

## Basic Report 18344, Rolls, dinner, egg

Report Date: February 25, 2018 10:44 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 roll (2-1/2" dia) 35g
<b>Proximates</b>				
Water	g	30.40	8.62	10.64
Energy	kcal	307	87	107
Protein	g	9.50	2.69	3.33
Total lipid (fat)	g	6.40	1.81	2.24
Carbohydrate, by difference	g	52.00	14.74	18.20
Fiber, total dietary	g	3.7	1.0	1.3
Sugars, total	g	4.30	1.22	1.50
<b>Minerals</b>				
Calcium, Ca	mg	59	17	21
Iron, Fe	mg	3.52	1.00	1.23
Magnesium, Mg	mg	25	7	9
Phosphorus, P	mg	101	29	35
Potassium, K	mg	104	29	36
Sodium, Na	mg	566	160	198
Zinc, Zn	mg	1.12	0.32	0.39
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.527	0.149	0.184
Riboflavin	mg	0.517	0.147	0.181
Niacin	mg	3.287	0.932	1.150
Vitamin B-6	mg	0.053	0.015	0.019
Folate, DFE	µg	276	78	97
Vitamin B-12	µg	0.24	0.07	0.08
Vitamin A, RAE	µg	5	1	2
Vitamin A, IU	IU	26	7	9
Vitamin E (alpha-tocopherol)	mg	0.36	0.10	0.13

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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	2.1	0.6	0.7
<b>Lipids</b>				
Fatty acids, total saturated	g	1.577	0.447	0.552
Fatty acids, total monounsaturated	g	2.930	0.831	1.026
Fatty acids, total polyunsaturated	g	1.128	0.320	0.395
Cholesterol	mg	50	14	18
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0