

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

Report Date: May 23, 2017 06:40 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 serving 51g
Proximates			
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
Minerals			
Calcium, Ca	mg	195	99
Iron, Fe	mg	2.71	1.38
Magnesium, Mg	mg	104	53
Sodium, Na	mg	371	189
Vitamins			
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
Lipids			
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

