

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

Report Date: October 24, 2017 01:49 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 roll 51g
<b>Proximates</b>			
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
<b>Minerals</b>			
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
<b>Vitamins</b>			
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

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 roll 51g</b>
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	6.8	3.5
<b>Lipids</b>			
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
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0