

Basic Report 18344, Rolls, dinner, egg

Report Date: May 26, 2017 03:29 EDT

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
Proximates				
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
Minerals				
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
Vitamins				
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
Lipids				
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
Amino Acids				
Other				
Caffeine	mg	0	0	0