

## Full Report (All Nutrients) 28368, SCHAR, Gluten-Free, Classic White Rolls

Report Date: December 12, 2017 20:34 EST

Nutrient values and weights are for edible portion.

Food Group : Baked Products

Manufacturer Dr. Schar USA, Inc.

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 roll 78g
<b>Proximates</b>					
Water <a href="#">1</a>	g	42.00	2	--	32.76
Energy	kcal	239	--	--	186
Energy	kJ	1000	--	--	780
Protein <a href="#">1</a>	g	3.34	2	--	2.61
Total lipid (fat) <a href="#">1</a>	g	2.65	2	--	2.07
Ash <a href="#">1</a>	g	1.54	2	--	1.20
Carbohydrate, by difference	g	50.47	--	--	39.37
Fiber, total dietary <a href="#">1</a>	g	5.1	2	--	4.0
Sugars, total <a href="#">1</a>	g	6.87	2	--	5.36
Sucrose <a href="#">1</a>	g	0.00	2	--	0.00
Glucose (dextrose) <a href="#">1</a>	g	2.08	2	--	1.62
Fructose <a href="#">1</a>	g	2.06	2	--	1.61
Lactose <a href="#">1</a>	g	0.00	2	--	0.00
Maltose <a href="#">1</a>	g	2.72	2	--	2.12
Galactose <a href="#">1</a>	g	0.00	2	--	0.00
Starch <a href="#">1</a>	g	32.05	2	--	25.00
<b>Minerals</b>					
Calcium, Ca <a href="#">1</a>	mg	180	2	--	140
Iron, Fe <a href="#">1</a>	mg	3.57	2	--	2.78
Magnesium, Mg <a href="#">1</a>	mg	13	2	--	10
Phosphorus, P <a href="#">1</a>	mg	50	2	--	39
Potassium, K <a href="#">1</a>	mg	76	2	--	59
Sodium, Na <a href="#">1</a>	mg	593	2	--	463

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 roll 78g
Zinc, Zn <a href="#">1</a>	mg	0.56	2	--	0.44
Copper, Cu <a href="#">1</a>	mg	0.096	2	--	0.075
Manganese, Mn <a href="#">1</a>	mg	0.207	2	--	0.161
Selenium, Se <a href="#">1</a>	µg	0.4	1	--	0.3
<b>Vitamins</b>					
Thiamin <a href="#">1</a>	mg	0.615	2	--	0.480
Riboflavin <a href="#">1</a>	mg	0.480	2	--	0.374
Niacin <a href="#">1</a>	mg	3.875	2	--	3.022
Vitamin B-6 <a href="#">1</a>	mg	0.037	1	--	0.029
Folate, total <a href="#">1</a>	µg	8	1	--	6
Folate, food	µg	8	1	--	6
<b>Lipids</b>					
Fatty acids, total saturated	g	0.215	--	--	0.168
4:0 <a href="#">1</a>	g	0.000	2	--	0.000
6:0 <a href="#">1</a>	g	0.000	2	--	0.000
8:0 <a href="#">1</a>	g	0.000	2	--	0.000
10:0 <a href="#">1</a>	g	0.002	2	--	0.002
12:0 <a href="#">1</a>	g	0.001	2	--	0.001
14:0 <a href="#">1</a>	g	0.007	2	--	0.005
15:0 <a href="#">1</a>	g	0.003	2	--	0.002
16:0 <a href="#">1</a>	g	0.102	2	--	0.080
17:0 <a href="#">1</a>	g	0.003	2	--	0.002
18:0 <a href="#">1</a>	g	0.068	2	--	0.053
20:0 <a href="#">1</a>	g	0.008	2	--	0.006
22:0 <a href="#">1</a>	g	0.014	2	--	0.011
24:0 <a href="#">1</a>	g	0.008	2	--	0.006
Fatty acids, total monounsaturated	g	1.353	--	--	1.055
14:1 <a href="#">1</a>	g	0.000	2	--	0.000
15:1 <a href="#">1</a>	g	0.104	2	--	0.081
16:1 undifferentiated <a href="#">1</a>	g	0.009	--	--	0.007
16:1 c <a href="#">1</a>	g	0.009	2	--	0.007
16:1 t <a href="#">1</a>	g	0.000	2	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 roll 78g
17:1 <a href="#">1</a>	g	0.002	2	--	0.002
18:1 undifferentiated <a href="#">1</a>	g	1.230	--	--	0.959
18:1 c <a href="#">1</a>	g	1.225	2	--	0.956
18:1 t <a href="#">1</a>	g	0.005	2	--	0.004
20:1 <a href="#">1</a>	g	0.009	2	--	0.007
22:1 undifferentiated <a href="#">1</a>	g	0.000	--	--	0.000
22:1 c <a href="#">1</a>	g	0.000	2	--	0.000
22:1 t <a href="#">1</a>	g	0.000	2	--	0.000
24:1 c <a href="#">1</a>	g	0.000	2	--	0.000
Fatty acids, total polyunsaturated	g	0.637	--	--	0.497
18:2 undifferentiated <a href="#">1</a>	g	0.611	--	--	0.477
18:2 n-6 c,c <a href="#">1</a>	g	0.607	2	--	0.473
18:2 CLAs <a href="#">1</a>	g	0.001	2	--	0.001
18:2 t not further defined <a href="#">1</a>	g	0.004	2	--	0.003
18:3 undifferentiated <a href="#">1</a>	g	0.020	--	--	0.016
18:3 n-3 c,c,c (ALA) <a href="#">1</a>	g	0.019	2	--	0.015
18:3 n-6 c,c,c <a href="#">1</a>	g	0.001	2	--	0.001
18:3i <a href="#">1</a>	g	0.000	2	--	0.000
18:4 <a href="#">1</a>	g	0.000	2	--	0.000
20:2 n-6 c,c <a href="#">1</a>	g	0.000	2	--	0.000
20:3 undifferentiated <a href="#">1</a>	g	0.002	--	--	0.002
20:3 n-6 <a href="#">1</a>	g	0.000	2	--	0.000
20:4 undifferentiated <a href="#">1</a>	g	0.002	2	--	0.002
20:5 n-3 (EPA) <a href="#">1</a>	g	0.003	2	--	0.002
22:4 <a href="#">1</a>	g	0.000	2	--	0.000
22:5 n-3 (DPA) <a href="#">1</a>	g	0.000	2	--	0.000
22:6 n-3 (DHA) <a href="#">1</a>	g	0.000	2	--	0.000
Fatty acids, total trans	g	0.008	--	--	0.006
Fatty acids, total trans-monoenoic	g	0.005	--	--	0.004

**Amino Acids**

**Other**

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 19b, 2014 Beltsville MD