

Basic Report 28306, Bread, chapati or roti, plain, commercially prepared

Report Date: September 18, 2019 19:03 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 piece 68g
Proximates			
Water	g	33.00	22.44
Energy	kcal	297	202
Energy	kJ	1245	847
Protein	g	11.25	7.65
Total lipid (fat)	g	7.45	5.07
Ash	g	1.94	1.32
Carbohydrate, by difference	g	46.36	31.52
Fiber, total dietary	g	4.9	3.3
Sugars, total	g	2.72	1.85
Sucrose	g	0.29	0.20
Glucose (dextrose)	g	0.25	0.17
Fructose	g	0.54	0.37
Lactose	g	0.00	0.00
Maltose	g	1.65	1.12
Galactose	g	0.00	0.00
Starch	g	37.75	25.67
Minerals			
Calcium, Ca	mg	93	63
Iron, Fe	mg	3.01	2.05
Magnesium, Mg	mg	62	42
Phosphorus, P	mg	184	125
Potassium, K	mg	266	181
Sodium, Na	mg	409	278
Zinc, Zn	mg	1.57	1.07
Copper, Cu	mg	0.252	0.171
Manganese, Mn	mg	1.251	0.851

Nutrient	Unit	1 Value Per100 g	1 piece 68g
Selenium, Se	µg	53.7	36.5
Vitamins			
Thiamin	mg	0.550	0.374
Riboflavin	mg	0.200	0.136
Niacin	mg	6.780	4.610
Pantothenic acid	mg	0.580	0.394
Vitamin B-6	mg	0.270	0.184
Folate, total	µg	61	41
Folate, food	µg	61	41
Vitamin E (alpha-tocopherol)	mg	0.88	0.60
Tocopherol, beta	mg	0.22	0.15
Tocopherol, gamma	mg	0.89	0.61
Tocopherol, delta	mg	0.10	0.07
Tocotrienol, alpha	mg	0.48	0.33
Tocotrienol, beta	mg	2.13	1.45
Tocotrienol, gamma	mg	0.68	0.46
Tocotrienol, delta	mg	0.32	0.22
Lipids			
Fatty acids, total saturated	g	1.953	1.328
4:0	g	0.000	0.000
6:0	g	0.000	0.000
8:0	g	0.000	0.000
10:0	g	0.011	0.007
12:0	g	0.010	0.007
14:0	g	0.035	0.024
15:0	g	0.005	0.003
16:0	g	1.645	1.119
17:0	g	0.005	0.003
18:0	g	0.210	0.143
20:0	g	0.018	0.012
22:0	g	0.008	0.005
24:0	g	0.006	0.004
Fatty acids, total monounsaturated	g	1.893	1.287

Nutrient	Unit	1 Value Per100 g	1 piece 68g
14:1	g	0.000	0.000
15:1	g	0.000	0.000
16:1 undifferentiated	g	0.008	0.005
16:1 c	g	0.008	0.005
16:1 t	g	0.000	0.000
17:1	g	0.003	0.002
18:1 undifferentiated	g	1.854	1.261
18:1 c	g	1.828	1.243
18:1 t	g	0.026	0.018
20:1	g	0.028	0.019
22:1 undifferentiated	g	0.000	0.000
22:1 c	g	0.000	0.000
22:1 t	g	0.000	0.000
24:1 c	g	0.000	0.000
Fatty acids, total polyunsaturated	g	1.147	0.780
18:2 undifferentiated	g	1.013	0.689
18:2 n-6 c,c	g	1.003	0.682
18:2 CLAs	g	0.002	0.001
18:2 t not further defined	g	0.008	0.005
18:3 undifferentiated	g	0.132	0.090
18:3 n-3 c,c,c (ALA)	g	0.129	0.088
18:3 n-6 c,c,c	g	0.004	0.003
18:3i	g	0.000	0.000
18:4	g	0.000	0.000
20:2 n-6 c,c	g	0.001	0.001
20:3 undifferentiated	g	0.000	0.000
20:3 n-6	g	0.000	0.000
20:4 undifferentiated	g	0.000	0.000
20:5 n-3 (EPA)	g	0.000	0.000
22:4	g	0.000	0.000
22:5 n-3 (DPA)	g	0.000	0.000
22:6 n-3 (DHA)	g	0.000	0.000
Fatty acids, total trans	g	0.034	0.023

Nutrient	Unit	1 Value Per100 g	1 piece 68g
Fatty acids, total trans-monoenoic	g	0.026	0.018

Amino Acids

Other

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 17b, 2012 Beltsville MD