

Basic Report 28369, SCHAR, Gluten-Free, Wheat-Free, Classic White Bread

Report Date: March 22, 2018 15:13 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g
Proximates		
Water	g	43.87
Energy	kcal	240
Protein	g	3.81
Total lipid (fat)	g	4.47
Carbohydrate, by difference	g	46.13
Fiber, total dietary	g	5.1
Sugars, total	g	3.34
Minerals		
Calcium, Ca	mg	159
Iron, Fe	mg	3.17
Magnesium, Mg	mg	11
Phosphorus, P	mg	55
Potassium, K	mg	66
Sodium, Na	mg	441
Zinc, Zn	mg	0.47
Vitamins		
Thiamin	mg	0.510
Riboflavin	mg	0.505
Niacin	mg	3.420
Vitamin B-6	mg	0.037
Lipids		
Fatty acids, total saturated	g	0.977
Fatty acids, total monounsaturated	g	2.009
Fatty acids, total polyunsaturated	g	0.516
Fatty acids, total trans	g	0.010

Amino Acids

Nutrient	Unit	1 Value Per100 g
Other		