



Food ID: A045

Food name and Description: Bread, sweet roll

Scientific name:

Alternate/Common name(s): Ensaymada

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	24.3
Energy, calculated (kcal)	326
Protein (g)	8.6
Total Fat (g)	5
Carbohydrate, total (g)	61.6
Ash, total (g)	0.5

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.3
Sugars, total (g)	8.8

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	26
Phosphorus, P (mg)	57
Iron, Fe (mg)	2.4
Sodium, Na (mg)	383

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	-
beta-Carotene (µg)	270
Retinol Activity Equivalent, RAE (µg)	-
Thiamin, Vitamin B1 (mg)	0.2
Riboflavin, Vitamin B2 (mg)	0.16
Niacin (mg)	2.6
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	2.47
Fatty acids, polyunsaturated, total(g)	0.56
Cholesterol (mg)	21