

Basic Report 28391, PEPPERIDGE FARM, Seeded Jewish Rye Bread

Report Date: February 19, 2018 13:12 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 serving 32g
Proximates			
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
Minerals			
Calcium, Ca	mg	71	23
Iron, Fe	mg	2.80	0.90
Sodium, Na	mg	518	166
Vitamins			
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
Lipids			
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
Amino Acids			
Other			