

Nutrient	Unit	1 Value Per100 g	1 slice 29g	1 oz 28.35g	1 cup, crumbs 45g	1 cup, cubes 35g	1 slice, large 30g	1 slice 25g	1 slice crust not eaten 12g	1 slice, thin 20g	1 slice thin, crust not eaten 9g	1 slice, very thin 15g
Vitamin A, IU	IU	1	0	0	0	0	0	0	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.22	0.06	0.06	0.10	0.08	0.07	0.06	0.03	0.04	0.02	0.03
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	0.2	0.1	0.1	0.1	0.1	0.1	0.1	0.0	0.0	0.0	0.0
Lipids												
Fatty acids, total saturated	g	0.698	0.202	0.198	0.314	0.244	0.209	0.174	0.084	0.140	0.063	0.105
Fatty acids, total monounsaturated	g	0.599	0.174	0.170	0.270	0.210	0.180	0.150	0.072	0.120	0.054	0.090
Fatty acids, total polyunsaturated	g	1.602	0.465	0.454	0.721	0.561	0.481	0.401	0.192	0.320	0.144	0.240
Fatty acids, total trans	g	0.027	0.008	0.008	0.012	0.009	0.008	0.007	0.003	0.005	0.002	0.004
Cholesterol	mg	0	0	0	0	0	0	0	0	0	0	0
Amino Acids												
Other												
Caffeine	mg	0	0	0	0	0	0	0	0	0	0	0