

Basic Report 18079, Bread, crumbs, dry, grated, plain

Report Date: August 23, 2019 10:01 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 cup 108g
Proximates				
Water	g	6.51	1.85	7.03
Energy	kcal	395	112	427
Protein	g	13.35	3.78	14.42
Total lipid (fat)	g	5.30	1.50	5.72
Carbohydrate, by difference	g	71.98	20.41	77.74
Fiber, total dietary	g	4.5	1.3	4.9
Sugars, total	g	6.20	1.76	6.70
Minerals				
Calcium, Ca	mg	183	52	198
Iron, Fe	mg	4.83	1.37	5.22
Magnesium, Mg	mg	43	12	46
Phosphorus, P	mg	165	47	178
Potassium, K	mg	196	56	212
Sodium, Na	mg	732	208	791
Zinc, Zn	mg	1.45	0.41	1.57
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.967	0.274	1.044
Riboflavin	mg	0.403	0.114	0.435
Niacin	mg	6.634	1.881	7.165
Vitamin B-6	mg	0.121	0.034	0.131
Folate, DFE	µg	164	46	177
Vitamin B-12	µg	0.35	0.10	0.38
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.08	0.02	0.09

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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	6.6	1.9	7.1
Lipids				
Fatty acids, total saturated	g	1.203	0.341	1.299
Fatty acids, total monounsaturated	g	1.023	0.290	1.105
Fatty acids, total polyunsaturated	g	2.060	0.584	2.225
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0