

APENDIX

BREAD COMPOSITION

Table 1. Bread composition in nutrients, values for 100g.

Nutrient	Unit	Value per 100 g	Vitamins			Lipids		
Proximates			Vitamin C, total ascorbic acid	mg	0	Fatty acids, total saturated	g	0,529
Water	g	33	Thiamin	mg	0,71	Fatty acids, total monounsaturated	g	0,362
Energy	kcal	272	Riboflavin	mg	0,427	14 1	g	0
Energy	kJ	1139	Niacin	mg	4,817	15 1	g	0
Protein	g	10,75	Pantothenic acid	mg	0,455	16 1 undifferentiated	g	0,011
Total lipid (fat)	g	2,42	Vitamin B-6	mg	0,107	16 1 c	g	0,011
Ash	g	1,96	Folate, total	µg	123	16 1 t	g	0
Carbohydrate, by difference	g	51,88	Folic acid	µg	67	17 1	g	0,001
Fiber, total dietary	g	2,2	Folate, food	µg	56	18 1 undifferentiated	g	0,344
Sugars, total	g	4,62	Folate, DFE	µg	170	18 1 c	g	0,34
Sucrose	g	0	Choline, total	mg	8	18 1 t	g	0,003
Glucose (dextrose)	g	0,4				20 1	g	0,006
Fructose	g	0,51	Vitamin B-12	µg	0	22 1 undifferentiated	g	0
Lactose	g	0	Vitamin B-12, total	µg	0	22 1 c	g	0
Maltose	g	3,7	Vitamin A, RAE	µg	0	22 1 t	g	0
Galactose	g	0	Retinol	µg	0	24 1 c	g	0
Starch	g	44,23	Carotene, beta	µg	0	Fatty acids, total polyunsaturated	g	0,855
Minerals			Carotene, alpha	µg	0	Fatty acids, total trans	g	0,005
Calcium, Ca	mg	52	Cryptoxanthin, beta	µg	0	Fatty acids, total trans-monoenoic	g	0,003
Iron, Fe	mg	3,91	Vitamin A, IU	IU	1	Fiber	mg	0
Magnesium, Mg	mg	32	Lycopene	µg	0	Soluble fiber		
Phosphorus, P	mg	105	Lutein	µg	45	Insoluble fiber	%	2,5
Potassium, K	mg	117	Vitamin E (alpha-tocopherol)	mg	0,21	Total	%	7,5
Sodium, Na	mg	602	Vitamin E, added	mg	0	Inulin	g	0
Zinc, Zn	mg	1,04	Tocopherol, beta	mg	0,03	Pectin	g	0
Copper, Cu	mg	0,152	Tocopherol, gamma	mg	0,28	Celulose	g	0
Manganese, Mn	mg	0,577	Tocopherol, delta	mg	0,07	Arabinoxilan	g	0,27
Selenium, Se	µg	28,6	Vitamin K (phylloquinone)	µg	0,7	Resistant starch	g	0,98