

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

Report Date: August 19, 2017 11:01 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 roll 43g
<b>Proximates</b>				
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
<b>Minerals</b>				
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
<b>Vitamins</b>				
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
<b>Lipids</b>				
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
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0