

## Basic Report 28388, PEPPERIDGE FARM, Deli Swirl Bread

Report Date: December 18, 2017 09:42 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 serving 32g
<b>Proximates</b>			
Water	g	40.28	12.89
Energy	kcal	247	79
Protein	g	0.01	0.00
Total lipid (fat)	g	3.10	0.99
Carbohydrate, by difference	g	44.70	14.30
Fiber, total dietary	g	4.7	1.5
Sugars, total	g	2.80	0.90
<b>Minerals</b>			
Calcium, Ca	mg	106	34
Iron, Fe	mg	3.10	0.99
Sodium, Na	mg	548	175
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Vitamin A, IU	IU	0	0
<b>Lipids</b>			
Fatty acids, total saturated	g	0.900	0.288
Fatty acids, total monounsaturated	g	0.600	0.192
Fatty acids, total polyunsaturated	g	1.600	0.512
Fatty acids, total trans	g	0.300	0.096
Cholesterol	mg	0	0
<b>Amino Acids</b>			
<b>Other</b>			