



Food ID: A035

Food name and Description: Bread, toasted, w/ margarine-sugar topping

Scientific name:

Alternate/Common name(s): Biscocho

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	5
Energy, calculated (kcal)	412
Protein (g)	9.3
Total Fat (g)	7.4
Carbohydrate, total (g)	77.1
Ash, total (g)	1.2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	6.3
Sugars, total (g)	0.9

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	44
Phosphorus, P (mg)	92
Iron, Fe (mg)	3.1
Sodium, Na (mg)	599

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.17
Riboflavin, Vitamin B2 (mg)	0.14
Niacin (mg)	3.3
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.03
Fatty acids, monounsaturated, total (g)	1.81
Fatty acids, polyunsaturated, total(g)	2.96
Cholesterol (mg)	0