

Basic Report 28354, ANDREA'S, Gluten Free Soft Dinner Roll

Report Date: October 18, 2017 04:59 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 roll 69g
Proximates			
Water	g	44.60	30.77
Energy	kcal	257	177
Protein	g	5.65	3.90
Total lipid (fat)	g	8.20	5.66
Carbohydrate, by difference	g	40.24	27.77
Fiber, total dietary	g	2.9	2.0
Sugars, total	g	2.98	2.06
Minerals			
Calcium, Ca	mg	41	28
Iron, Fe	mg	0.89	0.61
Magnesium, Mg	mg	42	29
Phosphorus, P	mg	128	88
Potassium, K	mg	165	114
Sodium, Na	mg	544	375
Zinc, Zn	mg	0.77	0.53
Vitamins			
Thiamin	mg	0.250	0.172
Vitamin B-6	mg	0.140	0.097
Vitamin E (alpha-tocopherol)	mg	0.52	0.36
Lipids			
Amino Acids			
Other			