

Basic Report 28312, Rolls, hamburger or hot dog, wheat/cracked wheat

Report Date: May 27, 2017 22:50 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 roll 51g
Proximates			
Water	g	35.23	17.97
Energy	kcal	269	137
Protein	g	11.69	5.96
Total lipid (fat)	g	3.61	1.84
Carbohydrate, by difference	g	47.31	24.13
Fiber, total dietary	g	4.2	2.1
Sugars, total	g	6.90	3.52
Minerals			
Calcium, Ca	mg	196	100
Iron, Fe	mg	2.92	1.49
Magnesium, Mg	mg	47	24
Phosphorus, P	mg	154	79
Potassium, K	mg	181	92
Sodium, Na	mg	463	236
Zinc, Zn	mg	1.17	0.60
Vitamins			
Vitamin C, total ascorbic acid	mg	1.3	0.7
Thiamin	mg	0.532	0.271
Riboflavin	mg	0.291	0.148
Niacin	mg	4.779	2.437
Vitamin B-6	mg	0.127	0.065
Folate, DFE	µg	121	62
Vitamin B-12	µg	0.19	0.10
Vitamin A, RAE	µg	27	14
Vitamin A, IU	IU	99	50
Vitamin E (alpha-tocopherol)	mg	0.40	0.20

Nutrient	Unit	1 Value Per100 g	1 roll 51g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	6.8	3.5
Lipids			
Fatty acids, total saturated	g	0.746	0.380
Fatty acids, total monounsaturated	g	0.713	0.364
Fatty acids, total polyunsaturated	g	1.796	0.916
Fatty acids, total trans	g	0.018	0.009
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0