

Basic Report 18430, Danish pastry, cinnamon, unenriched
Report Date: June 24, 2017 23:37 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 large (approx 7" dia) 142g	1 small or frozen (approx 3" dia) 35g	1 pastry (4-1/4" dia) 65g	1 Toaster Strudel 53g	1 piece (1/8 of 15 oz ring) 53g
Proximates								
Water	g	24.30	6.89	34.51	8.51	15.79	12.88	12.88
Energy	kcal	403	114	572	141	262	214	214
Protein	g	7.00	1.98	9.94	2.45	4.55	3.71	3.71
Total lipid (fat)	g	22.40	6.35	31.81	7.84	14.56	11.87	11.87
Carbohydrate, by difference	g	44.60	12.64	63.33	15.61	28.99	23.64	23.64
Fiber, total dietary	g	1.2	0.3	1.7	0.4	0.8	0.6	0.6
Minerals								
Calcium, Ca	mg	71	20	101	25	46	38	38
Iron, Fe	mg	0.78	0.22	1.11	0.27	0.51	0.41	0.41
Magnesium, Mg	mg	19	5	27	7	12	10	10
Phosphorus, P	mg	107	30	152	37	70	57	57
Potassium, K	mg	125	35	178	44	81	66	66
Sodium, Na	mg	371	105	527	130	241	197	197
Zinc, Zn	mg	0.72	0.20	1.02	0.25	0.47	0.38	0.38
Vitamins								
Vitamin C, total ascorbic acid	mg	0.2	0.1	0.3	0.1	0.1	0.1	0.1
Thiamin	mg	0.180	0.051	0.256	0.063	0.117	0.095	0.095
Riboflavin	mg	0.100	0.028	0.142	0.035	0.065	0.053	0.053
Niacin	mg	1.100	0.312	1.562	0.385	0.715	0.583	0.583
Vitamin B-6	mg	0.038	0.011	0.054	0.013	0.025	0.020	0.020
Folate, DFE	µg	33	9	47	12	21	17	17
Vitamin B-12	µg	0.10	0.03	0.14	0.04	0.07	0.05	0.05
Vitamin A, RAE	µg	4	1	6	1	3	2	2
Vitamin A, IU	IU	12	3	17	4	8	6	6
Lipids								
Fatty acids, total saturated	g	5.681	1.611	8.067	1.988	3.693	3.011	3.011

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Fatty acids, total monounsaturated	g	12.515	3.548	17.771	4.380	8.135	6.633	6.633
Fatty acids, total polyunsaturated	g	2.933	0.832	4.165	1.027	1.906	1.554	1.554
Cholesterol	mg	21	6	30	7	14	11	11

Amino Acids

Other