



Food ID: A034

Food name and Description: Bread, hotdog roll

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	24
Energy, calculated (kcal)	320
Protein (g)	10.2
Total Fat (g)	3.8
Carbohydrate, total (g)	61.3
Ash, total (g)	0.7

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.4
Sugars, total (g)	7.4

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	27
Phosphorus, P (mg)	68
Iron, Fe (mg)	3.9
Sodium, Na (mg)	577

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	145
beta-Carotene (µg)	65
Retinol Activity Equivalent, RAE (µg)	150
Thiamin, Vitamin B1 (mg)	0.19
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	3.1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.89
Fatty acids, monounsaturated, total (g)	0.91
Fatty acids, polyunsaturated, total(g)	1.61
Cholesterol (mg)	0