

Basic Report 18352, Rolls, hamburger or hotdog, reduced-calorie

Report Date: June 29, 2017 03:15 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 roll 43g
Proximates				
Water	g	46.00	13.04	19.78
Energy	kcal	196	56	84
Protein	g	8.30	2.35	3.57
Total lipid (fat)	g	2.00	0.57	0.86
Carbohydrate, by difference	g	42.10	11.94	18.10
Fiber, total dietary	g	6.2	1.8	2.7
Sugars, total	g	4.76	1.35	2.05
Minerals				
Calcium, Ca	mg	59	17	25
Iron, Fe	mg	2.99	0.85	1.29
Magnesium, Mg	mg	20	6	9
Phosphorus, P	mg	84	24	36
Potassium, K	mg	78	22	34
Sodium, Na	mg	410	116	176
Zinc, Zn	mg	0.68	0.19	0.29
Vitamins				
Vitamin C, total ascorbic acid	mg	0.2	0.1	0.1
Thiamin	mg	0.393	0.111	0.169
Riboflavin	mg	0.175	0.050	0.075
Niacin	mg	4.935	1.399	2.122
Vitamin B-6	mg	0.038	0.011	0.016
Folate, DFE	µg	171	48	74
Vitamin B-12	µg	0.10	0.03	0.04
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	1	0	0
Vitamin E (alpha-tocopherol)	mg	0.07	0.02	0.03

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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	3.1	0.9	1.3
Lipids				
Fatty acids, total saturated	g	0.325	0.092	0.140
Fatty acids, total monounsaturated	g	0.524	0.149	0.225
Fatty acids, total polyunsaturated	g	0.763	0.216	0.328
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0