Derbyshire Catering Service Nutritional Information

Bread Information

Please check with kitchen on the type and portion size of bread which will be served with the meal. Due to the variance in portion size of homemade bread we advise that this should not be served to children with diabetes.

Dish	Portion Size	Calories	Fat	Protein	Carbohydrate
	(g)	(kcal)	(g)	(g)	(g)
Sliced White Bread	1 slice (38g)	93	1	3	18
Sliced White Bread	1/2 slice (19g)	46	0	1	9
Sliced White Bread	1/4 slice (9g)	23	0	0	4
per 100g		245	2	9	48
Sliced Brown Bread	1 slice (38g)	83	1	4	15
Sliced Brown Bread	1/2 slice (19g)	42	0	2	8
Sliced Brown Bread	1/4 slice (9g)	21	0	1	4
per 100g		219	3	10	39
10" Tortilla Wrap	1/2 wrap (58g)	80	2	2	14
per 100g		277	6	8	48
Naan Bread	1/3 naan (25g)	90	1	3	17
per 100g		274	3	8	52
French Stick	1 slice (10/stick)	14	0	1	6
per 100g		244	1	9	47
Burger Bun	1 bun (50g)	130	1	4	25
per 100g		260	2	9	50
Hot Dog Roll	1 roll (38g)	102	2	3	19
per 100g		270	4	9	49