

## Basic Report 18346, Rolls, dinner, rye

Report Date: February 20, 2018 08:34 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 large (approx 3-1/2" to 4" dia) 43g	1 medium 36g	1 small (2-3/8" dia) 28g
<b>Proximates</b>					
Water	g	30.10	12.94	10.84	8.43
Energy	kcal	286	123	103	80
Protein	g	10.30	4.43	3.71	2.88
Total lipid (fat)	g	3.40	1.46	1.22	0.95
Carbohydrate, by difference	g	53.10	22.83	19.12	14.87
Fiber, total dietary	g	4.9	2.1	1.8	1.4
Sugars, total	g	1.17	0.50	0.42	0.33
<b>Minerals</b>					
Calcium, Ca	mg	30	13	11	8
Iron, Fe	mg	2.70	1.16	0.97	0.76
Magnesium, Mg	mg	54	23	19	15
Phosphorus, P	mg	159	68	57	45
Potassium, K	mg	180	77	65	50
Sodium, Na	mg	650	280	234	182
Zinc, Zn	mg	0.97	0.42	0.35	0.27
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.380	0.163	0.137	0.106
Riboflavin	mg	0.270	0.116	0.097	0.076
Niacin	mg	3.900	1.677	1.404	1.092
Vitamin B-6	mg	0.062	0.027	0.022	0.017
Folate, DFE	µg	153	66	55	43
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0	0
Vitamin A, IU	IU	8	3	3	2
Vitamin E (alpha-tocopherol)	mg	0.34	0.15	0.12	0.10

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	3.1	1.3	1.1	0.9
<b>Lipids</b>					
Fatty acids, total saturated	g	0.605	0.260	0.218	0.169
Fatty acids, total monounsaturated	g	1.236	0.531	0.445	0.346
Fatty acids, total polyunsaturated	g	0.708	0.304	0.255	0.198
Cholesterol	mg	0	0	0	0
<b>Amino Acids</b>					
<b>Other</b>					
Caffeine	mg	0	0	0	0