

**Basic Report 28391, PEPPERIDGE FARM, Seeded Jewish Rye Bread**

**Report Date: November 22, 2017 20:31 EST**

Nutrient values and weights are for edible portion.

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 serving 32g</b>
<b>Proximates</b>			
Water	g	37.68	12.06
Energy	kcal	256	82
Protein	g	0.01	0.00
Total lipid (fat)	g	2.80	0.90
Carbohydrate, by difference	g	48.40	15.49
Fiber, total dietary	g	6.6	2.1
Sugars, total	g	3.10	0.99
<b>Minerals</b>			
Calcium, Ca	mg	71	23
Iron, Fe	mg	2.80	0.90
Sodium, Na	mg	518	166
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.300	0.096
Riboflavin	mg	0.300	0.096
Niacin	mg	3.800	1.216
Vitamin A, IU	IU	0	0
<b>Lipids</b>			
Fatty acids, total saturated	g	0.600	0.192
Fatty acids, total monounsaturated	g	0.600	0.192
Fatty acids, total polyunsaturated	g	0.900	0.288
Fatty acids, total trans	g	0.300	0.096
Cholesterol	mg	0	0
<b>Amino Acids</b>			
<b>Other</b>			