



Food ID: A048

Food name and Description: Bread, white, loaf

Scientific name:

Alternate/Common name(s): American loaf/Pan Amerikano

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	23.2
Energy, calculated (kcal)	329
Protein (g)	9.7
Total Fat (g)	5.1
Carbohydrate, total (g)	61.1
Ash, total (g)	0.9

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3.3
Sugars, total (g)	6.8

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	77
Phosphorus, P (mg)	95
Iron, Fe (mg)	3.9
Sodium, Na (mg)	592

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)	0.2
Riboflavin, Vitamin B2 (mg)	0.16
Niacin (mg)	3.3
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.07
Fatty acids, monounsaturated, total (g)	0.92
Fatty acids, polyunsaturated, total(g)	2.45
Cholesterol (mg)	0