

Basic Report 18345, Rolls, dinner, oat bran

Report Date: December 15, 2017 20:41 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 roll 33g
Proximates				
Water	g	44.00	12.47	14.52
Energy	kcal	236	67	78
Protein	g	9.50	2.69	3.13
Total lipid (fat)	g	4.60	1.30	1.52
Carbohydrate, by difference	g	40.20	11.40	13.27
Fiber, total dietary	g	4.1	1.2	1.4
Sugars, total	g	6.67	1.89	2.20
Minerals				
Calcium, Ca	mg	85	24	28
Iron, Fe	mg	4.14	1.17	1.37
Magnesium, Mg	mg	33	9	11
Phosphorus, P	mg	115	33	38
Potassium, K	mg	121	34	40
Sodium, Na	mg	413	117	136
Zinc, Zn	mg	1.02	0.29	0.34
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.448	0.127	0.148
Riboflavin	mg	0.289	0.082	0.095
Niacin	mg	4.954	1.404	1.635
Vitamin B-6	mg	0.045	0.013	0.015
Folate, DFE	µg	140	40	46
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.48	0.14	0.16

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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	1.2	0.3	0.4
Lipids				
Fatty acids, total saturated	g	0.619	0.175	0.204
Fatty acids, total monounsaturated	g	1.488	0.422	0.491
Fatty acids, total polyunsaturated	g	1.568	0.445	0.517
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0