

BREAD NUTRITION FACTS CALCULATOR ©Whole Grain Connection 2018

Assistance by e-mail: barmbaker@aol.com or by telephone: 650 938 2865

* estimated from literature or from product labels

Sourdough Starter or Preferment Formulation	
	Decimal units
Whole grain flour (from wheat, rye, barley, malt grain , buckwheat, corn, rice, teff, sorghum, millet)	101.00
Refined wheat flour (un-enriched)	
Refined wheat flour (enriched)	
Salt	1.00
Added Water	125.00
Total	227.00
Sourdough starter in formula	10.00
Total Product Formulation	
	Decimal units
Sourdough starter	10.00
Whole grain flour (from wheat, rye, barley, malt grain, teff, buckwheat, corn, rice, millet, sorghum)	101.00
Whole, cracked or sprouted grain (from wheat, rye, barley, malt, teff, buckwheat, corn, rice, millet, sorghum)	
Olive oil	4.00
Salt	1.50

Added Water	55.00
Refined wheat flour (un-enriched)	
Refined wheat flour - enriched	
Vital wheat gluten*	
Yeast (compressed)	
Yeast (dried)	
Baking Powder (nutritional values depend on brand)	
Milk	
Butter	
Egg yolk	
Egg white	
Whole egg	
Lard	
Raisins	
Currants	
Dried Figs	
Dates (pitted)	
Tomato paste	
Almonds*	
Walnuts	
Mozzarella cheese	
Sesame seeds	
Olives (brined, pitted)	
Flax seed*	
Sunflower seed	
Orange peel (dried)	
Coconut (desiccated)	

Chocolate (100%) baking*		
Cocoa powder (100%)*		
Sugar, refined		
Molasses		
Jaggery		
Ghee		
Barley Malt extract*		
Oats		
Chickpeas		
Soybeans		
Lentils		
Total dough formula amount	171.50	
Total flour & grain in formula formula amount	105.45	
Total whole grains in formula amount	105.45	
Serving size dough-piece weight (containing 28 g flour & grain)	45.54	grams
Loaf dough-piece weight	429.00	grams
Number of servings/loaf	9.42	
Baked Loaf weight (grams)	383.00	grams
Weight of serving (28g flour basis)	40.66	grams
Weight of serving with chosen number of servings / loaf	38.30	grams
Chosen servings / loaf (whole number)	10	
RACC (reference amount customarily consumed)	50.00	grams
Number of servings if serving weight is approx. RACC	8	

Whole grains in a loaf or final bread	263.78		
Whole grains in a serving (28 g flour and grain basis)	28.00	grams	
Whole grains in a serving (chosen)	26.38	grams	
Whole grains in a serving (RACC basis)	34.44	grams	
Nutrition Facts / serving		100% Daily Value	Actual %
(28g flour & grain basis)			daily values
			/ serving
Loaf weight	383.00		
Servings per loaf	9.42		
Serving size g	40.66		
Calories per serving	96.35	2,000	4.82
Total fat g	1.68	65	2.58
Saturated fat g	0.29	20	1.44
Cholesterol mg	0.00	300	0.00
Sodium mg	160.12	2,400	6.67
Total Carbohydrate g	17.89	300	5.96
Dietary Fiber g	2.52	25	10.08
Total sugars g	0.59	200	0.29
Added sugars g	0.00		
Protein g	3.56	50	7.11
Vitamin D mcg	0.00	400	0.00
Calcium mg	10.64	1,000	1.06
Iron mg	1.09	18	6.07
Potassium mg	95.20	3500	2.72

Nutrition Facts / serving		100% Daily Value	Actual %
(based on chosen number of servings per loaf)			daily values
			/ serving
Loaf weight	383.00		
Servings per loaf	10		
Serving size g	38.30		
Calories per serving	90.77	2,000	4.54
Total fat g	1.58	65	2.43
Saturated fat g	0.27	20	1.36
Cholesterol mg	0.00	300	0.00
Sodium mg	150.84	2,400	6.29
Total Carbohydrate g	16.86	300	5.62
Dietary Fiber g	2.37	25	9.50
Total sugars g	0.55	200	0.28
Added sugars g	0.00		
Protein g	3.35	50	6.70
Vitamin D mcg	0.00	400	0.00
Calcium mg	10.02	1,000	1.00
Iron mg	1.03	18	5.72
Potassium mg	89.68	3500	2.56

Nutrition Facts / RACC serving		100% Daily Value	Actual %
			daily values
			/ serving
Loaf weight	383.00		
Servings per loaf	8		
Serving size g	50.00		
Calories per serving	118.49	2,000	5.92
Total fat g	2.06	65	3.17
Saturated fat g	0.36	20	1.78
Cholesterol mg	0.00	300	0.00
Sodium mg	196.93	2,400	8.21
Total Carbohydrate g	22.00	300	7.33
Dietary Fiber g	3.10	25	12.40
Total sugars g	0.72	200	0.36
Added sugars g	0.00		
Protein g	4.37	50	8.75
Vitamin D mcg	0.00	400	0.00
Calcium mg	13.09	1,000	1.31
Iron mg	1.34	18	7.46
Potassium mg	117.08	3500	3.35