

# Leavening agents, yeast, baker's, active dry

Serving size: 100 grams

<https://nutritiondata.self.com/facts/baked-products/5130/2>

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## FOOD SUMMARY

Nutrition facts label for Leavening agents, yeast, baker's, active dry

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[Download Printable Label Image](#)

### Nutritional Target Map [What is this?](#)

Nutritional Target Map for Leavening agents, yeast, baker's, active dry

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### NutritionData's Opinion [What is this?](#)

Weight loss: ★★★★★

Optimum health: ★★★★★

Weight gain: ★★☆☆☆

**The good:** This food is low in Saturated Fat, and very low in Cholesterol and Sodium. It is also a good source of Potassium, Zinc and Selenium, and a very good source of Dietary Fiber, Protein, Thiamin, Riboflavin, Niacin, Vitamin B6, Folate, Pantothenic Acid, Iron and Phosphorus.

### Caloric Ratio Pyramid [What is this?](#)

Caloric Ratio Pyramid for Leavening agents, yeast, baker's, active dry

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## NUTRIENT BALANCE

Nutrient Balance Indicator for Leavening agents, yeast, baker's, active dry

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## PROTEIN QUALITY

Protein Quality for Leavening agents, yeast, baker's, active dry

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## NUTRITION INFORMATION

Amounts per 100 grams

### Calorie Information

Amounts Per Selected Serving		%DV
Calories	295 (1235 kJ)	15%
From Carbohydrate	141 (590 kJ)	
From Fat	38.6 (162 kJ)	
From Protein	115 (481 kJ)	

### Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	38.3 g	77%

[More details](#)

**Calorie Information**

Amounts Per Selected Serving		%DV
Calories	295 (1235 kJ)	15%
From Carbohydrate	141 (590 kJ)	
From Fat	38.6 (162 kJ)	
From Protein	115 (481 kJ)	
From Alcohol	0.0 (0.0 kJ)	

**Carbohydrates**

Amounts Per Selected Serving		%DV
Total Carbohydrate	38.2 g	13%
Dietary Fiber	21.0 g	84%
Starch	~	
Sugars	0.0 g	

**Fats & Fatty Acids**

Amounts Per Selected Serving		%DV
Total Fat	4.6 g	7%
Saturated Fat	0.6 g	3%
Monounsaturated Fat	2.6 g	
Polyunsaturated Fat	0.0 g	
Total trans fatty acids	~	
Total trans-monoenoic fatty acids	~	
Total trans-polyenoic fatty acids	~	
Total Omega-3 fatty acids	~	
Total Omega-6 fatty acids	10.0 mg	

[Learn more about these fatty acids and their equivalent names](#)

**Protein & Amino Acids**

Amounts Per Selected Serving		%DV
Protein	38.3 g	77%

[More details ▾](#)

**Vitamins**

Amounts Per Selected Serving		%DV
Vitamin A	1.0 IU	0%
Vitamin C	0.3 mg	0%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	0.0 mg	0%
Vitamin K	0.0 mcg	0%
Thiamin	2.4 mg	157%
Riboflavin	5.5 mg	322%
Niacin	39.8 mg	199%
Vitamin B6	1.5 mg	77%
Folate	2340 mcg	585%
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	11.3 mg	113%
Choline	32.0 mg	
Betaine	3.4 mg	

[More details ▾](#)

**Minerals**

Amounts Per Selected Serving		%DV
Calcium	64.0 mg	6%
Iron	16.6 mg	92%
Magnesium	98.0 mg	25%
Phosphorus	1290 mg	129%
Potassium	2000 mg	57%
Sodium	50.0 mg	2%
Zinc	6.4 mg	43%
Copper	0.5 mg	25%
Manganese	0.5 mg	27%
Selenium	24.1 mcg	34%
Fluoride	~	

**Sterols**

Amounts Per Selected Serving		%DV
Cholesterol	0.0 mg	0%
Phytosterols	~	

[More details ▾](#)

**Other**

Amounts Per Selected Serving		%DV
Alcohol	0.0 g	
Water	7.6 g	
Ash	7.0 g	
Caffeine	0.0 mg	
Theobromine	0.0 mg	