

**Food ID:** A032**Food name and Description:** Bread, cheese roll**Scientific name:****Alternate/Common name(s):****Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	29.4
Energy, calculated (kcal)	342
Protein (g)	10.1
Total Fat (g)	13.5
Carbohydrate, total (g)	45.1
Ash, total (g)	1.9

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.2
Sugars, total (g)	8.2

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	128
Phosphorus, P (mg)	178
Iron, Fe (mg)	1.4
Sodium, Na (mg)	357

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	35
beta-Carotene (µg)	80
Retinol Activity Equivalent, RAE (µg)	42
Thiamin, Vitamin B1 (mg)	0.25
Riboflavin, Vitamin B2 (mg)	0.22
Niacin (mg)	0.9
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	4.47
Fatty acids, monounsaturated, total (g)	6.68
Fatty acids, polyunsaturated, total(g)	1.5
Cholesterol (mg)	56