

Basic Report 28286, Bread, paratha, whole wheat, commercially prepared, frozen

Report Date: August 16, 2017 17:27 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 piece 79g
Proximates			
Water	g	33.50	26.46
Energy	kcal	326	258
Protein	g	6.36	5.02
Total lipid (fat)	g	13.20	10.43
Carbohydrate, by difference	g	45.35	35.83
Fiber, total dietary	g	9.6	7.6
Sugars, total	g	4.15	3.28
Minerals			
Calcium, Ca	mg	25	20
Iron, Fe	mg	1.61	1.27
Magnesium, Mg	mg	37	29
Phosphorus, P	mg	120	95
Potassium, K	mg	139	110
Sodium, Na	mg	452	357
Zinc, Zn	mg	0.82	0.65
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.110	0.087
Riboflavin	mg	0.076	0.060
Niacin	mg	1.830	1.446
Vitamin B-6	mg	0.080	0.063
Folate, DFE	µg	10	8
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	2	2
Vitamin A, IU	IU	6	5
Vitamin E (alpha-tocopherol)	mg	1.35	1.07

Nutrient	Unit	1 Value Per100 g	1 piece 79g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	3.4	2.7
Lipids			
Fatty acids, total saturated	g	5.826	4.603
Fatty acids, total monounsaturated	g	3.837	3.031
Fatty acids, total polyunsaturated	g	2.484	1.962
Fatty acids, total trans	g	0.034	0.027
Cholesterol	mg	1	1
Amino Acids			
Other			
Caffeine	mg	0	0