

Basic Report 28397, Bread, multi-grain (includes whole-grain)

Report Date: July 23, 2019 01:43 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 slice regular 26g	1 slice large 41g
Proximates					
Water	g	36.94	10.47	9.60	15.15
Energy	kcal	265	75	69	109
Protein	g	13.36	3.79	3.47	5.48
Total lipid (fat)	g	4.23	1.20	1.10	1.73
Carbohydrate, by difference	g	43.34	12.29	11.27	17.77
Fiber, total dietary	g	7.4	2.1	1.9	3.0
Sugars, total	g	6.39	1.81	1.66	2.62
Minerals					
Calcium, Ca	mg	103	29	27	42
Iron, Fe	mg	2.50	0.71	0.65	1.02
Magnesium, Mg	mg	78	22	20	32
Phosphorus, P	mg	228	65	59	93
Potassium, K	mg	230	65	60	94
Sodium, Na	mg	381	108	99	156
Zinc, Zn	mg	1.70	0.48	0.44	0.70
Vitamins					
Vitamin C, total ascorbic acid	mg	0.1	0.0	0.0	0.0
Thiamin	mg	0.279	0.079	0.073	0.114
Riboflavin	mg	0.131	0.037	0.034	0.054
Niacin	mg	4.042	1.146	1.051	1.657
Vitamin B-6	mg	0.263	0.075	0.068	0.108
Folate, DFE	µg	75	21	20	31
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0	0
Vitamin A, IU	IU	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.37	0.10	0.10	0.15

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	1.4	0.4	0.4	0.6
Lipids					
Fatty acids, total saturated	g	0.872	0.247	0.227	0.358
Fatty acids, total monounsaturated	g	0.760	0.215	0.198	0.312
Fatty acids, total polyunsaturated	g	1.872	0.531	0.487	0.768
Fatty acids, total trans	g	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0
Amino Acids					
Other					
Caffeine	mg	0	0	0	0