

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

Report Date: October 18, 2017 05:05 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 piece 79g
<b>Proximates</b>			
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
<b>Minerals</b>			
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
<b>Vitamins</b>			
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

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 piece 79g</b>
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	3.4	2.7
<b>Lipids</b>			
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
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0