



Food ID: A030

Food name and Description: Bread, w/ margarine & sugar filling

Scientific name:

Alternate/Common name(s): Spanish bread

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	21.6
Energy, calculated (kcal)	371
Protein (g)	9.3
Total Fat (g)	12.4
Carbohydrate, total (g)	55.5
Ash, total (g)	1.2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1
Sugars, total (g)	-

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	25
Phosphorus, P (mg)	85
Iron, Fe (mg)	0.1
Sodium, Na (mg)	-

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	85
Retinol Activity Equivalent, RAE (µg)	7
Thiamin, Vitamin B1 (mg)	0.14
Riboflavin, Vitamin B2 (mg)	0.12
Niacin (mg)	1.3
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-
Cholesterol (mg)	-