

Basic Report 28373, UDI'S, Gluten Free, Whole Grain Dinner Rolls

Report Date: July 24, 2017 04:33 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 roll 44g
Proximates			
Water	g	29.90	13.16
Energy	kcal	329	145
Protein	g	11.80	5.19
Total lipid (fat)	g	11.60	5.10
Carbohydrate, by difference	g	44.29	19.49
Fiber, total dietary	g	11.2	4.9
Sugars, total	g	4.20	1.85
Minerals			
Calcium, Ca	mg	118	52
Iron, Fe	mg	1.64	0.72
Magnesium, Mg	mg	96	42
Phosphorus, P	mg	233	103
Potassium, K	mg	273	120
Sodium, Na	mg	507	223
Zinc, Zn	mg	1.35	0.59
Vitamins			
Thiamin	mg	0.380	0.167
Riboflavin	mg	0.360	0.158
Niacin	mg	3.790	1.668
Vitamin E (alpha-tocopherol)	mg	1.39	0.61
Lipids			
Fatty acids, total saturated	g	1.381	0.608
Fatty acids, total monounsaturated	g	5.352	2.355
Fatty acids, total polyunsaturated	g	4.944	2.175
Fatty acids, total trans	g	0.034	0.015
Amino Acids			

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Other			