

Basic Report 18346, Rolls, dinner, rye

Report Date: August 17, 2017 23:15 EDT

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