

**Basic Report 28378, PEPPERIDGE FARM, Cinnamon Swirl Bread**

**Report Date: February 25, 2018 10:46 EST**

Nutrient values and weights are for edible portion.

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 serving 28g</b>
<b>Proximates</b>			
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
<b>Minerals</b>			
Calcium, Ca	mg	75	21
Iron, Fe	mg	3.20	0.90
Sodium, Na	mg	386	108
<b>Vitamins</b>			
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
<b>Lipids</b>			
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**