

## Basic Report 28377, PEPPERIDGE FARM, 100% Whole Wheat Hamburger Buns

Report Date: October 21, 2017 06:03 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 serving 51g
<b>Proximates</b>			
Water	g	37.10	18.92
Energy	kcal	257	131
Protein	g	0.01	0.01
Total lipid (fat)	g	3.08	1.57
Carbohydrate, by difference	g	43.20	22.03
Fiber, total dietary	g	5.9	3.0
Sugars, total	g	5.10	2.60
<b>Minerals</b>			
Calcium, Ca	mg	195	99
Iron, Fe	mg	2.71	1.38
Magnesium, Mg	mg	104	53
Sodium, Na	mg	371	189
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	1.0	0.5
Thiamin	mg	0.270	0.138
Riboflavin	mg	0.280	0.143
Niacin	mg	4.450	2.270
Vitamin A, IU	IU	99	50
<b>Lipids</b>			
Fatty acids, total saturated	g	0.840	0.428
Fatty acids, total monounsaturated	g	0.570	0.291
Fatty acids, total polyunsaturated	g	1.530	0.780
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	1	1

### Amino Acids

### Other

