.015	0.128
17:0 1	g	0.006	9	0.000	0.002
18:0 1	g	0.213	9	0.016	0.062
20:0 1	g	0.007	9	0.000	0.002
22:0 1	g	0.007	9	0.000	0.002
24:0 1	g	0.004	9	0.000	0.001
Fatty acids, total monounsaturated	g	0.612	--	--	0.177
14:1 1	g	0.000	9	0.000	0.000
15:1 1	g	0.000	9	0.000	0.000
16:1 undifferentiated 1	g	0.019	9	0.002	0.006
16:1 c 1	g	0.019	9	0.002	0.006
16:1 t 1	g	0.000	9	0.000	0.000
17:1 1	g	0.002	9	0.000	0.001
18:1 undifferentiated 1	g	0.577	9	0.039	0.167
18:1 c 1	g	0.550	9	0.037	0.160
18:1 t 1	g	0.027	9	0.005	0.008
20:1 1	g	0.014	9	0.001	0.004
22:1 undifferentiated 1	g	0.000	9	0.000	0.000

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22:1 c 1	g	0.000	9	0.000	0.000
22:1 t 1	g	0.000	9	0.000	0.000
24:1 c 1	g	0.000	9	0.000	0.000
Fatty acids, total polyunsaturated	g	1.615	--	--	0.468
18:2 undifferentiated 1	g	1.448	9	0.085	0.420
18:2 n-6 c,c 1	g	1.442	9	0.084	0.418
18:2 CLAs 1	g	0.000	9	0.000	0.000
18:2 t not further defined 1	g	0.006	9	0.001	0.002
18:3 undifferentiated 1	g	0.161	9	0.012	0.047
18:3 n-3 c,c,c (ALA) 1	g	0.155	9	0.011	0.045
18:3 n-6 c,c,c 1	g	0.005	9	0.001	0.001
18:3i 1	g	0.000	9	0.000	0.000
18:4 1	g	0.000	9	0.000	0.000
20:2 n-6 c,c 1	g	0.001	9	0.000	0.000
20:3 undifferentiated 1	g	0.000	9	0.000	0.000
20:3 n-6 1	g	0.000	9	0.000	0.000
20:4 undifferentiated 1	g	0.000	9	0.000	0.000
20:5 n-3 (EPA) 1	g	0.004	9	0.001	0.001
22:4 1	g	0.000	9	0.000	0.000
22:5 n-3 (DPA) 1	g	0.000	9	0.000	0.000
22:6 n-3 (DHA) 1	g	0.000	9	0.000	0.000
Fatty acids, total trans	g	0.033	--	--	0.010
Fatty acids, total trans-monoenoic	g	0.027	--	--	0.008
Cholesterol	mg	0	--	--	0
Amino Acids					
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0
Flavonoids					
Isoflavones					
Daidzein 4	mg	0.00	2	--	0.00

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Genistein ⁴	mg	0.00	2	--	0.00
Glycitein ⁴	mg	0.00	2	--	0.00
Total isoflavones ⁴	mg	0.00	2	--	0.00

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave19e, 2015 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 15d, 2010 Beltsville MD

³Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 7d, 2002 Beltsville MD

⁴Umpruss, S. T., Murphy, S. P., Franke, A. A., Custer, L. J., and Blitz, C. L. Isoflavone content of foods with soy additives., 2005 J. Food Comp. Anal. 18 pp.533-550