

Basic Report 28378, PEPPERIDGE FARM, Cinnamon Swirl Bread

Report Date: June 22, 2017 18:23 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 serving 28g
Proximates			
Water	g	31.00	8.68
Energy	kcal	300	84
Protein	g	0.01	0.00
Total lipid (fat)	g	5.00	1.40
Carbohydrate, by difference	g	52.90	14.81
Fiber, total dietary	g	3.2	0.9
Sugars, total	g	14.60	4.09
Minerals			
Calcium, Ca	mg	75	21
Iron, Fe	mg	3.20	0.90
Sodium, Na	mg	386	108
Vitamins			
Vitamin C, total ascorbic acid	mg	1.1	0.3
Thiamin	mg	0.400	0.112
Niacin	mg	2.900	0.812
Vitamin A, IU	IU	100	28
Lipids			
Fatty acids, total saturated	g	1.100	0.308
Fatty acids, total monounsaturated	g	1.100	0.308
Fatty acids, total polyunsaturated	g	3.200	0.896
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	1	0

Amino Acids

Other