

Basic Report 28379, PEPPERIDGE FARM, Raisin Cinnamon Swirl Bread

Report Date: June 25, 2017 02:59 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 serving 28g
Proximates			
Water	g	31.90	8.93
Energy	kcal	286	80
Protein	g	0.01	0.00
Total lipid (fat)	g	5.00	1.40
Carbohydrate, by difference	g	52.10	14.59
Fiber, total dietary	g	1.4	0.4
Sugars, total	g	17.10	4.79
Minerals			
Calcium, Ca	mg	68	19
Iron, Fe	mg	3.20	0.90
Sodium, Na	mg	344	96
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	2.500	0.700
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	1	0

Amino Acids

Other