

Basic Report 28372, UDI'S, Gluten Free, Soft & Hearty Whole Grain Bread

Report Date: February 24, 2018 01:05 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 slice 25g
Proximates			
Water	g	32.36	8.09
Energy	kcal	309	77
Protein	g	7.25	1.81
Total lipid (fat)	g	9.34	2.33
Carbohydrate, by difference	g	49.09	12.27
Fiber, total dietary	g	4.9	1.2
Sugars, total	g	9.81	2.45
Minerals			
Calcium, Ca	mg	60	15
Iron, Fe	mg	0.76	0.19
Magnesium, Mg	mg	31	8
Phosphorus, P	mg	77	19
Potassium, K	mg	123	31
Sodium, Na	mg	510	128
Zinc, Zn	mg	0.58	0.14
Vitamins			
Thiamin	mg	0.180	0.045
Riboflavin	mg	0.320	0.080
Niacin	mg	1.410	0.352
Vitamin B-6	mg	0.090	0.022
Lipids			
Fatty acids, total saturated	g	0.266	0.067
Fatty acids, total monounsaturated	g	5.438	1.359
Fatty acids, total polyunsaturated	g	2.415	0.604
Fatty acids, total trans	g	0.019	0.005

Amino Acids

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Other			