NDB No. 18516

ARCHWAY Home Style Cookies, Apple Filled Oatmeal

Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	14.99		1		9		3.75		
Energy kcal	393		1	NC	4		98		
Energy kj	1643		0	NC	4		411		
Protein (N x 6.25) g	4.47		1		9		1.12		
Total lipid (fat) g	11.78		1		9		2.95		
Ash g	1.55		1		9		0.39		
Carbohydrate, by difference g	67.21		1		9		16.80		
Fiber, total dietary g	1.7		1		9		0.4		
Sugars, total g	32.38		1		9		8.10		
Starch g									
Minerals:									
Calcium, Ca mg	32		1		9		8		
Iron, Fe mg	2.38		1		9		0.60		
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg	180		1		9		45		
Sodium, Na mg	331		1		9		83		
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg									
Thiamin mg	0.280		1		9		0.070		
Riboflavin mg	0.170		1		9		0.043		
Niacin mg	1.900		1		9		0.475		
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total mcg	55		1		9		14		
Folate, DFE mcg_DFE									
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg									
Vitamin A, RAE mcg_RAE									
Vitamin A, IU IU	9		1		9		2		
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	2.700		1		9		0.675		
Fatty acids, total monounsaturated g	4.760		1		9		1.190		
Fatty acids, total polyunsaturated g	1.020		1		9		0.255		
Fatty acids, total trans g	3.300		1		9		0.825		
Cholesterol mg	6		1		9		2		
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18516
ARCHWAY Home Style Cookies, Apple Filled Oatmeal

Measure 1 = 25g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18517

ARCHWAY Home Style Cookies, Apricot Filled

Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	14.99		1		9		3.75		
Energy kcal	400		1	NC	4		100		
Energy kj	1674		0	NC	4		418		
Protein (N x 6.25) g	4.52		1		9		1.13		
Total lipid (fat) g	13.17		1		9		3.29		
Ash g	1.46		1		9		0.37		
Carbohydrate, by difference g	65.86		1		9		16.47		
Fiber, total dietary g	2.2		1		9		0.6		
Sugars, total g	30.06		1		9		7.52		
Starch g									
Minerals:									
Calcium, Ca mg	20		1		9		5		
Iron, Fe mg	2.36		1		9		0.59		
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg	135		1		9		34		
Sodium, Na mg	318		1		9		79		
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg									
Thiamin mg	0.270		1		9		0.068		
Riboflavin mg	0.180		1		9		0.045		
Niacin mg	2.230		1		9		0.558		
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total mcg	61		1		9		15		
Folate, DFE mcg_DFE									
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg									
Vitamin A, RAE mcg_RAE									
Vitamin A, IU IU	60		1		9		15		
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	5.120		1		9		1.280		
Fatty acids, total monounsaturated g	4.110		1		9		1.028		
Fatty acids, total polyunsaturated g	1.100		1		9		0.275		
Fatty acids, total trans g	2.830		1		9		0.708		
Cholesterol mg	6		1		9		2		
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18517
ARCHWAY Home Style Cookies, Apricot Filled

Measure 1 = 25g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18520

ARCHWAY Home Style Cookies, Cherry Filled

Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	15.01		1		9		3.75		
Energy kcal	405		1	NC	4		101		
Energy kj	1693		0	NC	4		423		
Protein (N x 6.25) g	4.62		1		9		1.16		
Total lipid (fat) g	14.12		1		9		3.53		
Ash g	1.50		1		9		0.38		
Carbohydrate, by difference g	64.75		1		9		16.19		
Fiber, total dietary g	2.0		1		9		0.5		
Sugars, total g	31.31		1		9		7.83		
Starch g									
Minerals:									
Calcium, Ca mg	25		1		9		6		
Iron, Fe mg	2.29		1		9		0.57		
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg	138		1		9		34		
Sodium, Na mg	347		1		9		87		
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1		9		0.0		
Thiamin mg	0.270		1		9		0.068		
Riboflavin mg	0.240		1		9		0.060		
Niacin mg	2.030		1		9		0.508		
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total mcg	61		1		9		15		
Folate, DFE mcg_DFE									
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg									
Vitamin A, RAE mcg_RAE									
Vitamin A, IU IU	51		1		9		13		
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	5.570		1		9		1.393		
Fatty acids, total monounsaturated g	4.500		1		9		1.125		
Fatty acids, total polyunsaturated g	1.090		1		9		0.273		
Fatty acids, total trans g	2.950		1		9		0.738		
Cholesterol mg	21		1		9		5		
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18520
ARCHWAY Home Style Cookies, Cherry Filled

Measure 1 = 25g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18521

ARCHWAY Home Style Cookies, Chocolate Chip Drop

Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	15.81		1		9		3.95		
Energy kcal	407		1	NC	4		102		
Energy kj	1702		0	NC	4		426		
Protein (N x 6.25) g	3.95		1		9		0.99		
Total lipid (fat) g	15.33		1		9		3.83		
Ash g	1.64		1		9		0.41		
Carbohydrate, by difference g	63.28		1		9		15.82		
Fiber, total dietary g	1.6		1		9		0.4		
Sugars, total g	28.97		1		9		7.24		
Starch g									
Minerals:									
Calcium, Ca mg	14		1		9		4		
Iron, Fe mg	2.18		1		9		0.55		
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg	95		1		9		24		
Sodium, Na mg	393		1		9		98		
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1		9		0.0		
Thiamin mg	0.250		1		9		0.063		
Riboflavin mg	0.170		1		9		0.043		
Niacin mg	2.080		1		9		0.520		
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total mcg	62		1		9		15		
Folate, DFE mcg_DFE									
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg									
Vitamin A, RAE mcg_RAE									
Vitamin A, IU IU	11		1		9		3		
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	5.290		1		9		1.323		
Fatty acids, total monounsaturated g	5.400		1		9		1.350		
Fatty acids, total polyunsaturated g	1.000		1		9		0.250		
Fatty acids, total trans g	3.520		1		9		0.880		
Cholesterol mg	12		1		9		3		
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18521
ARCHWAY Home Style Cookies, Chocolate Chip Drop

Measure 1 = 25g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18522

ARCHWAY Home Style Cookies, Chocolate Chip Ice Box

Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	5.01		1		9		1.20		
Energy kcal	497		1	NC	4		119		
Energy kj	2079		0	NC	4		499		
Protein (N x 6.25) g	4.28		1		9		1.03		
Total lipid (fat) g	24.40		1		9		5.86		
Ash g	1.28		1		9		0.31		
Carbohydrate, by difference g	65.02		1		9		15.60		
Fiber, total dietary g	2.0		1		9		0.5		
Sugars, total g	34.06		1		9		8.17		
Starch g									
Minerals:									
Calcium, Ca mg	14		1		9		3		
Iron, Fe mg	2.63		1		9		0.63		
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg	127		1		9		30		
Sodium, Na mg	270		1		9		65		
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1		9		0.0		
Thiamin mg	0.250		1		9		0.060		
Riboflavin mg	0.170		1		9		0.041		
Niacin mg	2.060		1		9		0.494		
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total mcg	60		1		9		14		
Folate, DFE mcg_DFE									
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg									
Vitamin A, RAE mcg_RAE									
Vitamin A, IU IU	16		1		9		4		
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	8.080		1		9		1.939		
Fatty acids, total monounsaturated g	8.940		1		9		2.146		
Fatty acids, total polyunsaturated g	1.430		1		9		0.343		
Fatty acids, total trans g	5.830		1		9		1.399		
Cholesterol mg	13		1		9		3		
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18522
ARCHWAY Home Style Cookies, Chocolate Chip Ice Box

Measure 1 = 24g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18524

ARCHWAY Home Style Cookies, Coconut Macaroon

Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	11.50		1	MC	9		2.53		
Energy kcal	460		0	NC	4		101		
Energy kj	1924		0	NC	4		423		
Protein (N x 6.25) g	3.02		1	MC	9		0.66		
Total lipid (fat) g	22.55		1	MC	9		4.96		
Ash g	1.71		1	MC	9		0.38		
Carbohydrate, by difference g	61.23		1	NC	4		13.47		
Fiber, total dietary g	5.1		1	MC	9		1.1		
Sugars, total g	45.16		1	MC	9		9.94		
Starch g									
Minerals:									
Calcium, Ca mg	5		1	MC	9		1		
Iron, Fe mg	0.82		1	MC	9		0.18		
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg	123		1	MC	9		27		
Sodium, Na mg	241		1	MC	9		53		
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1	MC	9		0.0		
Thiamin mg	0.020		1	MC	9		0.004		
Riboflavin mg	0.060		1	MC	9		0.013		
Niacin mg	0.220		1	MC	9		0.048		
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total mcg	5		1	MC	9		1		
Folate, DFE mcg_DFE									
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg									
Vitamin A, RAE mcg_RAE									
Vitamin A, IU IU	0		1	MC	9		0		
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	20.100		1	MC	9		4.422		
Fatty acids, total monounsaturated g	1.610		1	MC	9		0.354		
Fatty acids, total polyunsaturated g	0.810		1	MC	9		0.178		
Fatty acids, total trans g									
Cholesterol mg	0		1	MC	9		0		
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18524
ARCHWAY Home Style Cookies, Coconut Macaroon

Measure 1 = 22g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18525

ARCHWAY Home Style Cookies, Cookies Jar Hermits

Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	11.82		1		9		2.96		
Energy kcal	390		1	NC	4		98		
Energy kj	1633		0	NC	4		408		
Protein (N x 6.25) g	5.28		1		9		1.32		
Total lipid (fat) g	9.77		1		9		2.44		
Ash g	2.80		1		9		0.70		
Carbohydrate, by difference g	70.33		1		9		17.58		
Fiber, total dietary g	1.8		1		9		0.4		
Sugars, total g	34.53		1		9		8.63		
Starch g									
Minerals:									
Calcium, Ca mg	58		1		9		15		
Iron, Fe mg	2.79		1		9		0.70		
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg	171		1		9		43		
Sodium, Na mg	657		1		9		164		
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1		9		0.0		
Thiamin mg	0.310		1		9		0.078		
Riboflavin mg	0.250		1		9		0.063		
Niacin mg	2.540		1		9		0.635		
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total mcg	72		1		9		18		
Folate, DFE mcg_DFE									
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg									
Vitamin A, RAE mcg_RAE									
Vitamin A, IU IU	16		1		9		4		
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	2.310		1		9		0.578		
Fatty acids, total monounsaturated g	3.880		1		9		0.970		
Fatty acids, total polyunsaturated g	0.840		1		9		0.210		
Fatty acids, total trans g	2.740		1		9		0.685		
Cholesterol mg	10		1		9		3		
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18525
ARCHWAY Home Style Cookies, Cookies Jar Hermits

Measure 1 = 25g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18526

ARCHWAY Home Style Cookies, Dark Molasses

Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	9.93		1		9		2.78		
Energy kcal	407		1	NC	4		114		
Energy kj	1705		0	NC	4		477		
Protein (N x 6.25) g	4.16		1		9		1.16		
Total lipid (fat) g	12.59		1		9		3.53		
Ash g	3.95		1		9		1.11		
Carbohydrate, by difference g	69.38		1		9		19.43		
Fiber, total dietary g	1.1		1		9		0.3		
Sugars, total g	35.05		1		9		9.81		
Starch g									
Minerals:									
Calcium, Ca mg	44		1		9		12		
Iron, Fe mg	4.54		1		9		1.27		
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg	348		1		9		97		
Sodium, Na mg	555		1		9		155		
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1		9		0.0		
Thiamin mg	0.310		1		9		0.087		
Riboflavin mg	0.220		1		9		0.062		
Niacin mg	2.830		1		9		0.792		
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total mcg	69		1		9		19		
Folate, DFE mcg_DFE									
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg									
Vitamin A, RAE mcg_RAE									
Vitamin A, IU IU	6		1		9		2		
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	2.880		1		9		0.806		
Fatty acids, total monounsaturated g	5.020		1		9		1.406		
Fatty acids, total polyunsaturated g	0.980		1		9		0.274		
Fatty acids, total trans g	3.680		1		9		1.030		
Cholesterol mg	0		1		9		0		
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18526
ARCHWAY Home Style Cookies, Dark Molasses

Measure 1 = 28g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18527

ARCHWAY Home Style Cookies, Date Filled Oatmeal

Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	13.49		1		9		3.37		
Energy....kcal	400		1	NC	4		100		
Energy....kj	1673		0	NC	4		418		
Protein (N x 6.25)....g	4.67		1		9		1.17		
Total lipid (fat)....g	12.05		1		9		3.01		
Ash....g	1.62		1		9		0.41		
Carbohydrate, by difference....g	68.16		1		9		17.04		
Fiber, total dietary....g	2.1		1		9		0.5		
Sugars, total....g	34.27		1		9		8.57		
Starch....g									
Minerals:									
Calcium, Ca....mg	28		1		9		7		
Iron, Fe....mg	2.26		1		9		0.57		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	159		1		9		40		
Sodium, Na....mg	331		1		9		83		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.280		1		9		0.070		
Riboflavin....mg	0.170		1		9		0.043		
Niacin....mg	1.990		1		9		0.498		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg	56		1		9		14		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	13		1		9		3		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.760		1		9		0.690		
Fatty acids, total monounsaturated....g	4.820		1		9		1.205		
Fatty acids, total polyunsaturated....g	1.110		1		9		0.278		
Fatty acids, total trans....g	3.360		1		9		0.840		
Cholesterol....mg	6		1		9		2		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18527
ARCHWAY Home Style Cookies, Date Filled Oatmeal

Measure 1 = 25g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18528

ARCHWAY Home Style Cookies, Dutch Cocoa

Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	9.32		1		9		2.24		
Energy kcal	431		1	NC	4		103		
Energy kj	1802		0	NC	4		432		
Protein (N x 6.25) g	4.50		1		9		1.08		
Total lipid (fat) g	14.99		1		9		3.60		
Ash g	1.75		1		9		0.42		
Carbohydrate, by difference g	69.44		1		9		16.67		
Fiber, total dietary g	2.6		1		9		0.6		
Sugars, total g	35.35		1		9		8.48		
Starch g									
Minerals:									
Calcium, Ca mg	13		1		9		3		
Iron, Fe mg	3.36		1		9		0.81		
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg	239		1		9		57		
Sodium, Na mg	384		1		9		92		
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg									
Thiamin mg	0.260		1		9		0.062		
Riboflavin mg	0.180		1		9		0.043		
Niacin mg	2.220		1		9		0.533		
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total mcg	63		1		9		15		
Folate, DFE mcg_DFE									
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg									
Vitamin A, RAE mcg_RAE									
Vitamin A, IU IU	14		1		9		3		
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	3.620		1		9		0.869		
Fatty acids, total monounsaturated g	5.940		1		9		1.426		
Fatty acids, total polyunsaturated g	1.180		1		9		0.283		
Fatty acids, total trans g	4.240		1		9		1.018		
Cholesterol mg	7		1		9		2		
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18528
ARCHWAY Home Style Cookies, Dutch Cocoa

Measure 1 = 24g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18553

ARCHWAY Home Style Cookies, Fat Free Devil's Food Cookie

Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	12.99		0	MC	9		2.60		
Energy....kcal	338		0	MC	9		68		
Energy....kj	1414				9		283		
Protein....g	4.82		0	MC	9		0.96		
Total lipid (fat)....g	0.90		0	MC	9		0.18		
Ash....g	2.03		0	MC	9		0.41		
Carbohydrate, by difference....g	79.27		0	MC	9		15.85		
Fiber, total dietary....g	2.8		0	MC	9		0.6		
Sugars, total....g	41.20		0	MC	9		8.24		
Starch....g									
Minerals:									
Calcium, Ca....mg	10		0	MC	9		2		
Iron, Fe....mg	2.63		0	MC	9		0.53		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	269		0	MC	9		54		
Sodium, Na....mg	393		0	MC	9		79		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg	0.280		0	MC	9		0.056		
Riboflavin....mg	0.190		0	MC	9		0.038		
Niacin....mg	2.220		0	MC	9		0.444		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg	65		0	MC	9		13		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.320		0	MC	9		0.064		
Fatty acids, total monounsaturated....g	0.290		0	MC	9		0.058		
Fatty acids, total polyunsaturated....g	0.280		0	MC	9		0.056		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18553

ARCHWAY Home Style Cookies, Fat Free Devil's Food Cookie

Measure 1 = 20g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18555

ARCHWAY Home Style Cookies, Fat Free Oatmeal Raisin

Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	12.10		1		9		3.75		
Energy kcal	348		1	NC	4		108		
Energy kj	1457		0	NC	4		452		
Protein (N x 6.25) g	4.12		1		9		1.28		
Total lipid (fat) g	1.51		1		9		0.47		
Ash g	2.71		1		9		0.84		
Carbohydrate, by difference g	79.56		1		9		24.66		
Fiber, total dietary g	2.1		1		9		0.6		
Sugars, total g	47.07		1		9		14.59		
Starch g									
Minerals:									
Calcium, Ca mg	32		1		9		10		
Iron, Fe mg	2.47		1		9		0.77		
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg	276		1		9		86		
Sodium, Na mg	576		1		9		179		
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg									
Thiamin mg	0.270		1		9		0.084		
Riboflavin mg	0.150		1		9		0.047		
Niacin mg	1.850		1		9		0.574		
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total mcg	50		1		9		16		
Folate, DFE mcg_DFE									
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg									
Vitamin A, RAE mcg_RAE									
Vitamin A, IU IU	5		1		9		2		
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	0.320		1		9		0.099		
Fatty acids, total monounsaturated g	0.580		1		9		0.180		
Fatty acids, total polyunsaturated g	0.610		1		9		0.189		
Fatty acids, total trans g									
Cholesterol mg	44		1		9		14		
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18555
ARCHWAY Home Style Cookies, Fat Free Oatmeal Raisin

Measure 1 = 31g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18529

ARCHWAY Home Style Cookies, Frosty Lemon

Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	12.03		0	MC	9		3.13		
Energy kcal	430		0	MC	9		112		
Energy kj	1799				9		468		
Protein g	4.41		0	MC	9		1.15		
Total lipid (fat) g	17.11		0	MC	9		4.45		
Ash g	1.67		0	MC	9		0.43		
Carbohydrate, by difference g	64.78		0	MC	9		16.84		
Fiber, total dietary g	0.7		0	MC	9		0.2		
Sugars, total g	33.35		0	MC	9		8.67		
Starch g									
Minerals:									
Calcium, Ca mg	41		0	MC	9		11		
Iron, Fe mg	1.62		0	MC	9		0.42		
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg	92		0	MC	9		24		
Sodium, Na mg	366		0	MC	9		95		
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	MC	9		0.0		
Thiamin mg	0.240		0	MC	9		0.062		
Riboflavin mg	0.200		0	MC	9		0.052		
Niacin mg	1.950		0	MC	9		0.507		
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total mcg	59		0	MC	9		15		
Folate, DFE mcg_DFE									
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg									
Vitamin A, RAE mcg_RAE									
Vitamin A, IU IU	0		0	MC	9		0		
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	5.830		0	MC	9		1.516		
Fatty acids, total monounsaturated g	5.750		0	MC	9		1.495		
Fatty acids, total polyunsaturated g	0.920		0	MC	9		0.239		
Fatty acids, total trans g									
Cholesterol mg	0		0	MC	9		0		
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18529
ARCHWAY Home Style Cookies, Frosty Lemon

Measure 1 = 26g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18531

ARCHWAY Home Style Cookies, Fruit & Honey Bar

Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	11.79		1		9		3.07		
Energy kcal	408		1	NC	4		106		
Energy kj	1708		0	NC	4		444		
Protein (N x 6.25) g	4.44		1		9		1.15		
Total lipid (fat) g	12.54		1		9		3.26		
Ash g	1.82		1		9		0.47		
Carbohydrate, by difference g	69.42		1		9		18.05		
Fiber, total dietary g	1.9		1		9		0.5		
Sugars, total g	37.51		1		9		9.75		
Starch g									
Minerals:									
Calcium, Ca mg	23		1		9		6		
Iron, Fe mg	2.18		1		9		0.57		
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg	190		1		9		49		
Sodium, Na mg	413		1		9		107		
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1		9		0.0		
Thiamin mg	0.280		1		9		0.073		
Riboflavin mg	0.200		1		9		0.052		
Niacin mg	2.210		1		9		0.575		
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total mcg	63		1		9		17		
Folate, DFE mcg_DFE									
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg									
Vitamin A, RAE mcg_RAE									
Vitamin A, IU IU	12		1		9		3		
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	2.880		1		9		0.749		
Fatty acids, total monounsaturated g	5.090		1		9		1.323		
Fatty acids, total polyunsaturated g	0.940		1		9		0.244		
Fatty acids, total trans g	3.620		1		9		0.941		
Cholesterol mg	17		1		9		5		
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18531
ARCHWAY Home Style Cookies, Fruit & Honey Bar

Measure 1 = 26g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18549

ARCHWAY Home Style Cookies, Gourmet Apple'n Raisin

Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	9.51		1		9		2.47		
Energy kcal	435		1	NC	4		113		
Energy kj	1822		0	NC	4		474		
Protein (N x 6.25) g	5.10		1		9		1.33		
Total lipid (fat) g	16.64		1		9		4.33		
Ash g	2.41		1		9		0.63		
Carbohydrate, by difference g	66.33		1		9		17.25		
Fiber, total dietary g	2.5		1		9		0.7		
Sugars, total g	33.97		1		9		8.83		
Starch g									
Minerals:									
Calcium, Ca mg	34		1		9		9		
Iron, Fe mg	2.50		1		9		0.65		
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg	232		1		9		60		
Sodium, Na mg	527		1		9		137		
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1		9		0.0		
Thiamin mg	0.280		1		9		0.073		
Riboflavin mg	0.140		1		9		0.036		
Niacin mg	1.590		1		9		0.413		
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total mcg	48		1		9		12		
Folate, DFE mcg_DFE									
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg									
Vitamin A, RAE mcg_RAE									
Vitamin A, IU IU	10		1		9		3		
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	3.610		1		9		0.939		
Fatty acids, total monounsaturated g	6.360		1		9		1.654		
Fatty acids, total polyunsaturated g	2.420		1		9		0.629		
Fatty acids, total trans g	4.250		1		9		1.105		
Cholesterol mg	7		1		9		2		
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18549

ARCHWAY Home Style Cookies, Gourmet Apple'n Raisin

Measure 1 = 26g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18560

ARCHWAY Home Style Cookies, Gourmet Oatmeal Pecan

Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	9.28		1		9		2.60		
Energy kcal	472		1	NC	4		132		
Energy kj	1974		0	NC	4		553		
Protein (N x 6.25) g	5.42		1		9		1.52		
Total lipid (fat) g	23.13		1		9		6.48		
Ash g	1.69		1		9		0.47		
Carbohydrate, by difference g	60.48		1		9		16.93		
Fiber, total dietary g	3.1		1		9		0.9		
Sugars, total g	27.71		1		9		7.76		
Starch g									
Minerals:									
Calcium, Ca mg	25		1		9		7		
Iron, Fe mg	2.14		1		9		0.60		
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg	145		1		9		41		
Sodium, Na mg	345		1		9		97		
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg									
Thiamin mg	0.270		1		9		0.076		
Riboflavin mg	0.150		1		9		0.042		
Niacin mg	1.640		1		9		0.459		
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total mcg	46		1		9		13		
Folate, DFE mcg_DFE									
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg									
Vitamin A, RAE mcg_RAE									
Vitamin A, IU IU	10		1		9		3		
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	7.580		1		9		2.122		
Fatty acids, total monounsaturated g	8.610		1		9		2.411		
Fatty acids, total polyunsaturated g	2.210		1		9		0.619		
Fatty acids, total trans g	4.730		1		9		1.324		
Cholesterol mg	8		1		9		2		
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18560
ARCHWAY Home Style Cookies, Gourmet Oatmeal Pecan

Measure 1 = 28g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18563

ARCHWAY Home Style Cookies, Gourmet Rocky Road

Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	8.02		1		9		2.25		
Energy....kcal	461		1	NC	4		129		
Energy....kj	1927		0	NC	4		540		
Protein (N x 6.25)....g	4.86		1		9		1.36		
Total lipid (fat)....g	19.71		1		9		5.52		
Ash....g	1.46		1		9		0.41		
Carbohydrate, by difference....g	65.94		1		9		18.46		
Fiber, total dietary....g	2.6		1		9		0.7		
Sugars, total....g	34.92		1		9		9.78		
Starch....g									
Minerals:									
Calcium, Ca....mg	18		1		9		5		
Iron, Fe....mg	2.93		1		9		0.82		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	240		1		9		67		
Sodium, Na....mg	283		1		9		79		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		9		0.0		
Thiamin....mg	0.230		1		9		0.064		
Riboflavin....mg	0.170		1		9		0.048		
Niacin....mg	1.900		1		9		0.532		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg	57		1		9		16		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	11		1		9		3		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	5.130		1		9		1.436		
Fatty acids, total monounsaturated....g	6.820		1		9		1.910		
Fatty acids, total polyunsaturated....g	3.480		1		9		0.974		
Fatty acids, total trans....g	4.250		1		9		1.190		
Cholesterol....mg	10		1		9		3		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18563
ARCHWAY Home Style Cookies, Gourmet Rocky Road

Measure 1 = 28g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18564

ARCHWAY Home Style Cookies, Gourmet Ruth's Golden Oatmeal

Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	10.90		1		9		3.05		
Energy kcal	431		1	NC	4		121		
Energy kj	1801		0	NC	4		504		
Protein (N x 6.25) g	5.67		1		9		1.59		
Total lipid (fat) g	16.44		1		9		4.60		
Ash g	2.01		1		9		0.56		
Carbohydrate, by difference g	64.97		1		9		18.19		
Fiber, total dietary g	2.7		1		9		0.8		
Sugars, total g	33.74		1		9		9.45		
Starch g									
Minerals:									
Calcium, Ca mg	36		1		9		10		
Iron, Fe mg	2.30		1		9		0.64		
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg	232		1		9		65		
Sodium, Na mg	391		1		9		110		
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg									
Thiamin mg	0.290		1		9		0.081		
Riboflavin mg	0.170		1		9		0.048		
Niacin mg	1.810		1		9		0.507		
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total mcg	55		1		9		16		
Folate, DFE mcg_DFE									
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg									
Vitamin A, RAE mcg_RAE									
Vitamin A, IU IU	20		1		9		6		
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	3.290		1		9		0.921		
Fatty acids, total monounsaturated g	5.670		1		9		1.588		
Fatty acids, total polyunsaturated g	4.110		1		9		1.151		
Fatty acids, total trans g	3.370		1		9		0.944		
Cholesterol mg	8		1		9		2		
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18564

ARCHWAY Home Style Cookies, Gourmet Ruth's Golden Oatmeal

Measure 1 = 28g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18532

ARCHWAY Home Style Cookies, Iced Molasses

Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	10.34		1		9		2.90		
Energy kcal	420		1	NC	4		118		
Energy kj	1759		0	NC	4		492		
Protein (N x 6.25) g	3.50		1		9		0.98		
Total lipid (fat) g	14.43		1		9		4.04		
Ash g	2.61		1		9		0.73		
Carbohydrate, by difference g	69.12		1		9		19.35		
Fiber, total dietary g	1.0		1		9		0.3		
Sugars, total g	38.43		1		9		10.76		
Starch g									
Minerals:									
Calcium, Ca mg	24		1		9		7		
Iron, Fe mg	4.10		1		9		1.15		
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg	125		1		9		35		
Sodium, Na mg	527		1		9		148		
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg									
Thiamin mg	0.260		1		9		0.073		
Riboflavin mg	0.190		1		9		0.053		
Niacin mg	2.390		1		9		0.669		
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total mcg	61		1		9		17		
Folate, DFE mcg_DFE									
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg									
Vitamin A, RAE mcg_RAE									
Vitamin A, IU IU	11		1		9		3		
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	4.160		1		9		1.165		
Fatty acids, total monounsaturated g	4.750		1		9		1.330		
Fatty acids, total polyunsaturated g	2.440		1		9		0.683		
Fatty acids, total trans g	3.080		1		9		0.862		
Cholesterol mg	12		1		9		3		
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18532
ARCHWAY Home Style Cookies, Iced Molasses

Measure 1 = 28g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18533

ARCHWAY Home Style Cookies, Iced Oatmeal

Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	9.99		1		9		2.80		
Energy kcal	435		1	NC	4		122		
Energy kj	1822		0	NC	4		510		
Protein (N x 6.25) g	4.89		1		9		1.37		
Total lipid (fat) g	16.53		1		9		4.63		
Ash g	1.84		1		9		0.52		
Carbohydrate, by difference g	66.76		1		9		18.69		
Fiber, total dietary g	2.0		1		9		0.6		
Sugars, total g	37.20		1		9		10.42		
Starch g									
Minerals:									
Calcium, Ca mg	32		1		9		9		
Iron, Fe mg	2.19		1		9		0.61		
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg	185		1		9		52		
Sodium, Na mg	377		1		9		105		
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1		9		0.0		
Thiamin mg	0.270		1		9		0.076		
Riboflavin mg	0.150		1		9		0.042		
Niacin mg	1.640		1		9		0.459		
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total mcg	50		1		9		14		
Folate, DFE mcg_DFE									
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg									
Vitamin A, RAE mcg_RAE									
Vitamin A, IU IU	15		1		9		4		
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	4.610		1		9		1.291		
Fatty acids, total monounsaturated g	5.610		1		9		1.571		
Fatty acids, total polyunsaturated g	2.720		1		9		0.762		
Fatty acids, total trans g	3.580		1		9		1.002		
Cholesterol mg	8		1		9		2		
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18533
ARCHWAY Home Style Cookies, Iced Oatmeal

Measure 1 = 28g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18535

ARCHWAY Home Style Cookies, Molasses

Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	11.43		1		9		2.97		
Energy kcal	403		1	NC	4		105		
Energy kj	1687		0	NC	4		439		
Protein (N x 6.25) g	4.25		1		9		1.11		
Total lipid (fat) g	12.06		1		9		3.14		
Ash g	2.85		1		9		0.74		
Carbohydrate, by difference g	69.41		1		9		18.05		
Fiber, total dietary g	1.2		1		9		0.3		
Sugars, total g	36.35		1		9		9.45		
Starch g									
Minerals:									
Calcium, Ca mg	29		1		9		7		
Iron, Fe mg	4.68		1		9		1.22		
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg	117		1		9		30		
Sodium, Na mg	577		1		9		150		
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1		9		0.0		
Thiamin mg	0.300		1		9		0.078		
Riboflavin mg	0.230		1		9		0.060		
Niacin mg	2.710		1		9		0.705		
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total mcg	69		1		9		18		
Folate, DFE mcg_DFE									
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg									
Vitamin A, RAE mcg_RAE									
Vitamin A, IU IU	17		1		9		4		
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	2.810		1		9		0.731		
Fatty acids, total monounsaturated g	4.860		1		9		1.264		
Fatty acids, total polyunsaturated g	1.050		1		9		0.273		
Fatty acids, total trans g	3.340		1		9		0.868		
Cholesterol mg	25		1		9		7		
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18535
ARCHWAY Home Style Cookies, Molasses

Measure 1 = 26g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18537

ARCHWAY Home Style Cookies, Oatmeal

Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	10.28		1		9		2.57		
Energy kcal	421		1	NC	4		105		
Energy kj	1763		0	NC	4		441		
Protein (N x 6.25) g	5.48		1		9		1.37		
Total lipid (fat) g	14.08		1		9		3.52		
Ash g	2.00		1		9		0.50		
Carbohydrate, by difference g	68.17		1		9		17.04		
Fiber, total dietary g	2.9		1		9		0.7		
Sugars, total g	34.50		1		9		8.63		
Starch g									
Minerals:									
Calcium, Ca mg	35		1		9		9		
Iron, Fe mg	2.45		1		9		0.61		
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg	219		1		9		55		
Sodium, Na mg	394		1		9		99		
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1		9		0.0		
Thiamin mg	0.300		1		9		0.075		
Riboflavin mg	0.180		1		9		0.045		
Niacin mg	1.880		1		9		0.470		
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total mcg	54		1		9		13		
Folate, DFE mcg_DFE									
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg									
Vitamin A, RAE mcg_RAE									
Vitamin A, IU IU	15		1		9		4		
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	3.200		1		9		0.800		
Fatty acids, total monounsaturated g	5.660		1		9		1.415		
Fatty acids, total polyunsaturated g	1.330		1		9		0.333		
Fatty acids, total trans g	3.880		1		9		0.970		
Cholesterol mg	10		1		9		2		
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18537
ARCHWAY Home Style Cookies, Oatmeal

Measure 1 = 25g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18538

ARCHWAY Home Style Cookies, Oatmeal Raisin

Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	11.53		1		9		3.00		
Energy kcal	406		1	NC	4		106		
Energy kj	1701		0	NC	4		442		
Protein (N x 6.25) g	5.17		1		9		1.34		
Total lipid (fat) g	12.08		1		9		3.14		
Ash g	1.95		1		9		0.51		
Carbohydrate, by difference g	69.27		1		9		18.01		
Fiber, total dietary g	2.7		1		9		0.7		
Sugars, total g	39.55		1		9		10.28		
Starch g									
Minerals:									
Calcium, Ca mg	38		1		9		10		
Iron, Fe mg	2.40		1		9		0.62		
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg	285		1		9		74		
Sodium, Na mg	339		1		9		88		
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1		9		0.0		
Thiamin mg	0.280		1		9		0.073		
Riboflavin mg	0.160		1		9		0.042		
Niacin mg	1.690		1		9		0.439		
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total mcg	47		1		9		12		
Folate, DFE mcg_DFE									
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg									
Vitamin A, RAE mcg_RAE									
Vitamin A, IU IU	15		1		9		4		
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	2.750		1		9		0.715		
Fatty acids, total monounsaturated g	4.850		1		9		1.261		
Fatty acids, total polyunsaturated g	1.160		1		9		0.302		
Fatty acids, total trans g	3.320		1		9		0.863		
Cholesterol mg	8		1		9		2		
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18538
ARCHWAY Home Style Cookies, Oatmeal Raisin

Measure 1 = 26g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18539

ARCHWAY Home Style Cookies, Old Fashioned Molasses

Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	10.41		1		9		2.71		
Energy kcal	406		1	NC	4		105		
Energy kj	1698		0	NC	4		441		
Protein (N x 6.25) g	4.27		1		9		1.11		
Total lipid (fat) g	11.83		1		9		3.08		
Ash g	2.94		1		9		0.76		
Carbohydrate, by difference g	70.55		1		9		18.34		
Fiber, total dietary g	1.1		1		9		0.3		
Sugars, total g	36.09		1		9		9.38		
Starch g									
Minerals:									
Calcium, Ca mg	32		1		9		8		
Iron, Fe mg	4.99		1		9		1.30		
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg									
Sodium, Na mg	561		1		9		146		
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1		9		0.0		
Thiamin mg	0.310		1		9		0.081		
Riboflavin mg	0.240		1		9		0.062		
Niacin mg	2.840		1		9		0.738		
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total mcg	71		1		9		19		
Folate, DFE mcg_DFE									
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg									
Vitamin A, RAE mcg_RAE									
Vitamin A, IU IU	12		1		9		3		
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	2.770		1		9		0.720		
Fatty acids, total monounsaturated g	4.800		1		9		1.248		
Fatty acids, total polyunsaturated g	1.000		1		9		0.260		
Fatty acids, total trans g	3.250		1		9		0.845		
Cholesterol mg	25		1		9		6		
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18539

ARCHWAY Home Style Cookies, Old Fashioned Molasses

Measure 1 = 26g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18540

ARCHWAY Home Style Cookies, Old Fashioned Windmill Cookies

Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.00		1		9		0.60		
Energy....kcal	468		1	NC	4		94		
Energy....kj	1956		0	NC	4		391		
Protein (N x 6.25)....g	5.17		1		9		1.03		
Total lipid (fat)....g	17.55		1		9		3.51		
Ash....g	2.05		1		9		0.41		
Carbohydrate, by difference....g	72.23		1		9		14.45		
Fiber, total dietary....g	1.8		1		9		0.4		
Sugars, total....g	32.64		1		9		6.53		
Starch....g									
Minerals:									
Calcium, Ca....mg	36		1		9		7		
Iron, Fe....mg	3.06		1		9		0.61		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	113		1		9		23		
Sodium, Na....mg	471		1		9		94		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		9		0.0		
Thiamin....mg	0.340		1		9		0.068		
Riboflavin....mg	0.250		1		9		0.050		
Niacin....mg	2.940		1		9		0.588		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg	82		1		9		16		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	2		1		9		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.750		1		9		0.750		
Fatty acids, total monounsaturated....g	7.820		1		9		1.564		
Fatty acids, total polyunsaturated....g	1.670		1		9		0.334		
Fatty acids, total trans....g	4.300		1		9		0.860		
Cholesterol....mg	1		1		9		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18540

ARCHWAY Home Style Cookies, Old Fashioned Windmill Cookies

Measure 1 = 20g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18541

ARCHWAY Home Style Cookies, Peanut Butter

Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	6.35		0	MC	9		1.33		
Energy kcal	480		0	MC	9		101		
Energy kj	2008				9		422		
Protein g	9.00		0	MC	9		1.89		
Total lipid (fat) g	24.28		0	MC	9		5.10		
Ash g	1.90		0	MC	9		0.40		
Carbohydrate, by difference g	58.48		0	MC	9		12.28		
Fiber, total dietary g	2.8		0	MC	9		0.6		
Sugars, total g	32.55		0	MC	9		6.84		
Starch g									
Minerals:									
Calcium, Ca mg	35		0	MC	9		7		
Iron, Fe mg	2.72		0	MC	9		0.57		
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg	209		0	MC	9		44		
Sodium, Na mg	404		0	MC	9		85		
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	MC	9		0.0		
Thiamin mg	0.240		0	MC	9		0.050		
Riboflavin mg	0.200		0	MC	9		0.042		
Niacin mg	4.370		0	MC	9		0.918		
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total mcg									
Folate, DFE mcg_DFE									
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg									
Vitamin A, RAE mcg_RAE									
Vitamin A, IU IU	61		0	MC	9		13		
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	5.390		0	MC	9		1.132		
Fatty acids, total monounsaturated g	10.210		0	MC	9		2.144		
Fatty acids, total polyunsaturated g	4.230		0	MC	9		0.888		
Fatty acids, total trans g									
Cholesterol mg	37		0	MC	9		8		
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18541
ARCHWAY Home Style Cookies, Peanut Butter

Measure 1 = 21g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18543

ARCHWAY Home Style Cookies, Pecan Ice Box

Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	6.71		1		9		1.61		
Energy kcal	500		1	NC	4		120		
Energy kj	2094		0	NC	4		503		
Protein (N x 6.25) g	4.56		1		9		1.09		
Total lipid (fat) g	26.46		1		9		6.35		
Ash g	1.25		1		9		0.30		
Carbohydrate, by difference g	61.02		1		9		14.64		
Fiber, total dietary g	1.2		1		9		0.3		
Sugars, total g	28.23		1		9		6.78		
Starch g									
Minerals:									
Calcium, Ca mg	11		1		9		3		
Iron, Fe mg	2.15		1		9		0.52		
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg	76		1		9		18		
Sodium, Na mg	317		1		9		76		
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1		9		0.0		
Thiamin mg	0.300		1		9		0.072		
Riboflavin mg	0.210		1		9		0.050		
Niacin mg	2.380		1		9		0.571		
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total mcg	71		1		9		17		
Folate, DFE mcg_DFE									
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg									
Vitamin A, RAE mcg_RAE									
Vitamin A, IU IU	15		1		9		4		
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	5.670		1		9		1.361		
Fatty acids, total monounsaturated g	11.550		1		9		2.772		
Fatty acids, total polyunsaturated g	2.450		1		9		0.588		
Fatty acids, total trans g	6.800		1		9		1.632		
Cholesterol mg	31		1		9		8		
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18543
ARCHWAY Home Style Cookies, Pecan Ice Box

Measure 1 = 24g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18544

ARCHWAY Home Style Cookies, Raspberry Filled

Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	14.99		1		9		3.75		
Energy kcal	400		1	NC	4		100		
Energy kj	1675		0	NC	4		419		
Protein (N x 6.25) g	4.35		1		9		1.09		
Total lipid (fat) g	13.26		1		9		3.32		
Ash g	1.48		1		9		0.37		
Carbohydrate, by difference g	65.92		1		9		16.48		
Fiber, total dietary g	2.2		1		9		0.5		
Sugars, total g	31.76		1		9		7.94		
Starch g									
Minerals:									
Calcium, Ca mg	20		1		9		5		
Iron, Fe mg	2.32		1		9		0.58		
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg	118		1		9		30		
Sodium, Na mg	334		1		9		83		
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg									
Thiamin mg	0.340		1		9		0.085		
Riboflavin mg	0.180		1		9		0.045		
Niacin mg	2.130		1		9		0.533		
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total mcg	62		1		9		16		
Folate, DFE mcg_DFE									
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg									
Vitamin A, RAE mcg_RAE									
Vitamin A, IU IU	18		1		9		4		
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	5.160		1		9		1.290		
Fatty acids, total monounsaturated g	4.140		1		9		1.035		
Fatty acids, total polyunsaturated g	1.100		1		9		0.275		
Fatty acids, total trans g	2.850		1		9		0.713		
Cholesterol mg	6		1		9		2		
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18544
ARCHWAY Home Style Cookies, Raspberry Filled

Measure 1 = 25g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18562

ARCHWAY Home Style Cookies, Reduced Fat Ginger Snaps

Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	5.22		1		9		1.67		
Energy....kcal	424		1	NC	4		136		
Energy....kj	1773		0	NC	4		567		
Protein (N x 6.25)....g	4.67		1		9		1.49		
Total lipid (fat)....g	11.14		1		9		3.56		
Ash....g	2.75		1		9		0.88		
Carbohydrate, by difference....g	76.23		1		9		24.39		
Fiber, total dietary....g	1.1		1		9		0.3		
Sugars, total....g	36.28		1		9		11.61		
Starch....g									
Minerals:									
Calcium, Ca....mg	62		1		9		20		
Iron, Fe....mg	12.57		1		9		4.02		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	309		1		9		99		
Sodium, Na....mg	406		1		9		130		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.320		1		9		0.102		
Riboflavin....mg	0.220		1		9		0.070		
Niacin....mg	2.860		1		9		0.915		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg	76		1		9		24		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	2		1		9		1		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.600		1		9		0.832		
Fatty acids, total monounsaturated....g	3.580		1		9		1.146		
Fatty acids, total polyunsaturated....g	1.650		1		9		0.528		
Fatty acids, total trans....g	3.310		1		9		1.059		
Cholesterol....mg	1		1		9		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18562
ARCHWAY Home Style Cookies, Reduced Fat Ginger Snaps

Measure 1 = 32g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18545

ARCHWAY Home Style Cookies, Ruth's Oatmeal

Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	9.99		0	MC	9		2.60		
Energy kcal	428		0	MC	9		111		
Energy kj	1791				9		466		
Protein g	5.94		0	MC	9		1.54		
Total lipid (fat) g	15.88		0	MC	9		4.13		
Ash g	2.03		0	MC	9		0.53		
Carbohydrate, by difference g	66.15		0	MC	9		17.20		
Fiber, total dietary g	2.6		0	MC	9		0.7		
Sugars, total g	34.09		0	MC	9		8.86		
Starch g									
Minerals:									
Calcium, Ca mg	31		0	MC	9		8		
Iron, Fe mg	2.76		0	MC	9		0.72		
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg	184		0	MC	9		48		
Sodium, Na mg	440		0	MC	9		114		
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	MC	9		0.0		
Thiamin mg	0.270		0	MC	9		0.070		
Riboflavin mg	0.160		0	MC	9		0.042		
Niacin mg	1.690		0	MC	9		0.439		
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total mcg									
Folate, DFE mcg_DFE									
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg									
Vitamin A, RAE mcg_RAE									
Vitamin A, IU IU	34		0	MC	9		9		
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	3.530		0	MC	9		0.918		
Fatty acids, total monounsaturated g	5.630		0	MC	9		1.464		
Fatty acids, total polyunsaturated g	2.370		0	MC	9		0.616		
Fatty acids, total trans g									
Cholesterol mg	16		0	MC	9		4		
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18545
ARCHWAY Home Style Cookies, Ruth's Oatmeal

Measure 1 = 26g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18546

ARCHWAY Home Style Cookies, Soft Sugar Drop

Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	16.39		1		9				
Energy kcal	397		1	NC	4				
Energy kj	1662		0	NC	4				
Protein (N x 6.25) g	4.82		1		9				
Total lipid (fat) g	13.87		1		9				
Ash g	1.67		1		9				
Carbohydrate, by difference g	63.26		1		9				
Fiber, total dietary g	0.8		1		9				
Sugars, total g	30.79		1		9				
Starch g									
Minerals:									
Calcium, Ca mg	39		1		9				
Iron, Fe mg	1.97		1		9				
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg	98		1		9				
Sodium, Na mg	398		1		9				
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg									
Thiamin mg	0.270		1		9				
Riboflavin mg	0.230		1		9				
Niacin mg	2.150		1		9				
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total mcg	69		1		9				
Folate, DFE mcg_DFE									
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg									
Vitamin A, RAE mcg_RAE									
Vitamin A, IU IU	21		1		9				
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	3.330		1		9				
Fatty acids, total monounsaturated g	5.710		1		9				
Fatty acids, total polyunsaturated g	1.020		1		9				
Fatty acids, total trans g	3.800		1		9				
Cholesterol mg	41		1		9				
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18546
ARCHWAY Home Style Cookies, Soft Sugar Drop

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18547

ARCHWAY Home Style Cookies, Strawberry Filled

Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	14.99		1		9		3.75		
Energy kcal	400		1	NC	4		100		
Energy kj	1675		0	NC	4		419		
Protein (N x 6.25) g	4.35		1		9		1.09		
Total lipid (fat) g	13.26		1		9		3.32		
Ash g	1.48		1		9		0.37		
Carbohydrate, by difference g	65.92		1		9		16.48		
Fiber, total dietary g	2.2		1		9		0.5		
Sugars, total g	31.76		1		9		7.94		
Starch g									
Minerals:									
Calcium, Ca mg	20		1		9		5		
Iron, Fe mg	2.32		1		9		0.58		
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg	118		1		9		30		
Sodium, Na mg	334		1		9		83		
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg									
Thiamin mg	0.340		1		9		0.085		
Riboflavin mg	0.180		1		9		0.045		
Niacin mg	2.130		1		9		0.533		
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total mcg	62		1		9		16		
Folate, DFE mcg_DFE									
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg									
Vitamin A, RAE mcg_RAE									
Vitamin A, IU IU	18		1		9		4		
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	5.160		1		9		1.290		
Fatty acids, total monounsaturated g	4.140		1		9		1.035		
Fatty acids, total polyunsaturated g	1.100		1		9		0.275		
Fatty acids, total trans g	2.850		1		9		0.713		
Cholesterol mg	6		1		9		2		
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18547
ARCHWAY Home Style Cookies, Strawberry Filled

Measure 1 = 25g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18548

ARCHWAY Home Style Cookies, Sugar

Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	10.62		1		9		2.55		
Energy kcal	411		1	NC	4		99		
Energy kj	1719		0	NC	4		413		
Protein (N x 6.25) g	4.88		1		9		1.17		
Total lipid (fat) g	12.80		1		9		3.07		
Ash g	2.68		1		9		0.64		
Carbohydrate, by difference g	69.02		1		9		16.56		
Fiber, total dietary g	1.5		1		9		0.4		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	25		1		9		6		
Iron, Fe mg	2.46		1		9		0.59		
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg	88		1		9		21		
Sodium, Na mg	640		1		9		154		
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1		9		0.0		
Thiamin mg	0.320		1		9		0.077		
Riboflavin mg	0.240		1		9		0.058		
Niacin mg	2.600		1		9		0.624		
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total mcg	78		1		9		19		
Folate, DFE mcg_DFE									
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg									
Vitamin A, RAE mcg_RAE									
Vitamin A, IU IU	19		1		9		5		
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	2.960		1		9		0.710		
Fatty acids, total monounsaturated g	5.040		1		9		1.210		
Fatty acids, total polyunsaturated g	1.200		1		9		0.288		
Fatty acids, total trans g	3.600		1		9		0.864		
Cholesterol mg	16		1		9		4		
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18548
ARCHWAY Home Style Cookies, Sugar

Measure 1 = 24g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18565

ARCHWAY Home Style Cookies, Sugar Free Chocolate Chip

Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.99		1	MC	9		1.20		
Energy....kcal	487		1	NC	4		117		
Energy....kj	2037		0	NC	4		489		
Protein (N x 6.25)....g	4.51		1	MC	9		1.08		
Total lipid (fat)....g	22.71		1	MC	9		5.45		
Ash....g	1.68		1	MC	9		0.40		
Carbohydrate, by difference....g	66.11		1	NC	4		15.87		
Fiber, total dietary....g	1.1		1	MC	9		0.3		
Sugars, total....g	0.90		1	MC	9		0.22		
Starch....g									
Minerals:									
Calcium, Ca....mg	261		1	MC	9		63		
Iron, Fe....mg	2.12		1	MC	9		0.51		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	76		1	MC	9		18		
Sodium, Na....mg	267		1	MC	9		64		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MC	9		0.0		
Thiamin....mg	0.230		1	MC	9		0.055		
Riboflavin....mg	0.180		1	MC	9		0.043		
Niacin....mg	1.890		1	MC	9		0.454		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg	56		1	MC	9		14		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	9		1	MC	9		2		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	6.300		1	MC	9		1.512		
Fatty acids, total monounsaturated....g	9.130		1	MC	9		2.191		
Fatty acids, total polyunsaturated....g	1.350		1	MC	9		0.324		
Fatty acids, total trans....g	5.930		1	MC	9		1.423		
Cholesterol....mg	0		1	MC	9		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18565
ARCHWAY Home Style Cookies, Sugar Free Chocolate Chip

Measure 1 = 24g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18513

ARCHWAY Home Style Cookies, Sugar Free Oatmeal

Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	5.00		0	MC	9		1.20		
Energy kcal	442		0	MC	9		106		
Energy kj	1849				9		444		
Protein g	5.54		0	MC	9		1.33		
Total lipid (fat) g	20.92		0	MC	9		5.02		
Ash g	1.34		0	MC	9		0.32		
Carbohydrate, by difference g	67.20		0	MC	9		16.13		
Fiber, total dietary g	1.9		0	MC	9		0.5		
Sugars, total g	1.26		0	MC	9		0.30		
Starch g									
Minerals:									
Calcium, Ca mg	20		0	MC	9		5		
Iron, Fe mg	1.96		0	MC	9		0.47		
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg	87		0	MC	9		21		
Sodium, Na mg	308		0	MC	9		74		
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	MC	9		0.0		
Thiamin mg	0.270		0	MC	9		0.065		
Riboflavin mg	0.170		0	MC	9		0.041		
Niacin mg	1.810		0	MC	9		0.434		
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total mcg	58		0	MC	9		14		
Folate, DFE mcg_DFE									
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg									
Vitamin A, RAE mcg_RAE									
Vitamin A, IU IU	1		0	MC	9		0		
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	4.900		0	MC	9		1.176		
Fatty acids, total monounsaturated g	7.860		0	MC	9		1.886		
Fatty acids, total polyunsaturated g	1.310		0	MC	9		0.314		
Fatty acids, total trans g									
Cholesterol mg	0		0	MC	9		0		
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18513
ARCHWAY Home Style Cookies, Sugar Free Oatmeal

Measure 1 = 24g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18514

ARCHWAY Home Style Cookies, Sugar Free Rocky Road

Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	7.30		1	MC	9		1.75		
Energy kcal	466		1	NC	4		112		
Energy kj	1949		0	NC	4		468		
Protein (N x 6.25) g	5.87		1	MC	9		1.41		
Total lipid (fat) g	20.52		1	MC	9		4.92		
Ash g	1.89		1	MC	9		0.45		
Carbohydrate, by difference g	64.41		1	NC	4		15.46		
Fiber, total dietary g	2.8		1	MC	9		0.7		
Sugars, total g	0.71		1	MC	9		0.17		
Starch g									
Minerals:									
Calcium, Ca mg	174		1	MC	9		42		
Iron, Fe mg	3.16		1	MC	9		0.76		
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg	257		1	MC	9		62		
Sodium, Na mg	282		1	MC	9		68		
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg									
Thiamin mg	0.230		1	MC	9		0.055		
Riboflavin mg	0.190		1	MC	9		0.046		
Niacin mg	1.810		1	MC	9		0.434		
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total mcg	56		1	MC	9		13		
Folate, DFE mcg_DFE									
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg									
Vitamin A, RAE mcg_RAE									
Vitamin A, IU IU	19		1	MC	9		5		
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	5.050		1	MC	9		1.212		
Fatty acids, total monounsaturated g	7.190		1	MC	9		1.726		
Fatty acids, total polyunsaturated g	4.160		1	MC	9		0.998		
Fatty acids, total trans g	4.120		1	MC	9		0.989		
Cholesterol mg	0		1	MC	9		0		
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18514
ARCHWAY Home Style Cookies, Sugar Free Rocky Road

Measure 1 = 24g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18566
Artificial Blueberry Muffin Mix,dry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	6.40		2	A	1		1.98		
Energy....kcal	407		0	NC	4		126		
Energy....kj	1703				4		528		
Protein....g	4.70		2	A	1		1.46		
Total lipid (fat)....g	8.70		2	A	1		2.70		
Ash....g	2.75		2	A	1		0.85		
Carbohydrate, by difference....g	77.45		0	NC	4		24.01		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	760		2	A	1		236		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g	1.865		2	A	1		0.578		
4:0....g									
6:0....g									
8:0....g	0.007		2	A	1		0.002		
10:0....g	0.005		2	A	1		0.002		
12:0....g	0.005		2	A	1		0.002		
13:0....g									
14:0....g	0.007		2	A	1		0.002		
15:0....g									
16:0....g	0.953		2	A	1		0.295		
17:0....g									
18:0....g	0.852		2	A	1		0.264		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.742		2	A	1		1.160		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.010		2	A	1		0.003		
17:1....g									
18:1 undifferentiated....g	3.708		2	A	1		1.149		
20:1....g	0.024		2	A	1		0.007		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.679		2	A	1		0.520		
18:2 undifferentiated....g	1.583		2	A	1		0.491		
18:3 undifferentiated....g	0.090		2	A	1		0.028		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.005		2	A	1		0.002		
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg									

NDB No. 18566
Artificial Blueberry Muffin Mix,dry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 1 muffin

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18005
Bagels, cinnamon-raisin

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	32.00		1		1		9.07	18.24	22.72
Energy kcal	273		0	NC	4		77	156	194
Energy kj	1143		0	NC	4		324	652	812
Protein (N x 5.8) g	9.80		1		1		2.78	5.59	6.96
Total lipid (fat) g	1.70		1		1		0.48	0.97	1.21
Ash g	1.30		1		1		0.37	0.74	0.92
Carbohydrate, by difference g	55.20		0		4		15.65	31.46	39.19
Fiber, total dietary g	2.3		0		4		0.7	1.3	1.6
Sugars, total g	5.98		0	FLA	4		1.69	3.41	4.24
Starch g									
Minerals:									
Calcium, Ca mg	19		1		1		5	11	13
Iron, Fe mg	3.80		1		1		1.08	2.17	2.70
Magnesium, Mg mg	28		0	FLA	4		8	16	20
Phosphorus, P mg	100		0	FLA	4		28	57	71
Potassium, K mg	148		0	FLA	4		42	84	105
Sodium, Na mg	322		1		1		91	184	229
Zinc, Zn mg	1.13		0	FLA	4		0.32	0.64	0.80
Copper, Cu mg	0.163		0	FLA	4		0.046	0.093	0.116
Manganese, Mn mg	0.876		0	FLA	4		0.248	0.499	0.622
Selenium, Se mcg	31.0		0	FLA	4		8.8	17.7	22.0
Vitamins:									
Vitamin C, total ascorbic acid mg	0.7		1		1		0.2	0.4	0.5
Thiamin mg	0.384		1		1		0.109	0.219	0.273
Riboflavin mg	0.277		1		1		0.079	0.158	0.197
Niacin mg	3.080		1		1		0.873	1.756	2.187
Pantothenic acid mg	0.509		0	FLA	4		0.144	0.290	0.361
Vitamin B-6 mg	0.062		0	FLA	4		0.018	0.035	0.044
Folate, total mcg	111		0	FLA	4		31	63	79
Folic acid mcg	90		0	FLA	4		26	51	64
Folate, food mcg	21		0		4		6	12	15
Folate, DFE mcg_DFE	174		0	NC	4		49	99	124
Choline, total mg	15.3		0	BFZN	4		4.3	8.7	10.9
Betaine mg									
Vitamin B-12 mcg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	21		0	FLA	4		6	12	15
Retinol mcg	21		0	FLA	4		6	12	15
Carotene, beta mcg	1		0	FLA	4		0	1	1
Carotene, alpha mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta mcg	2		0	FLA	4		1	1	1
Vitamin A, IU IU	73		1		1		21	42	52
Lycopene mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin mcg	54		0	FLA	4		15	31	39
Vitamin E (alpha-tocopherol) mg	0.31		0	FLA	4		0.09	0.18	0.22
Vitamin E, added mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	0.7		0	FLA	4		0.2	0.4	0.5
Lipids:									
Fatty acids, total saturated g	0.274		0		4		0.078	0.156	0.195
4:0 g	0.000		0		4		0.000	0.000	0.000
6:0 g	0.000		0		4		0.000	0.000	0.000
8:0 g	0.000		0		4		0.000	0.000	0.000
10:0 g	0.000		0		4		0.000	0.000	0.000

NDB No. 18005
Bagels, cinnamon-raisin

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.001		0		4		0.000	0.001	0.001
13:0 g									
14:0 g	0.003		0		4		0.001	0.002	0.002
15:0 g									
16:0 g	0.251		0		4		0.071	0.143	0.178
17:0 g									
18:0 g	0.020		0		4		0.006	0.011	0.014
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.175		0		4		0.050	0.100	0.124
14:1 g									
15:1 g									
16:1 undifferentiated g	0.014		0		4		0.004	0.008	0.010
17:1 g									
18:1 undifferentiated g	0.161		0		4		0.046	0.092	0.114
20:1 g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.671		0		4		0.190	0.382	0.476
18:2 undifferentiated g	0.632		0		4		0.179	0.360	0.449
18:3 undifferentiated g	0.039		0		4		0.011	0.022	0.028
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		1		1		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.114		0		4		0.032	0.065	0.081
Threonine g	0.285		0		4		0.081	0.162	0.202
Isoleucine g	0.367		0		4		0.104	0.209	0.261
Leucine g	0.671		0		4		0.190	0.382	0.476
Lysine g	0.238		0		4		0.067	0.136	0.169
Methionine g	0.179		0		4		0.051	0.102	0.127
Cystine g	0.210		0		4		0.060	0.120	0.149
Phenylalanine g	0.474		0		4		0.134	0.270	0.337
Tyrosine g	0.272		0		4		0.077	0.155	0.193
Valine g	0.424		0		4		0.120	0.242	0.301
Arginine g	0.378		0		4		0.107	0.215	0.268
Histidine g	0.217		0		4		0.062	0.124	0.154
Alanine g	0.333		0		4		0.094	0.190	0.236
Aspartic acid g	0.479		0		4		0.136	0.273	0.340
Glutamic acid g	3.240		0		4		0.919	1.847	2.300
Glycine g	0.343		0		4		0.097	0.196	0.244
Proline g	1.080		0		4		0.306	0.616	0.767
Serine g	0.481		0		4		0.136	0.274	0.342
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	FLA	4		0	0	0
Theobromine mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18005
Bagels, cinnamon-raisin

Measure 1 = 28.35g: 1 oz
Measure 2 = 57g: 1 bagel (3" dia)
Measure 3 = 71g: 1 bagel (3-1/2" dia)

Calories Factors: **Protein** 3.9 **Fat** 8.4 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18006
Bagels, cinnamon-raisin, toasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	26.90		0		4		7.63	14.26	17.75
Energy kcal	294		0		4		83	156	194
Energy kj	1230		0		4		349	652	812
Protein (N x 0) g	10.60		0		4		3.01	5.62	7.00
Total lipid (fat) g	1.80		0		4		0.51	0.95	1.19
Ash g	1.40		0		4		0.40	0.74	0.92
Carbohydrate, by difference g	59.30		0		4		16.81	31.43	39.14
Fiber, total dietary g	2.5		0		4		0.7	1.3	1.7
Sugars, total g	6.43		0	RA	4		1.82	3.41	4.24
Starch g									
Minerals:									
Calcium, Ca mg	20		0		4		6	11	13
Iron, Fe mg	4.09		0		4		1.16	2.17	2.70
Magnesium, Mg mg	23		0		4		7	12	15
Phosphorus, P mg	83		0		4		24	44	55
Potassium, K mg	163		0		4		46	86	108
Sodium, Na mg	346		0		4		98	183	228
Zinc, Zn mg	0.81		0		4		0.23	0.43	0.53
Copper, Cu mg	0.160		0		4		0.045	0.085	0.106
Manganese, Mn mg	0.328		0		4		0.093	0.174	0.216
Selenium, Se mcg	33.3		0	RK	4		9.4	17.6	22.0
Vitamins:									
Vitamin C, total ascorbic acid mg	0.6		0		4		0.2	0.3	0.4
Thiamin mg	0.330		0		4		0.094	0.175	0.218
Riboflavin mg	0.268		0		4		0.076	0.142	0.177
Niacin mg	2.981		0		4		0.845	1.580	1.967
Pantothenic acid mg	0.047		0		4		0.013	0.025	0.031
Vitamin B-6 mg	0.060		0		4		0.017	0.032	0.040
Folate, total mcg	102		0	RA	4		29	54	67
Folic acid mcg	86		0		4		24	46	57
Folate, food mcg	16		0		4		5	8	11
Folate, DFE mcg_DFE	162		0	NC	4		46	86	107
Choline, total mg	16.4		0	BFZN	4		4.6	8.7	10.8
Betaine mg									
Vitamin B-12 mcg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	23		0	RA	4		6	12	15
Retinol mcg	23		0	RA	4		6	12	15
Carotene, beta mcg	1		0	RA	4		0	1	1
Carotene, alpha mcg	0		0	RA	4		0	0	0
Cryptoxanthin, beta mcg	2		0	RA	4		1	1	1
Vitamin A, IU IU	71		0		4		20	38	47
Lycopene mcg	0		0	RA	4		0	0	0
Lutein + zeaxanthin mcg	56		0	RA	4		16	30	37
Vitamin E (alpha-tocopherol) mg	0.34		0	RA	4		0.10	0.18	0.22
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	0.8		0	RA	4		0.2	0.4	0.5
Lipids:									
Fatty acids, total saturated g	0.295		0		4		0.084	0.156	0.195
4:0 g	0.000		0		4		0.000	0.000	0.000
6:0 g	0.000		0		4		0.000	0.000	0.000
8:0 g	0.000		0		4		0.000	0.000	0.000
10:0 g	0.000		0		4		0.000	0.000	0.000

NDB No. 18006
Bagels, cinnamon-raisin, toasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.001		0		4		0.000	0.001	0.001
13:0 g									
14:0 g	0.003		0		4		0.001	0.002	0.002
15:0 g									
16:0 g	0.270		0		4		0.077	0.143	0.178
17:0 g									
18:0 g	0.022		0		4		0.006	0.012	0.015
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.188		0		4		0.053	0.100	0.124
14:1 g									
15:1 g									
16:1 undifferentiated g	0.015		0		4		0.004	0.008	0.010
17:1 g									
18:1 undifferentiated g	0.173		0		4		0.049	0.092	0.114
20:1 g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.722		0		4		0.205	0.383	0.477
18:2 undifferentiated g	0.680		0		4		0.193	0.360	0.449
18:3 undifferentiated g	0.042		0		4		0.012	0.022	0.028
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.122		0		4		0.035	0.065	0.081
Threonine g	0.306		0		4		0.087	0.162	0.202
Isoleucine g	0.395		0		4		0.112	0.209	0.261
Leucine g	0.721		0		4		0.204	0.382	0.476
Lysine g	0.256		0		4		0.073	0.136	0.169
Methionine g	0.193		0		4		0.055	0.102	0.127
Cystine g	0.226		0		4		0.064	0.120	0.149
Phenylalanine g	0.510		0		4		0.145	0.270	0.337
Tyrosine g	0.293		0		4		0.083	0.155	0.193
Valine g	0.456		0		4		0.129	0.242	0.301
Arginine g	0.406		0		4		0.115	0.215	0.268
Histidine g	0.234		0		4		0.066	0.124	0.154
Alanine g	0.358		0		4		0.101	0.190	0.236
Aspartic acid g	0.516		0		4		0.146	0.273	0.341
Glutamic acid g	3.484		0		4		0.988	1.847	2.299
Glycine g	0.369		0		4		0.105	0.196	0.244
Proline g	1.161		0		4		0.329	0.615	0.766
Serine g	0.517		0		4		0.147	0.274	0.341
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	RA	4		0	0	0
Theobromine mg	0		0	RA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18006
Bagels, cinnamon-raisin, toasted

Measure 1 = 28.35g: 1 oz
Measure 2 = 53g: 1 bagel (3" dia)
Measure 3 = 66g: 1 bagel (3-1/2" dia)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18003
Bagels, egg

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	32.70	0.572	3		1		8.50	22.56	34.34
Energy kcal	278		0	NC	4		72	192	292
Energy kj	1163				4		302	803	1221
Protein (N x 5.7) g	10.60		1		1		2.76	7.31	11.13
Total lipid (fat) g	2.10	0.067	4		1		0.55	1.45	2.21
Ash g	1.60	0.034	3		1		0.42	1.10	1.68
Carbohydrate, by difference g	53.00		0	NC	4		13.78	36.57	55.65
Fiber, total dietary g	2.3		0		1		0.6	1.6	2.4
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	13	1.601	3		1		3	9	14
Iron, Fe mg	3.98	0.276	3		1		1.03	2.75	4.18
Magnesium, Mg mg	25		2		1		7	17	26
Phosphorus, P mg	84		2		1		22	58	88
Potassium, K mg	68		2		1		18	47	71
Sodium, Na mg	505	28.087	3		1		131	348	530
Zinc, Zn mg	0.77		2		1		0.20	0.53	0.81
Copper, Cu mg	0.090		2		1		0.023	0.062	0.095
Manganese, Mn mg	0.410		2		1		0.107	0.283	0.431
Selenium, Se mcg	30.6		0	FLA	4		8.0	21.1	32.1
Vitamins:									
Vitamin C, total ascorbic acid mg	0.6		1		1		0.2	0.4	0.6
Thiamin mg	0.536	0.020	10		1		0.139	0.370	0.563
Riboflavin mg	0.235	0.009	10		1		0.061	0.162	0.247
Niacin mg	3.443	0.137	10		1		0.895	2.376	3.615
Pantothenic acid mg	0.671	0.015	9		1		0.174	0.463	0.705
Vitamin B-6 mg	0.087	0.012	9		1		0.023	0.060	0.091
Folate, total mcg	88		0	FLA	4		23	61	92
Folic acid mcg	66		0	NC	4		17	46	69
Folate, food mcg	22	0.474	8		1		6	15	23
Folate, DFE mcg_DFE	134		0	NC	4		35	93	141
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.16	0.011	8		1		0.04	0.11	0.17
Vitamin A, RAE mcg_RAE	33		0	NC	4		9	23	34
Retinol mcg	33		0	NC	4		9	23	34
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	109		1		1		28	75	114
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	0.421		0		1		0.109	0.290	0.442
4:0 g									
6:0 g									
8:0 g	0.000		0		1		0.000	0.000	0.000
10:0 g	0.000		0		1		0.000	0.000	0.000
12:0 g	0.000		0		1		0.000	0.000	0.000
13:0 g									

NDB No. 18003
Bagels, egg

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.003		0		1		0.001	0.002	0.003
15:0....g									
16:0....g	0.341		0		1		0.089	0.235	0.358
17:0....g									
18:0....g	0.076		0		1		0.020	0.052	0.080
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.420		0		1		0.109	0.290	0.441
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.035		0		1		0.009	0.024	0.037
17:1....g									
18:1 undifferentiated....g	0.382		0		1		0.099	0.264	0.401
20:1....g	0.002		0		1		0.001	0.001	0.002
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.642		0		1		0.167	0.443	0.674
18:2 undifferentiated....g	0.600		0		1		0.156	0.414	0.630
18:3 undifferentiated....g	0.026		0		1		0.007	0.018	0.027
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.012		0		1		0.003	0.008	0.013
20:5 n-3....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3....g									
22:6 n-3....g	0.003		0		1		0.001	0.002	0.003
Fatty acids, total trans....g									
Cholesterol....mg	24		1		1		6	17	25
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.125		0		1		0.033	0.086	0.131
Threonine....g	0.306		0		1		0.080	0.211	0.321
Isoleucine....g	0.411		0		1		0.107	0.284	0.432
Leucine....g	0.748		0		1		0.194	0.516	0.785
Lysine....g	0.261		0		1		0.068	0.180	0.274
Methionine....g	0.190		0		1		0.049	0.131	0.200
Cystine....g	0.231		0		1		0.060	0.159	0.243
Phenylalanine....g	0.523		0		1		0.136	0.361	0.549
Tyrosine....g	0.308		0		1		0.080	0.213	0.323
Valine....g	0.461		0		1		0.120	0.318	0.484
Arginine....g	0.394		0		1		0.102	0.272	0.414
Histidine....g	0.231		0		1		0.060	0.159	0.243
Alanine....g	0.353		0		1		0.092	0.244	0.371
Aspartic acid....g	0.481		0		1		0.125	0.332	0.505
Glutamic acid....g	3.548		0		1		0.922	2.448	3.725
Glycine....g	0.370		0		1		0.096	0.255	0.389
Proline....g	1.189		0		1		0.309	0.820	1.248
Serine....g	0.528		0		1		0.137	0.364	0.554
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 26g: 1 bagel, mini (2-1/2" dia)

Measure 2 = 69g: 1 small bagel (3" dia)

Measure 3 = 105g: 1 medium bagel (3-1/2" to 4" dia)

NDB No. 18003
Bagels, egg

Calories Factors: **Protein** 4 **Fat** 8.6 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18007
Bagels, oat bran

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	32.90		1		1		9.33	18.75	23.36
Energy kcal	255		0	NC	4		72	145	181
Energy kj	1067		0		4		302	608	758
Protein (N x 5.8) g	10.70		1		1		3.03	6.10	7.60
Total lipid (fat) g	1.20		1		1		0.34	0.68	0.85
Ash g	1.90		1		1		0.54	1.08	1.35
Carbohydrate, by difference g	53.30		0		4		15.11	30.38	37.84
Fiber, total dietary g	3.6		0		4		1.0	2.1	2.6
Sugars, total g	1.63		0	FLA	4		0.46	0.93	1.16
Starch g									
Minerals:									
Calcium, Ca mg	12		1		1		3	7	9
Iron, Fe mg	3.08		1		1		0.87	1.76	2.19
Magnesium, Mg mg	31		0	FLA	4		9	18	22
Phosphorus, P mg	110		0	FLA	4		31	63	78
Potassium, K mg	115		0	FLA	4		33	66	82
Sodium, Na mg	507		1		1		144	289	360
Zinc, Zn mg	0.90		0	FLA	4		0.26	0.51	0.64
Copper, Cu mg	0.151		0	FLA	4		0.043	0.086	0.107
Manganese, Mn mg	0.863		0	FLA	4		0.245	0.492	0.613
Selenium, Se mcg	34.2		0	FLA	4		9.7	19.5	24.3
Vitamins:									
Vitamin C, total ascorbic acid mg	0.2		1		1		0.1	0.1	0.1
Thiamin mg	0.331		1		1		0.094	0.189	0.235
Riboflavin mg	0.338		1		1		0.096	0.193	0.240
Niacin mg	2.960		1		1		0.839	1.687	2.102
Pantothenic acid mg	0.445		0	FLA	4		0.126	0.254	0.316
Vitamin B-6 mg	0.043		0	FLA	4		0.012	0.025	0.031
Folate, total mcg	98		0	FLA	4		28	56	70
Folic acid mcg	52		0		4		15	30	37
Folate, food mcg	46		0		4		13	26	33
Folate, DFE mcg_DFE	134		0	NC	4		38	77	95
Choline, total mg	15.3		0	BFZN	4		4.3	8.7	10.9
Betaine mg									
Vitamin B-12 mcg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	1		0	NC	4		0	1	1
Retinol mcg	1		0	FLA	4		0	1	1
Carotene, beta mcg	1		0	FLA	4		0	0	0
Carotene, alpha mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta mcg	0		0	FLA	4		0	0	0
Vitamin A, IU IU	4		1		1		1	2	3
Lycopene mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin mcg	58		0	FLA	4		16	33	41
Vitamin E (alpha-tocopherol) mg	0.33		0	FLA	4		0.09	0.19	0.23
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	0.4		0	FLA	4		0.1	0.2	0.3
Lipids:									
Fatty acids, total saturated g	0.191		0		4		0.054	0.109	0.136
4:0 g	0.000		0		4		0.000	0.000	0.000
6:0 g	0.000		0		4		0.000	0.000	0.000
8:0 g	0.000		0		4		0.000	0.000	0.000
10:0 g	0.000		0		4		0.000	0.000	0.000

NDB No. 18007
Bagels, oat bran

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.002		0		4		0.001	0.001	0.001
13:0 g									
14:0 g	0.001		0		4		0.000	0.001	0.001
15:0 g									
16:0 g	0.170		0		4		0.048	0.097	0.121
17:0 g									
18:0 g	0.010		0		4		0.003	0.006	0.007
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.249		0		4		0.071	0.142	0.177
14:1 g									
15:1 g									
16:1 undifferentiated g	0.007		0		4		0.002	0.004	0.005
17:1 g									
18:1 undifferentiated g	0.242		0		4		0.069	0.138	0.172
20:1 g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.486		0		4		0.138	0.277	0.345
18:2 undifferentiated g	0.465		0		4		0.132	0.265	0.330
18:3 undifferentiated g	0.022		0		4		0.006	0.013	0.016
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		1		1		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.138		0		4		0.039	0.079	0.098
Threonine g	0.301		0		4		0.085	0.172	0.214
Isoleucine g	0.406		0		4		0.115	0.231	0.288
Leucine g	0.757		0		4		0.215	0.431	0.537
Lysine g	0.288		0		4		0.082	0.164	0.204
Methionine g	0.188		0		4		0.053	0.107	0.133
Cystine g	0.253		0		4		0.072	0.144	0.180
Phenylalanine g	0.526		0		4		0.149	0.300	0.373
Tyrosine g	0.321		0		4		0.091	0.183	0.228
Valine g	0.482		0		4		0.137	0.275	0.342
Arginine g	0.460		0		4		0.130	0.262	0.327
Histidine g	0.233		0		4		0.066	0.133	0.165
Alanine g	0.382		0		4		0.108	0.218	0.271
Aspartic acid g	0.561		0		4		0.159	0.320	0.398
Glutamic acid g	3.318		0		4		0.941	1.891	2.356
Glycine g	0.410		0		4		0.116	0.234	0.291
Proline g	1.082		0		4		0.307	0.617	0.768
Serine g	0.517		0		4		0.147	0.295	0.367
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	FLA	4		0	0	0
Theobromine mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18007
Bagels, oat bran

Measure 1 = 28.35g: 1 oz
Measure 2 = 57g: 1 bagel (3" dia)
Measure 3 = 71g: 1 bagel (3-1/2" dia)

Calories Factors: **Protein** 3.5 **Fat** 8.4 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18001

Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	36.28		2	A	1		10.29	20.68	25.76
Energy kcal	257		0	NC	4		73	146	182
Energy kj	1074		0	NC	4		304	612	763
Protein g	10.02		2	A	1		2.84	5.71	7.12
Total lipid (fat) g	1.62		2	A	1		0.46	0.93	1.15
Ash g	1.57		2	A	1		0.45	0.90	1.12
Carbohydrate, by difference g	50.50		0	NC	4		14.32	28.78	35.85
Fiber, total dietary g	2.2		2	A	1		0.6	1.3	1.6
Sugars, total g	5.05		2	A	1		1.43	2.88	3.59
Starch g	43.60		2	A	1		12.36	24.85	30.96
Minerals:									
Calcium, Ca mg	89		0	T	4		25	51	63
Iron, Fe mg	6.05		2	A	1		1.72	3.45	4.30
Magnesium, Mg mg	22		2	A	1		6	13	16
Phosphorus, P mg	87		2	A	1		25	50	62
Potassium, K mg	75		2	A	1		21	43	53
Sodium, Na mg	448		2	A	1		127	255	318
Zinc, Zn mg	1.90		2	A	1		0.54	1.08	1.35
Copper, Cu mg	0.130		2	A	1		0.037	0.074	0.092
Manganese, Mn mg	0.515		2	A	1		0.146	0.294	0.366
Selenium, Se mcg	22.8		2	A	1		6.4	13.0	16.2
Vitamins:									
Vitamin C, total ascorbic acid mg	1.0		2	A	1		0.3	0.6	0.7
Thiamin mg	0.601		2	A	1		0.170	0.343	0.427
Riboflavin mg	0.260		2	A	1		0.074	0.148	0.185
Niacin mg	3.975		2	A	1		1.127	2.266	2.822
Pantothenic acid mg	0.214		2	A	1		0.061	0.122	0.152
Vitamin B-6 mg	0.066		2	A	1		0.019	0.038	0.047
Folate, total mcg	145		2	A	1		41	82	103
Folic acid mcg	116		2	A	1		33	66	82
Folate, food mcg	29		0	AS	1		8	16	20
Folate, DFE mcg_DFE	226		0	NC	4		64	129	160
Choline, total mg	15.3		0	A	1		4.3	8.7	10.9
Betaine mg									
Vitamin B-12 mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin B-12, added mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	0		0	FLA	4		0	0	0
Retinol mcg	0		0	FLA	4		0	0	0
Carotene, beta mcg	0		0	FLA	4		0	0	0
Carotene, alpha mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta mcg	0		0	FLA	4		0	0	0
Vitamin A, IU IU	0	0.000	3		1		0	0	0
Lycopene mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin mcg	52		0	FLA	4		15	30	37
Vitamin E (alpha-tocopherol) mg	0.10		2	A	1		0.03	0.06	0.07
Vitamin E, added mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	1.1		2	A	1		0.3	0.6	0.8
Lipids:									
Fatty acids, total saturated g	0.393		0	NC	4		0.111	0.224	0.279
4:0 g	0.000		2	A	1		0.000	0.000	0.000
6:0 g	0.000		2	A	1		0.000	0.000	0.000
8:0 g	0.000		2	A	1		0.000	0.000	0.000
10:0 g	0.000		2	A	1		0.000	0.000	0.000

NDB No. 18001

Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		2	A	1		0.000	0.000	0.000
13:0 g	0.000		2	A	1		0.000	0.000	0.000
14:0 g	0.010		2	A	1		0.003	0.006	0.007
15:0 g	0.000		2	A	1		0.000	0.000	0.000
16:0 g	0.267		2	A	1		0.076	0.152	0.190
17:0 g	0.005		2	A	1		0.001	0.003	0.004
18:0 g	0.111		2	A	1		0.031	0.063	0.079
20:0 g	0.000		2	A	1		0.000	0.000	0.000
22:0 g	0.000		2	A	1		0.000	0.000	0.000
24:0 g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated g	0.521		0	NC	4		0.148	0.297	0.370
14:1 g	0.002		2	A	1		0.001	0.001	0.002
15:1 g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated g	0.017		2	A	1		0.005	0.010	0.012
17:1 g	0.005		2	A	1		0.001	0.003	0.004
18:1 undifferentiated g	0.496		0	AS	1		0.141	0.283	0.352
18:1 c g	0.496		2	A	1		0.141	0.283	0.352
18:1-11c (18:1c n-7) g									
18:1 t g	0.000		2	A	1		0.000	0.000	0.000
18:1-11t (18:1t n-7) g									
20:1 g	0.000		2	A	1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		2	A	1		0.000	0.000	0.000
24:1 c g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated g	0.640		0	NC	4		0.181	0.365	0.454
18:2 undifferentiated g	0.575		2	A	1		0.163	0.328	0.408
18:3 undifferentiated g	0.064		0	AS	1		0.018	0.037	0.046
18:3 n-3 c,c,c g	0.064		2	A	1		0.018	0.037	0.046
18:3 n-6 c,c,c g	0.000		2	A	1		0.000	0.000	0.000
18:3i g									
18:4 g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated g	0.000		2	A	1		0.000	0.000	0.000
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000		2	A	1		0.000	0.000	0.000
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 g	0.000		2	A	1		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total trans g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-monoenoic g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic g									
Cholesterol mg	0		0	FLA	4		0	0	0
Phytosterols mg	0		0	FLA	4		0	0	0
Amino Acids:									
Tryptophan g	0.124		0		1		0.035	0.071	0.088
Threonine g	0.301		0		1		0.085	0.172	0.214
Isoleucine g	0.404		0		1		0.115	0.230	0.287
Leucine g	0.735		0		1		0.208	0.419	0.522
Lysine g	0.251		0		1		0.071	0.143	0.178
Methionine g	0.188		0		1		0.053	0.107	0.133
Cystine g	0.225		0		1		0.064	0.128	0.160
Phenylalanine g	0.519		0		1		0.147	0.296	0.368
Tyrosine g	0.301		0		1		0.085	0.172	0.214
Valine g	0.456		0		1		0.129	0.260	0.324
Arginine g	0.384		0		1		0.109	0.219	0.273
Histidine g	0.227		0		1		0.064	0.129	0.161
Alanine g	0.347		0		1		0.098	0.198	0.246
Aspartic acid g	0.478		0		1		0.136	0.272	0.339
Glutamic acid g	3.504		0		1		0.993	1.997	2.488

NDB No. 18001

Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.373		0		1		0.106	0.213	0.265
Proline....g	1.180		0		1		0.335	0.673	0.838
Serine....g	0.508		0		1		0.144	0.290	0.361
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 1 bagel (3" dia)

Measure 3 = 71g: 1 bagel (3-1/2" dia)

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18406

Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	32.60	0.572	23		1		8.48	22.49	34.23
Energy kcal	275		0	NC	4		72	190	289
Energy kj	1151				4		299	794	1208
Protein (N x 6.1) g	10.50	0.180	21		1		2.73	7.25	11.03
Total lipid (fat) g	1.60	0.089	21		1		0.42	1.10	1.68
Ash g	1.80	0.042	17		1		0.47	1.24	1.89
Carbohydrate, by difference g	53.40		0		4		13.88	36.85	56.07
Fiber, total dietary g	2.3		0	BFZN	4		0.6	1.6	2.4
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	18		0		4		5	12	19
Iron, Fe mg	3.56	0.174	22		1		0.93	2.46	3.74
Magnesium, Mg mg	29	1.378	17		1		8	20	30
Phosphorus, P mg	96	3.526	17		1		25	66	101
Potassium, K mg	101	2.267	18		1		26	70	106
Sodium, Na mg	534	17.593	22		1		139	368	561
Zinc, Zn mg	0.88	0.025	18		1		0.23	0.61	0.92
Copper, Cu mg	0.163	0.009	17		1		0.042	0.112	0.171
Manganese, Mn mg	0.540	0.020	17		1		0.140	0.373	0.567
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0	0.000	3		1		0.0	0.0	0.0
Thiamin mg	0.538	0.032	18		1		0.140	0.371	0.565
Riboflavin mg	0.315	0.023	18		1		0.082	0.217	0.331
Niacin mg	4.562	0.293	18		1		1.186	3.148	4.790
Pantothenic acid mg	0.363	0.020	13		1		0.094	0.250	0.381
Vitamin B-6 mg	0.051	0.004	12		1		0.013	0.035	0.054
Folate, total mcg	88		0	FLA	4		23	61	92
Folic acid mcg	66		0	NC	4		17	46	69
Folate, food mcg	22	1.946	11		1		6	15	23
Folate, DFE mcg_DFE	134		0	NC	4		35	93	141
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	0
Retinol mcg	0		0	Z	7		0	0	0
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	0	0.000	3		1		0	0	0
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	0.220		0		4		0.057	0.152	0.231
4:0 g									
6:0 g									
8:0 g									
10:0 g									
12:0 g	0.000		0		4		0.000	0.000	0.000
13:0 g									

NDB No. 18406

Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0 g									
15:0 g									
16:0 g	0.207		0		4		0.054	0.143	0.217
17:0 g									
18:0 g	0.012		0		4		0.003	0.008	0.013
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.131		0		4		0.034	0.090	0.138
14:1 g									
15:1 g									
16:1 undifferentiated g	0.014		0		4		0.004	0.010	0.015
17:1 g									
18:1 undifferentiated g	0.117		0		4		0.030	0.081	0.123
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.696		0		4		0.181	0.480	0.731
18:2 undifferentiated g	0.660		0		4		0.172	0.455	0.693
18:3 undifferentiated g	0.036		0		4		0.009	0.025	0.038
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 g									
22:5 n-3 g									
22:6 n-3 g									
Fatty acids, total trans g									
Cholesterol mg	0	0.000	4		1		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.124		0		4		0.032	0.086	0.130
Threonine g	0.301		0		4		0.078	0.208	0.316
Isoleucine g	0.404		0		4		0.105	0.279	0.424
Leucine g	0.735		0		4		0.191	0.507	0.772
Lysine g	0.251		0		4		0.065	0.173	0.264
Methionine g	0.188		0		4		0.049	0.130	0.197
Cystine g	0.225		0		4		0.059	0.155	0.236
Phenylalanine g	0.519		0		4		0.135	0.358	0.545
Tyrosine g	0.301		0		4		0.078	0.208	0.316
Valine g	0.456		0		4		0.119	0.315	0.479
Arginine g	0.384		0		4		0.100	0.265	0.403
Histidine g	0.227		0		4		0.059	0.157	0.238
Alanine g	0.347		0		4		0.090	0.239	0.364
Aspartic acid g	0.478		0		4		0.124	0.330	0.502
Glutamic acid g	3.504		0		4		0.911	2.418	3.679
Glycine g	0.373		0		4		0.097	0.257	0.392
Proline g	1.180		0		4		0.307	0.814	1.239
Serine g	0.508		0		4		0.132	0.351	0.533
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 26g: 1 bagel, mini (2-1/2" dia)

Measure 2 = 69g: 1 small bagel (3" dia)

Measure 3 = 105g: 1 medium bagel (3-1/2" to 4" dia)

NDB No. 18406
Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)

Calories Factors: **Protein** 4.2 **Fat** 8.4 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18002

Bagels, plain, toasted, enriched, with calcium propionate (includes onion, poppy, sesame)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	28.27		2	A	1		8.01	14.98	18.66
Energy kcal	288		0	NC	4		82	153	190
Energy kj	1207		0	NC	4		342	640	797
Protein g	11.14		2	A	1		3.16	5.90	7.35
Total lipid (fat) g	1.72		2	A	1		0.49	0.91	1.14
Ash g	1.76		2	A	1		0.50	0.94	1.16
Carbohydrate, by difference g	57.11		0	NC	4		16.19	30.27	37.69
Fiber, total dietary g	2.6		2	A	1		0.7	1.4	1.7
Sugars, total g	5.82		2	A	1		1.65	3.08	3.84
Starch g	48.70		2	A	1		13.81	25.81	32.14
Minerals:									
Calcium, Ca mg	99		0	RA	4		28	52	65
Iron, Fe mg	4.50		2	A	1		1.28	2.38	2.97
Magnesium, Mg mg	24		2	A	1		7	13	16
Phosphorus, P mg	92		2	A	1		26	49	61
Potassium, K mg	85		2	A	1		24	45	56
Sodium, Na mg	480		2	A	1		136	254	316
Zinc, Zn mg	1.30		2	A	1		0.37	0.69	0.86
Copper, Cu mg	0.150		2	A	1		0.043	0.080	0.099
Manganese, Mn mg	0.575		2	A	1		0.163	0.305	0.379
Selenium, Se mcg	25.2		2	A	1		7.1	13.3	16.6
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	0.0
Thiamin mg	0.602		2	A	1		0.171	0.319	0.397
Riboflavin mg	0.270		2	A	1		0.077	0.143	0.178
Niacin mg	4.375		2	A	1		1.240	2.319	2.887
Pantothenic acid mg	0.229		2	A	1		0.065	0.122	0.151
Vitamin B-6 mg	0.070		2	A	1		0.020	0.037	0.046
Folate, total mcg	131		2	A	1		37	69	86
Folic acid mcg	103		2	A	1		29	55	68
Folate, food mcg	28		0	AS	1		8	15	18
Folate, DFE mcg_DFE	203		0	NC	4		57	107	134
Choline, total mg	16.4		0	A	1		4.6	8.7	10.8
Betaine mg									
Vitamin B-12 mcg	0.00		0	RA	4		0.00	0.00	0.00
Vitamin B-12, added mcg	0.00		0	RA	4		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	0		0	RA	4		0	0	0
Retinol mcg	0		0	RA	4		0	0	0
Carotene, beta mcg	0		0	RA	4		0	0	0
Carotene, alpha mcg	0		0	RA	4		0	0	0
Cryptoxanthin, beta mcg	0		0	RA	4		0	0	0
Vitamin A, IU IU	0		0	RA	4		0	0	0
Lycopene mcg	0		0	RA	4		0	0	0
Lutein + zeaxanthin mcg	55		0	RA	4		16	29	36
Vitamin E (alpha-tocopherol) mg	0.12		2	A	1		0.04	0.07	0.08
Vitamin E, added mg	0.00		0	RA	4		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	1.0		2	A	1		0.3	0.5	0.7
Lipids:									
Fatty acids, total saturated g	0.283		0	NC	4		0.080	0.150	0.187
4:0 g	0.000		2	A	1		0.000	0.000	0.000
6:0 g	0.000		2	A	1		0.000	0.000	0.000
8:0 g	0.000		2	A	1		0.000	0.000	0.000
10:0 g	0.000		2	A	1		0.000	0.000	0.000

NDB No. 18002

Bagels, plain, toasted, enriched, with calcium propionate (includes onion, poppy, sesame)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		2	A	1		0.000	0.000	0.000
13:0 g	0.000		2	A	1		0.000	0.000	0.000
14:0 g	0.000		2	A	1		0.000	0.000	0.000
15:0 g	0.000		2	A	1		0.000	0.000	0.000
16:0 g	0.213		2	A	1		0.060	0.113	0.141
17:0 g	0.000		2	A	1		0.000	0.000	0.000
18:0 g	0.069		2	A	1		0.020	0.037	0.046
20:0 g	0.000		2	A	1		0.000	0.000	0.000
22:0 g	0.000		2	A	1		0.000	0.000	0.000
24:0 g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated g	0.418		0	NC	4		0.119	0.222	0.276
14:1 g	0.000		2	A	1		0.000	0.000	0.000
15:1 g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated g	0.004		2	A	1		0.001	0.002	0.003
17:1 g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated g	0.411		0	AS	1		0.117	0.218	0.271
18:1 c g	0.411		2	A	1		0.117	0.218	0.271
18:1-11c (18:1c n-7) g									
18:1 t g	0.000		2	A	1		0.000	0.000	0.000
18:1-11t (18:1t n-7) g									
20:1 g	0.003		2	A	1		0.001	0.001	0.002
22:1 undifferentiated g	0.000		2	A	1		0.000	0.000	0.000
24:1 c g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated g	0.944		0	NC	4		0.268	0.500	0.623
18:2 undifferentiated g	0.834		2	A	1		0.236	0.442	0.550
18:3 undifferentiated g	0.110		0	AS	1		0.031	0.058	0.073
18:3 n-3 c,c,c g	0.110		2	A	1		0.031	0.058	0.073
18:3 n-6 c,c,c g	0.000		2	A	1		0.000	0.000	0.000
18:3i g									
18:4 g	0.000		0	RA	4		0.000	0.000	0.000
20:2 n-6 c,c g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated g	0.000		2	A	1		0.000	0.000	0.000
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000		2	A	1		0.000	0.000	0.000
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 g	0.000		2	A	1		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 g	0.000		0	RA	4		0.000	0.000	0.000
22:6 n-3 g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total trans g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol mg	0		0	RA	4		0	0	0
Phytosterols mg	0		0	RA	4		0	0	0
Amino Acids:									
Tryptophan g	0.138		0	RA	4		0.039	0.073	0.091
Threonine g	0.334		0	RA	4		0.095	0.177	0.221
Isoleucine g	0.449		0	RA	4		0.127	0.238	0.296
Leucine g	0.817		0	RA	4		0.232	0.433	0.539
Lysine g	0.279		0	RA	4		0.079	0.148	0.184
Methionine g	0.209		0	RA	4		0.059	0.111	0.138
Cystine g	0.250		0	RA	4		0.071	0.133	0.165
Phenylalanine g	0.577		0	RA	4		0.163	0.306	0.381
Tyrosine g	0.334		0	RA	4		0.095	0.177	0.221
Valine g	0.507		0	RA	4		0.144	0.269	0.334
Arginine g	0.427		0	RA	4		0.121	0.226	0.282
Histidine g	0.252		0	RA	4		0.072	0.134	0.166
Alanine g	0.386		0	RA	4		0.109	0.204	0.254
Aspartic acid g	0.531		0	RA	4		0.151	0.281	0.351
Glutamic acid g	3.893		0	RA	4		1.104	2.063	2.570
Glycine g	0.414		0	RA	4		0.117	0.220	0.274
Proline g	1.311		0	RA	4		0.372	0.695	0.865

NDB No. 18002

Bagels, plain, toasted, enriched, with calcium propionate (includes onion, poppy, sesame)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Serine....g	0.564		0	RA	4		0.160	0.299	0.373
Hydroxyproline....g	0.000		2	A	1		0.000	0.000	0.000
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0	0.0	0.0
Caffeine....mg	0		0	RA	4		0	0	0
Theobromine....mg	0		0	RA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 53g: 1 bagel (3" dia)

Measure 3 = 66g: 1 bagel (3-1/2" dia)

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18407

Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	32.60	0.572	23		1		8.48	22.49	34.23
Energy kcal	275		0	NC	4		72	190	289
Energy kj	1151				4		299	794	1208
Protein (N x 5.9) g	10.50	0.180	21		1		2.73	7.25	11.03
Total lipid (fat) g	1.60	0.089	21		1		0.42	1.10	1.68
Ash g	1.80	0.042	17		1		0.47	1.24	1.89
Carbohydrate, by difference g	53.40		0		4		13.88	36.85	56.07
Fiber, total dietary g	2.3		0	BFZN	4		0.6	1.6	2.4
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	74	5.938	8		1		19	51	78
Iron, Fe mg	1.36		0		4		0.35	0.94	1.43
Magnesium, Mg mg	29	1.378	17		1		8	20	30
Phosphorus, P mg	96	3.526	17		1		25	66	101
Potassium, K mg	101	2.267	18		1		26	70	106
Sodium, Na mg	534	17.593	22		1		139	368	561
Zinc, Zn mg	0.88	0.025	18		1		0.23	0.61	0.92
Copper, Cu mg	0.163	0.009	17		1		0.042	0.112	0.171
Manganese, Mn mg	0.540	0.020	17		1		0.140	0.373	0.567
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0	0.000	3		1		0.0	0.0	0.0
Thiamin mg	0.163		0		4		0.042	0.112	0.171
Riboflavin mg	0.052		0		4		0.014	0.036	0.055
Niacin mg	1.758		0		4		0.457	1.213	1.846
Pantothenic acid mg	0.363	0.020	13		1		0.094	0.250	0.381
Vitamin B-6 mg	0.051	0.004	12		1		0.013	0.035	0.054
Folate, total mcg	22	1.946	11		1		6	15	23
Folic acid mcg	0		0	Z	7		0	0	0
Folate, food mcg	22	1.946	11		1		6	15	23
Folate, DFE mcg_DFE	22		0	NC	4		6	15	23
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	0
Retinol mcg	0		0	Z	7		0	0	0
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	0	0.000	3		1		0	0	0
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	0.220		0		4		0.057	0.152	0.231
4:0 g									
6:0 g									
8:0 g									
10:0 g									
12:0 g	0.000		0		4		0.000	0.000	0.000
13:0 g									

NDB No. 18407

Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g									
15:0....g									
16:0....g	0.207		0		4		0.054	0.143	0.217
17:0....g									
18:0....g	0.012		0		4		0.003	0.008	0.013
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.131		0		4		0.034	0.090	0.138
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.014		0		4		0.004	0.010	0.015
17:1....g									
18:1 undifferentiated....g	0.117		0		4		0.030	0.081	0.123
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.696		0		4		0.181	0.480	0.731
18:2 undifferentiated....g	0.660		0		4		0.172	0.455	0.693
18:3 undifferentiated....g	0.036		0		4		0.009	0.025	0.038
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0	0.000	4		1		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.124		0		4		0.032	0.086	0.130
Threonine....g	0.301		0		4		0.078	0.208	0.316
Isoleucine....g	0.404		0		4		0.105	0.279	0.424
Leucine....g	0.735		0		4		0.191	0.507	0.772
Lysine....g	0.251		0		4		0.065	0.173	0.264
Methionine....g	0.188		0		4		0.049	0.130	0.197
Cystine....g	0.225		0		4		0.059	0.155	0.236
Phenylalanine....g	0.519		0		4		0.135	0.358	0.545
Tyrosine....g	0.301		0		4		0.078	0.208	0.316
Valine....g	0.456		0		4		0.119	0.315	0.479
Arginine....g	0.384		0		4		0.100	0.265	0.403
Histidine....g	0.227		0		4		0.059	0.157	0.238
Alanine....g	0.347		0		4		0.090	0.239	0.364
Aspartic acid....g	0.478		0		4		0.124	0.330	0.502
Glutamic acid....g	3.504		0		4		0.911	2.418	3.679
Glycine....g	0.373		0		4		0.097	0.257	0.392
Proline....g	1.180		0		4		0.307	0.814	1.239
Serine....g	0.508		0		4		0.132	0.351	0.533
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 26g: 1 bagel, mini (2-1/2" dia)

Measure 2 = 69g: 1 small bagel (3" dia)

Measure 3 = 105g: 1 medium bagel (3-1/2" to 4")

NDB No. 18407
Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)

Calories Factors: **Protein** 4 **Fat** 8.4 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18408

Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	32.60	0.572	23		1		8.48	22.49	34.23
Energy kcal	275		0	NC	4		72	190	289
Energy kj	1151				4		299	794	1208
Protein (N x 5.9) g	10.50	0.180	21		1		2.73	7.25	11.03
Total lipid (fat) g	1.60	0.089	21		1		0.42	1.10	1.68
Ash g	1.80	0.042	17		1		0.47	1.24	1.89
Carbohydrate, by difference g	53.40		0		4		13.88	36.85	56.07
Fiber, total dietary g	2.3		0	BFZN	4		0.6	1.6	2.4
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	18		0		4		5	12	19
Iron, Fe mg	1.36		0		4		0.35	0.94	1.43
Magnesium, Mg mg	29	1.378	17		1		8	20	30
Phosphorus, P mg	96	3.526	17		1		25	66	101
Potassium, K mg	101	2.267	18		1		26	70	106
Sodium, Na mg	534	17.593	22		1		139	368	561
Zinc, Zn mg	0.88	0.025	18		1		0.23	0.61	0.92
Copper, Cu mg	0.163	0.009	17		1		0.042	0.112	0.171
Manganese, Mn mg	0.540	0.020	17		1		0.140	0.373	0.567
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0	0.000	3		1		0.0	0.0	0.0
Thiamin mg	0.163		0		4		0.042	0.112	0.171
Riboflavin mg	0.052		0		4		0.014	0.036	0.055
Niacin mg	1.758		0		4		0.457	1.213	1.846
Pantothenic acid mg	0.363	0.020	13		1		0.094	0.250	0.381
Vitamin B-6 mg	0.051	0.004	12		1		0.013	0.035	0.054
Folate, total mcg	22	1.946	11		1		6	15	23
Folic acid mcg	0		0	Z	7		0	0	0
Folate, food mcg	22	1.946	11		1		6	15	23
Folate, DFE mcg_DFE	22		0	NC	4		6	15	23
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	0
Retinol mcg	0		0	Z	7		0	0	0
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	0	0.000	3		1		0	0	0
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	0.220		0		4		0.057	0.152	0.231
4:0 g									
6:0 g									
8:0 g									
10:0 g									
12:0 g	0.000		0		4		0.000	0.000	0.000
13:0 g									

NDB No. 18408

Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0....g									
15:0....g									
16:0....g	0.207		0		4		0.054	0.143	0.217
17:0....g									
18:0....g	0.012		0		4		0.003	0.008	0.013
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.131		0		4		0.034	0.090	0.138
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.014		0		4		0.004	0.010	0.015
17:1....g									
18:1 undifferentiated....g	0.117		0		4		0.030	0.081	0.123
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.696		0		4		0.181	0.480	0.731
18:2 undifferentiated....g	0.660		0		4		0.172	0.455	0.693
18:3 undifferentiated....g	0.036		0		4		0.009	0.025	0.038
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0	0.000	4		1		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.124		0		4		0.032	0.086	0.130
Threonine....g	0.301		0		4		0.078	0.208	0.316
Isoleucine....g	0.404		0		4		0.105	0.279	0.424
Leucine....g	0.735		0		4		0.191	0.507	0.772
Lysine....g	0.251		0		4		0.065	0.173	0.264
Methionine....g	0.188		0		4		0.049	0.130	0.197
Cystine....g	0.225		0		4		0.059	0.155	0.236
Phenylalanine....g	0.519		0		4		0.135	0.358	0.545
Tyrosine....g	0.301		0		4		0.078	0.208	0.316
Valine....g	0.456		0		4		0.119	0.315	0.479
Arginine....g	0.384		0		4		0.100	0.265	0.403
Histidine....g	0.227		0		4		0.059	0.157	0.238
Alanine....g	0.347		0		4		0.090	0.239	0.364
Aspartic acid....g	0.478		0		4		0.124	0.330	0.502
Glutamic acid....g	3.504		0		4		0.911	2.418	3.679
Glycine....g	0.373		0		4		0.097	0.257	0.392
Proline....g	1.180		0		4		0.307	0.814	1.239
Serine....g	0.508		0		4		0.132	0.351	0.533
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 26g: 1 bagel, mini (2-1/2" dia)

Measure 2 = 69g: 1 small bagel (3" dia)

Measure 3 = 105g: 1 medium bagel (3-1/2" to 4" dia)

NDB No. 18408
Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18017
Biscuits, mixed grain, refrigerated dough

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	37.80		1		1		10.72	16.63	
Energy kcal	263		0	NC	4		75	116	
Energy kj	1100				4		312	484	
Protein (N x 5.7) g	6.10		1		1		1.73	2.68	
Total lipid (fat) g	5.60		1		1		1.59	2.46	
Ash g	3.10		1		1		0.88	1.36	
Carbohydrate, by difference g	47.40		0	NC	4		13.44	20.86	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	17		1		1		5	7	
Iron, Fe mg	2.75		1		1		0.78	1.21	
Magnesium, Mg mg	30		0	FLA	4		9	13	
Phosphorus, P mg	236		0	FLA	4		67	104	
Potassium, K mg	456		1		1		129	201	
Sodium, Na mg	670		1		1		190	295	
Zinc, Zn mg	0.60		0	FLA	4		0.17	0.26	
Copper, Cu mg	0.115		0	FLA	4		0.033	0.051	
Manganese, Mn mg	0.659		0	FLA	4		0.187	0.290	
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	
Thiamin mg	0.390		1		1		0.111	0.172	
Riboflavin mg	0.210		1		1		0.060	0.092	
Niacin mg	3.400		1		1		0.964	1.496	
Pantothenic acid mg	0.315		0	FLA	4		0.089	0.139	
Vitamin B-6 mg	0.065		0	FLA	4		0.018	0.029	
Folate, total mcg	83		0	FLA	4		24	37	
Folic acid mcg	71		0	NC	4		20	31	
Folate, food mcg	12		0		4		3	5	
Folate, DFE mcg_DFE	133		0	NC	4		38	58	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.00		0		1		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	0		0		1		0	0	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	1.366		0	FLA	4		0.387	0.601	
4:0 g	0.000		0	FLA	4		0.000	0.000	
6:0 g	0.000		0	FLA	4		0.000	0.000	
8:0 g	0.000		0	FLA	4		0.000	0.000	
10:0 g	0.000		0	FLA	4		0.000	0.000	
12:0 g	0.000		0	FLA	4		0.000	0.000	
13:0 g									

NDB No. 18017
Biscuits, mixed grain, refrigerated dough

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.025		0	FLA	4		0.007	0.011	
15:0....g									
16:0....g	0.738		0	FLA	4		0.209	0.325	
17:0....g									
18:0....g	0.602		0	FLA	4		0.171	0.265	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.932		0	FLA	4		0.831	1.290	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0	FLA	4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	2.931		0	FLA	4		0.831	1.290	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.880		0	FLA	4		0.249	0.387	
18:2 undifferentiated....g	0.833		0	FLA	4		0.236	0.367	
18:3 undifferentiated....g	0.047		0	FLA	4		0.013	0.021	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		1		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.076		0		1		0.022	0.033	
Threonine....g	0.169		0		1		0.048	0.074	
Isoleucine....g	0.214		0		1		0.061	0.094	
Leucine....g	0.424		0		1		0.120	0.187	
Lysine....g	0.143		0		1		0.041	0.063	
Methionine....g	0.107		0		1		0.030	0.047	
Cystine....g	0.132		0		1		0.037	0.058	
Phenylalanine....g	0.305		0		1		0.086	0.134	
Tyrosine....g	0.182		0		1		0.052	0.080	
Valine....g	0.251		0		1		0.071	0.110	
Arginine....g	0.257		0		1		0.073	0.113	
Histidine....g	0.138		0		1		0.039	0.061	
Alanine....g	0.204		0		1		0.058	0.090	
Aspartic acid....g	0.274		0		1		0.078	0.121	
Glutamic acid....g	2.016		0		1		0.572	0.887	
Glycine....g	0.227		0		1		0.064	0.100	
Proline....g	0.695		0		1		0.197	0.306	
Serine....g	0.304		0		1		0.086	0.134	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 44g: 1 biscuit (2-1/2" dia)

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 4

NDB No. 18017
Biscuits, mixed grain, refrigerated dough

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18009
Biscuits, plain or buttermilk, commercially baked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	26.70	1.152	6		1		7.57	9.35	20.56
Energy kcal	365		0	NC	4		103	128	281
Energy kj	1526		0	NC	4		432	534	1175
Protein (N x 5.8) g	6.20	0.396	6		1		1.76	2.17	4.77
Total lipid (fat) g	16.50	2.166	6		1		4.68	5.78	12.71
Ash g	2.20	0.338	7		1		0.62	0.77	1.69
Carbohydrate, by difference g	48.50		0		4		13.75	16.98	37.35
Fiber, total dietary g	1.3		0		4		0.4	0.5	1.0
Sugars, total g	3.48		0	FLA	4		0.99	1.22	2.68
Starch g									
Minerals:									
Calcium, Ca mg	49	6.829	23		1		14	17	38
Iron, Fe mg	3.30	0.234	21		1		0.94	1.16	2.54
Magnesium, Mg mg	17	0.693	20		1		5	6	13
Phosphorus, P mg	430	35.462	20		1		122	151	331
Potassium, K mg	224	24.306	20		1		64	78	172
Sodium, Na mg	1052	14.968	21		1		298	368	810
Zinc, Zn mg	0.48	0.018	19		1		0.14	0.17	0.37
Copper, Cu mg	0.083	0.006	19		1		0.024	0.029	0.064
Manganese, Mn mg	0.392	0.014	15		1		0.111	0.137	0.302
Selenium, Se mcg	18.8		0	FLA	4		5.3	6.6	14.5
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		7		0.0	0.0	0.0
Thiamin mg	0.427	0.029	8		1		0.121	0.149	0.329
Riboflavin mg	0.292	0.017	8		1		0.083	0.102	0.225
Niacin mg	3.352	0.222	5		1		0.950	1.173	2.581
Pantothenic acid mg	0.300		1		1		0.085	0.105	0.231
Vitamin B-6 mg	0.047	0.011	4		1		0.013	0.016	0.036
Folate, total mcg	70		0	FLA	4		20	25	54
Folic acid mcg	63		0	FLA	4		18	22	49
Folate, food mcg	7		2		1		2	2	5
Folate, DFE mcg_DFE	114		0	NC	4		32	40	88
Choline, total mg	8.9		0	A	1		2.5	3.1	6.9
Betaine mg	43.0		0	A	1		12.2	15.1	33.1
Vitamin B-12 mcg	0.14		2		1		0.04	0.05	0.11
Vitamin B-12, added mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	0
Retinol mcg	0		0	FLA	4		0	0	0
Carotene, beta mcg	0		0	FLA	4		0	0	0
Carotene, alpha mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta mcg	0		0	FLA	4		0	0	0
Vitamin A, IU IU	2		0	FLA	4		1	1	2
Lycopene mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin mcg	9		0	FLA	4		3	3	7
Vitamin E (alpha-tocopherol) mg	1.32		0	FLA	4		0.37	0.46	1.02
Vitamin E, added mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	4.1		0	FLA	4		1.2	1.4	3.2
Lipids:									
Fatty acids, total saturated g	2.490		0	FLA	4		0.706	0.872	1.917
4:0 g	0.002		0	FLA	4		0.001	0.001	0.002
6:0 g	0.001		0	FLA	4		0.000	0.000	0.001
8:0 g	0.001		0	FLA	4		0.000	0.000	0.001
10:0 g	0.001		0	FLA	4		0.000	0.000	0.001

NDB No. 18009

Biscuits, plain or buttermilk, commercially baked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.002		0	FLA	4		0.001	0.001	0.002
13:0 g									
14:0 g	0.022		0	FLA	4		0.006	0.008	0.017
15:0 g									
16:0 g	1.655		0	FLA	4		0.469	0.579	1.274
17:0 g									
18:0 g	0.806		0	FLA	4		0.229	0.282	0.621
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.906		0	FLA	4		1.958	2.417	5.318
14:1 g									
15:1 g									
16:1 undifferentiated g	0.065		0	FLA	4		0.018	0.023	0.050
17:1 g									
18:1 undifferentiated g	6.824		0	FLA	4		1.935	2.388	5.254
20:1 g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	6.209		0	FLA	4		1.760	2.173	4.781
18:2 undifferentiated g	5.767		0	FLA	4		1.635	2.018	4.441
18:3 undifferentiated g	0.426		0	FLA	4		0.121	0.149	0.328
18:4 g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	1		0	FLA	4		0	0	1
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.076		0		1		0.022	0.027	0.059
Threonine g	0.177		0		1		0.050	0.062	0.136
Isoleucine g	0.226		0		1		0.064	0.079	0.174
Leucine g	0.436		0		1		0.124	0.153	0.336
Lysine g	0.167		0		1		0.047	0.058	0.129
Methionine g	0.112		0		1		0.032	0.039	0.086
Cystine g	0.123		0		1		0.035	0.043	0.095
Phenylalanine g	0.308		0		1		0.087	0.108	0.237
Tyrosine g	0.192		0		1		0.054	0.067	0.148
Valine g	0.262		0		1		0.074	0.092	0.202
Arginine g	0.245		0		1		0.069	0.086	0.189
Histidine g	0.139		0		1		0.039	0.049	0.107
Alanine g	0.197		0		1		0.056	0.069	0.152
Aspartic acid g	0.277		0		1		0.079	0.097	0.213
Glutamic acid g	1.979		0		1		0.561	0.693	1.524
Glycine g	0.211		0		1		0.060	0.074	0.162
Proline g	0.698		0		1		0.198	0.244	0.537
Serine g	0.307		0		1		0.087	0.107	0.236
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	FLA	4		0	0	0
Theobromine mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18009

Biscuits, plain or buttermilk, commercially baked

Measure 1 = 28.35g: 1 oz

Measure 2 = 35g: 1 biscuit

Measure 3 = 77g: 1 large

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18010
Biscuits, plain or buttermilk, dry mix

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	9.20	0.168	7		1		11.04	11.78	11.04
Energy kcal	428		0	NC	4		513	548	513
Energy kj	1790		0	NC	4		2148	2291	2148
Protein (N x 5.8) g	8.00	0.132	4		1		9.60	10.24	9.60
Total lipid (fat) g	15.40	1.345	3		1		18.48	19.71	18.48
Ash g	4.00	0.098	14		1		4.80	5.12	4.80
Carbohydrate, by difference g	63.30		0	NC	4		75.96	81.02	75.96
Fiber, total dietary g	2.1		0		4		2.5	2.7	2.5
Sugars, total g	11.65		0	FLA	4		13.98	14.92	13.98
Starch g									
Minerals:									
Calcium, Ca mg	179	17.041	4		1		215	229	215
Iron, Fe mg	2.77	0.030	3		1		3.32	3.55	3.32
Magnesium, Mg mg	25	0.401	12		1		30	32	30
Phosphorus, P mg	585	45.721	4		1		702	749	702
Potassium, K mg	163	22.649	4		1		196	209	196
Sodium, Na mg	1276	74.831	4		1		1531	1633	1531
Zinc, Zn mg	0.60	0.015	12		1		0.72	0.77	0.72
Copper, Cu mg	0.154	0.007	12		1		0.185	0.197	0.185
Manganese, Mn mg	0.340	0.010	12		1		0.408	0.435	0.408
Selenium, Se mcg	7.5		0	FLA	4		9.0	9.6	9.0
Vitamins:									
Vitamin C, total ascorbic acid mg	0.3		0	FLA	4		0.4	0.4	0.4
Thiamin mg	0.575	0.084	4		1		0.690	0.736	0.690
Riboflavin mg	0.437	0.005	4		1		0.524	0.559	0.524
Niacin mg	4.542	0.136	3		1		5.450	5.814	5.450
Pantothenic acid mg	0.884	0.175	4		1		1.061	1.132	1.061
Vitamin B-6 mg	0.076		2		1		0.091	0.097	0.091
Folate, total mcg	125		0	FLA	4		150	160	150
Folic acid mcg	117		0		4		140	150	140
Folate, food mcg	8	0.562	3		1		10	10	10
Folate, DFE mcg_DFE	207		0	NC	4		248	265	248
Choline, total mg	11.0		0	BFSN	4		13.2	14.1	13.2
Betaine mg									
Vitamin B-12 mcg	0.39		0	FLA	4		0.47	0.50	0.47
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	2		0	NC	4		2	2	2
Retinol mcg	2		0	FLA	4		2	2	2
Carotene, beta mcg	0		0	FLA	4		0	1	0
Carotene, alpha mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta mcg	0		0	FLA	4		0	0	0
Vitamin A, IU IU	7		0	NC	4		8	8	8
Lycopene mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin mcg	2		0	FLA	4		2	2	2
Vitamin E (alpha-tocopherol) mg	0.13		0	FLA	4		0.16	0.17	0.16
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	6.5		0	FLA	4		7.8	8.3	7.8
Lipids:									
Fatty acids, total saturated g	3.965		0	FLA	4		4.758	5.075	4.758
4:0 g	0.011		0	FLA	4		0.013	0.014	0.013
6:0 g	0.003		0	FLA	4		0.004	0.004	0.004
8:0 g	0.002		0	FLA	4		0.002	0.003	0.002
10:0 g	0.004		0	FLA	4		0.005	0.005	0.005

NDB No. 18010
Biscuits, plain or buttermilk, dry mix

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.004		0	FLA	4		0.005	0.005	0.005
13:0 g									
14:0 g	0.096		0	FLA	4		0.115	0.123	0.115
15:0 g									
16:0 g	2.040		0	FLA	4		2.448	2.611	2.448
17:0 g									
18:0 g	1.793		0	FLA	4		2.152	2.295	2.152
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.584		0	FLA	4		10.301	10.988	10.301
14:1 g									
15:1 g									
16:1 undifferentiated g	0.008		0	FLA	4		0.010	0.010	0.010
17:1 g									
18:1 undifferentiated g	8.572		0	FLA	4		10.286	10.972	10.286
20:1 g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	2.011		0	FLA	4		2.413	2.574	2.413
18:2 undifferentiated g	1.907		0	FLA	4		2.288	2.441	2.288
18:3 undifferentiated g	0.104		0	FLA	4		0.125	0.133	0.125
18:4 g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	2		0	FLA	4		2	3	2
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.098		0		1		0.118	0.125	0.118
Threonine g	0.233		0		1		0.280	0.298	0.280
Isoleucine g	0.288		0		1		0.346	0.369	0.346
Leucine g	0.562		0		1		0.674	0.719	0.674
Lysine g	0.213		0		1		0.256	0.273	0.256
Methionine g	0.142		0		1		0.170	0.182	0.170
Cystine g	0.164		0		1		0.197	0.210	0.197
Phenylalanine g	0.392		0		1		0.470	0.502	0.470
Tyrosine g	0.242		0		1		0.290	0.310	0.290
Valine g	0.334		0		1		0.401	0.428	0.401
Arginine g	0.315		0		1		0.378	0.403	0.378
Histidine g	0.177		0		1		0.212	0.227	0.212
Alanine g	0.261		0		1		0.313	0.334	0.313
Aspartic acid g	0.364		0		1		0.437	0.466	0.437
Glutamic acid g	2.567		0		1		3.080	3.286	3.080
Glycine g	0.276		0		1		0.331	0.353	0.331
Proline g	0.896		0		1		1.075	1.147	1.075
Serine g	0.393		0		1		0.472	0.503	0.472
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	FLA	4		0	0	0
Theobromine mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18010
Biscuits, plain or buttermilk, dry mix

Measure 1 = 120g: 1 cup, purchased
Measure 2 = 128g: 1 cup, poured from box
Measure 3 = 120g: 1 cup, spooned into cup

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18011
Biscuits, plain or buttermilk, dry mix, prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	28.90		0		1		8.19		
Energy kcal	335		0	NC	4		95		
Energy kj	1402				4		397		
Protein g	7.30		0		1		2.07		
Total lipid (fat) g	12.10		0		1		3.43		
Ash g	3.30		0		1		0.94		
Carbohydrate, by difference g	48.40		0	NC	4		13.72		
Fiber, total dietary g	1.8		0		1		0.5		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	185		0		1		52		
Iron, Fe mg	2.05		0		1		0.58		
Magnesium, Mg mg	25		0		1		7		
Phosphorus, P mg	470		0		1		133		
Potassium, K mg	188		0		1		53		
Sodium, Na mg	955		0		1		271		
Zinc, Zn mg	0.61		0		1		0.17		
Copper, Cu mg	0.116		0		1		0.033		
Manganese, Mn mg	0.249		0		1		0.071		
Selenium, Se mcg	6.2		0	RP	4		1.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.4		0		4		0.1		
Thiamin mg	0.350		0		1		0.099		
Riboflavin mg	0.357		0		1		0.101		
Niacin mg	3.021		0		1		0.856		
Pantothenic acid mg	0.548		0		1		0.155		
Vitamin B-6 mg	0.068		0		1		0.019		
Folate, total mcg	52		0	RP	4		15		
Folic acid mcg	46		0	NC	4		13		
Folate, food mcg	6		0		1		2		
Folate, DFE mcg_DFE	84		0	NC	4		24		
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.21		0		4		0.06		
Vitamin A, RAE mcg_RAE	26		0	NC	4		7		
Retinol mcg	25		0	NC	4		7		
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	94		0		4		27		
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	2.789		0		1		0.791		
4:0 g	0.031		0		1		0.009		
6:0 g	0.018		0		1		0.005		
8:0 g	0.010		0		1		0.003		
10:0 g	0.024		0		1		0.007		
12:0 g	0.027		0		1		0.008		
13:0 g									

NDB No. 18011

Biscuits, plain or buttermilk, dry mix, prepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.096		0		1		0.027		
15:0....g									
16:0....g	1.360		0		1		0.386		
17:0....g									
18:0....g	1.221		0		1		0.346		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.206		0		1		1.192		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.021		0		1		0.006		
17:1....g									
18:1 undifferentiated....g	4.183		0		1		1.186		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.305		0		1		1.220		
18:2 undifferentiated....g	4.045		0		1		1.147		
18:3 undifferentiated....g	0.260		0		1		0.074		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	4		0		4		1		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.091		0		1		0.026		
Threonine....g	0.234		0		1		0.066		
Isoleucine....g	0.296		0		1		0.084		
Leucine....g	0.549		0		1		0.156		
Lysine....g	0.267		0		1		0.076		
Methionine....g	0.139		0		1		0.039		
Cystine....g	0.133		0		1		0.038		
Phenylalanine....g	0.355		0		1		0.101		
Tyrosine....g	0.245		0		1		0.069		
Valine....g	0.339		0		1		0.096		
Arginine....g	0.281		0		1		0.080		
Histidine....g	0.167		0		1		0.047		
Alanine....g	0.239		0		1		0.068		
Aspartic acid....g	0.373		0		1		0.106		
Glutamic acid....g	2.172		0		1		0.616		
Glycine....g	0.232		0		1		0.066		
Proline....g	0.791		0		1		0.224		
Serine....g	0.364		0		1		0.103		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein Fat Carbohydrate

NDB No. 18011
Biscuits, plain or buttermilk, dry mix, prepared

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18016
Biscuits, plain or buttermilk, prepared from recipe

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	28.90		0		1		8.19	29.19	4.05
Energy kcal	353		0	NC	4		100	357	49
Energy kj	1477		0	NC	4		419	1492	207
Protein (N x 0) g	7.00		0		1		1.98	7.07	0.98
Total lipid (fat) g	16.30		0		1		4.62	16.46	2.28
Ash g	3.20		0		1		0.91	3.23	0.45
Carbohydrate, by difference g	44.60		0	NC	4		12.64	45.05	6.24
Fiber, total dietary g	1.5		0		4		0.4	1.5	0.2
Sugars, total g	2.18		0	RA	4		0.62	2.20	0.31
Starch g									
Minerals:									
Calcium, Ca mg	235		0		1		67	237	33
Iron, Fe mg	2.90		0		1		0.82	2.93	0.41
Magnesium, Mg mg	18		0		1		5	18	3
Phosphorus, P mg	164		0		1		46	166	23
Potassium, K mg	121		0		1		34	122	17
Sodium, Na mg	580		0		1		164	586	81
Zinc, Zn mg	0.54		0		1		0.15	0.55	0.08
Copper, Cu mg	0.082		0		1		0.023	0.083	0.011
Manganese, Mn mg	0.378		0		1		0.107	0.382	0.053
Selenium, Se mcg	19.5		0	RK	4		5.5	19.7	2.7
Vitamins:									
Vitamin C, total ascorbic acid mg	0.2		0		1		0.1	0.2	0.0
Thiamin mg	0.356		0		1		0.101	0.360	0.050
Riboflavin mg	0.310		0		1		0.088	0.313	0.043
Niacin mg	2.949		0		1		0.836	2.978	0.413
Pantothenic acid mg	0.285		0		1		0.081	0.288	0.040
Vitamin B-6 mg	0.035		0		1		0.010	0.035	0.005
Folate, total mcg	61		0	RK	4		17	62	9
Folic acid mcg	49		0	NC	4		14	49	7
Folate, food mcg	12		0		1		3	12	2
Folate, DFE mcg_DFE	95		0	NC	4		27	96	13
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.08		0		1		0.02	0.08	0.01
Vitamin A, RAE mcg_RAE									
Retinol mcg									
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	82		0		1		23	83	11
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	4.324		0		1		1.226	4.367	0.605
4:0 g	0.026		0		1		0.007	0.026	0.004
6:0 g	0.015		0		1		0.004	0.015	0.002
8:0 g	0.009		0		1		0.003	0.009	0.001
10:0 g	0.020		0		1		0.006	0.020	0.003
12:0 g	0.022		0		1		0.006	0.022	0.003
13:0 g									

NDB No. 18016

Biscuits, plain or buttermilk, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.140		0		1		0.040	0.141	0.020
15:0....g									
16:0....g	2.402		0		1		0.681	2.426	0.336
17:0....g									
18:0....g	1.687		0		1		0.478	1.704	0.236
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.930		0		1		1.965	6.999	0.970
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.018		0		1		0.005	0.018	0.003
17:1....g									
18:1 undifferentiated....g	6.910		0		1		1.959	6.979	0.967
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.163		0		1		1.180	4.205	0.583
18:2 undifferentiated....g	3.900		0		1		1.106	3.939	0.546
18:3 undifferentiated....g	0.263		0		1		0.075	0.266	0.037
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	3		0		1		1	3	0
Phytosterols....mg	30		0		1		9	30	4
Amino Acids:									
Tryptophan....g	0.087		0		1		0.025	0.088	0.012
Threonine....g	0.211		0		1		0.060	0.213	0.030
Isoleucine....g	0.273		0		1		0.077	0.276	0.038
Leucine....g	0.514		0		1		0.146	0.519	0.072
Lysine....g	0.226		0		1		0.064	0.228	0.032
Methionine....g	0.132		0		1		0.037	0.133	0.018
Cystine....g	0.132		0		1		0.037	0.133	0.018
Phenylalanine....g	0.347		0		1		0.098	0.350	0.049
Tyrosine....g	0.232		0		1		0.066	0.234	0.032
Valine....g	0.313		0		1		0.089	0.316	0.044
Arginine....g	0.275		0		1		0.078	0.278	0.039
Histidine....g	0.161		0		1		0.046	0.163	0.023
Alanine....g	0.226		0		1		0.064	0.228	0.032
Aspartic acid....g	0.335		0		1		0.095	0.338	0.047
Glutamic acid....g	2.175		0		1		0.617	2.197	0.305
Glycine....g	0.231		0		1		0.065	0.233	0.032
Proline....g	0.780		0		1		0.221	0.788	0.109
Serine....g	0.352		0		1		0.100	0.356	0.049
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18016

Biscuits, plain or buttermilk, prepared from recipe

Measure 2 = 101g: 1 biscuit (4" dia)

Measure 3 = 14.0g: 1 small (1-1/2" dia)

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18014

Biscuits, plain or buttermilk, refrigerated dough, higher fat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	33.15	0.320	6	A	1		9.40	14.26	131.95
Energy kcal	322		0	NC	4		91	139	1283
Energy kj	1349		0	NC	4		382	580	5368
Protein g	6.66	0.061	6	A	1		1.89	2.86	26.49
Total lipid (fat) g	13.63	0.345	6	A	1		3.86	5.86	54.25
Ash g	3.30	0.086	6	A	1		0.93	1.42	13.12
Carbohydrate, by difference g	43.27		0	NC	4		12.27	18.60	172.20
Fiber, total dietary g	0.7	0.000	6	A	1		0.2	0.3	3.0
Sugars, total g	7.40	0.216	6	A	1		2.10	3.18	29.46
Starch g									
Minerals:									
Calcium, Ca mg	51	4.306	6	A	1		14	22	202
Iron, Fe mg	2.48	0.034	6	A	1		0.70	1.07	9.86
Magnesium, Mg mg	17	0.307	6	A	1		5	7	67
Phosphorus, P mg	470	7.639	6	A	1		133	202	1870
Potassium, K mg	162	11.066	5	A	1		46	69	643
Sodium, Na mg	999	8.424	6	A	1		283	430	3977
Zinc, Zn mg	0.50	0.023	6	A	1		0.14	0.22	2.01
Copper, Cu mg	0.090	0.006	6	A	1		0.026	0.039	0.358
Manganese, Mn mg	0.438	0.009	6	A	1		0.124	0.188	1.744
Selenium, Se mcg	8.0		0	FLA	4		2.3	3.5	32.0
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	0.0
Thiamin mg	0.391	0.006	6	A	1		0.111	0.168	1.557
Riboflavin mg	0.290	0.013	6	A	1		0.082	0.125	1.155
Niacin mg	3.308	0.088	6	A	1		0.938	1.423	13.167
Pantothenic acid mg	0.346	0.038	6	A	1		0.098	0.149	1.378
Vitamin B-6 mg	0.063	0.004	6	A	1		0.018	0.027	0.251
Folate, total mcg	57		0	FLA	4		16	25	227
Folic acid mcg	46		0	FLA	4		13	20	182
Folate, food mcg	11		0	FLA	4		3	5	45
Folate, DFE mcg_DFE	89		0	NC	4		25	38	354
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.05		0	FLA	4		0.02	0.02	0.21
Vitamin B-12, added mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE (3) mcg_RAE	2		0	FLA	4		1	1	9
Retinol (4) mcg	2		0	FLA	4		1	1	8
Carotene, beta mcg	0		0	FLA	4		0	0	2
Carotene, alpha mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta mcg	0		0	FLA	4		0	0	0
Vitamin A, IU (1) IU	8		0	FLA	4		2	3	32
Lycopene mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin mcg	8		0	FLA	4		2	3	30
Vitamin E (alpha-tocopherol) mg	0.69	0.044	4	A	1		0.19	0.30	2.74
Vitamin E, added mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	6.2	0.538	6	A	1		1.8	2.7	24.8
Lipids:									
Fatty acids, total saturated g	3.519		0	NC	4		0.998	1.513	14.007
4:0 g	0.000		0	FLA	4		0.000	0.000	0.000
6:0 g	0.000		0	FLA	4		0.000	0.000	0.000
8:0 g	0.000	0.000	6	A	1		0.000	0.000	0.000
10:0 g	0.000	0.000	6	A	1		0.000	0.000	0.000

NDB No. 18014

Biscuits, plain or buttermilk, refrigerated dough, higher fat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000	0.000	6	A	1		0.000	0.000	0.000
13:0 g									
14:0 g	0.017	0.003	6	A	1		0.005	0.007	0.067
15:0 g	0.000	0.000	6	A	1		0.000	0.000	0.000
16:0 g	1.503	0.043	6	A	1		0.426	0.646	5.981
17:0 g	0.012	0.002	6	A	1		0.003	0.005	0.049
18:0 g	1.898	0.121	6	A	1		0.538	0.816	7.555
20:0 g	0.045	0.002	6	A	1		0.013	0.019	0.180
22:0 g	0.044	0.002	6	A	1		0.012	0.019	0.175
24:0 g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total monounsaturated g	8.226		0	NC	4		2.332	3.537	32.740
14:1 g	0.000	0.000	6	A	1		0.000	0.000	0.000
15:1 g	0.000	0.000	6	A	1		0.000	0.000	0.000
16:1 undifferentiated g	0.011	0.002	6	A	1		0.003	0.005	0.045
17:1 g	0.000	0.000	6	A	1		0.000	0.000	0.000
18:1 undifferentiated g	8.183	0.277	6	A	1		2.320	3.519	32.570
20:1 g	0.031	0.002	6	A	1		0.009	0.013	0.125
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.854		0	NC	4		0.242	0.367	3.399
18:2 undifferentiated g	0.809	0.055	6	A	1		0.229	0.348	3.220
18:3 undifferentiated g	0.045		0	AS	1		0.013	0.019	0.180
18:3 n-3 c,c,c g	0.045	0.002	6	A	1		0.013	0.019	0.180
18:3 n-6 c,c,c g	0.000	0.000	6	A	1		0.000	0.000	0.000
18:3i g									
18:4 g									
20:2 n-6 c,c g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:3 undifferentiated g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol (2) mg	1		0	FLA	4		0	0	4
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.064		0	FLA	4		0.018	0.027	0.254
Threonine g	0.171		0	FLA	4		0.049	0.074	0.682
Isoleucine g	0.215		0	FLA	4		0.061	0.092	0.855
Leucine g	0.393		0	FLA	4		0.111	0.169	1.564
Lysine g	0.206		0	FLA	4		0.058	0.088	0.819
Methionine g	0.095		0	FLA	4		0.027	0.041	0.377
Cystine g	0.123		0	FLA	4		0.035	0.053	0.490
Phenylalanine g	0.240		0	FLA	4		0.068	0.103	0.953
Tyrosine g	0.101		0	FLA	4		0.029	0.044	0.404
Valine g	0.256		0	FLA	4		0.073	0.110	1.020
Arginine g	0.210		0	FLA	4		0.059	0.090	0.834
Histidine g	0.121		0	FLA	4		0.034	0.052	0.481
Alanine g	0.172		0	FLA	4		0.049	0.074	0.684
Aspartic acid g	0.266		0	FLA	4		0.075	0.114	1.057
Glutamic acid g	1.578		0	FLA	4		0.447	0.679	6.280
Glycine g	0.177		0	FLA	4		0.050	0.076	0.703
Proline g	0.574		0	FLA	4		0.163	0.247	2.283
Serine g	0.246		0	FLA	4		0.070	0.106	0.977
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	FLA	4		0.0	0.0	0.0

NDB No. 18014

Biscuits, plain or buttermilk, refrigerated dough, higher fat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Caffeine....mg	0		0	FLA	4		0	0	0
Theobromine....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 43g: 1 biscuit

Measure 3 = 398g: 1 package

Footnotes:

1 value based on product containing buttermilk
2 value based on product containing buttermilk
3 value based on product containing buttermilk
4 value based on product containing buttermilk

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18015

Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	27.33	0.465	6	A	1		7.75	7.38	
Energy....kcal	352		0	NC	4		100	95	
Energy....kj	1472		0	NC	4		417	397	
Protein....g	7.38	0.062	6	A	1		2.09	1.99	
Total lipid (fat)....g	15.09	0.537	6	A	1		4.28	4.07	
Ash....g	3.57	0.063	6	A	1		1.01	0.96	
Carbohydrate, by difference....g	46.63		0	NC	4		13.22	12.59	
Fiber, total dietary....g	0.9	0.175	6	A	1		0.3	0.2	
Sugars, total....g	8.02	0.257	5	A	1		2.27	2.17	
Starch....g									
Minerals:									
Calcium, Ca....mg	54	4.537	6	A	1		15	15	
Iron, Fe....mg	2.68	0.030	6	A	1		0.76	0.72	
Magnesium, Mg....mg	18	0.262	6	A	1		5	5	
Phosphorus, P....mg	511	8.139	6	A	1		145	138	
Potassium, K....mg	177	10.665	5	A	1		50	48	
Sodium, Na....mg	1080	15.492	6	A	1		306	292	
Zinc, Zn....mg	0.53	0.022	6	A	1		0.15	0.14	
Copper, Cu....mg	0.088	0.003	6	A	1		0.025	0.024	
Manganese, Mn....mg	0.472	0.012	6	A	1		0.134	0.128	
Selenium, Se....mcg	8.7		0	RA	4		2.5	2.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RA	4		0.0	0.0	
Thiamin....mg	0.401	0.006	6	A	1		0.114	0.108	
Riboflavin....mg	0.309	0.010	6	A	1		0.088	0.083	
Niacin....mg	3.548	0.093	6	A	1		1.006	0.958	
Pantothenic acid....mg	0.397	0.030	6	A	1		0.113	0.107	
Vitamin B-6....mg	0.066	0.004	6	A	1		0.019	0.018	
Folate, total....mcg	43		0	RA	4		12	12	
Folic acid....mcg	35		0	RA	4		10	9	
Folate, food....mcg	9		0	RA	4		2	2	
Folate, DFE....mcg_DFE	68		0	NC	4		19	18	
Choline, total....mg	19.8		0	BFZN	4		5.6	5.4	
Betaine....mg									
Vitamin B-12....mcg	0.06		0	RA	4		0.02	0.02	
Vitamin B-12, added....mcg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE (3) ....mcg_RAE	2		0	RA	4		1	1	
Retinol (2) ....mcg	2		0	RA	4		1	1	
Carotene, beta....mcg	0		0	RA	4		0	0	
Carotene, alpha....mcg	0		0	RA	4		0	0	
Cryptoxanthin, beta....mcg	0		0	RA	4		0	0	
Vitamin A, IU (1) ....IU	8		0	RA	4		2	2	
Lycopene....mcg	0		0	RA	4		0	0	
Lutein + zeaxanthin....mcg	7		0	RA	4		2	2	
Vitamin E (alpha-tocopherol)....mg	0.79	0.054	4	A	1		0.22	0.21	
Vitamin E, added....mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	6.6	1.090	6	A	1		1.9	1.8	
Lipids:									
Fatty acids, total saturated....g	3.823		0	NC	4		1.084	1.032	
4:0....g	0.000		0	RA	4		0.000	0.000	
6:0....g	0.000		0	RA	4		0.000	0.000	
8:0....g	0.000	0.000	6	A	1		0.000	0.000	
10:0....g	0.000	0.000	6	A	1		0.000	0.000	

NDB No. 18015

Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000	0.000	6	A	1		0.000	0.000	
13:0 g									
14:0 g	0.014	0.005	6	A	1		0.004	0.004	
15:0 g	0.000	0.000	6	A	1		0.000	0.000	
16:0 g	1.637	0.054	6	A	1		0.464	0.442	
17:0 g	0.005	0.003	6	A	1		0.001	0.001	
18:0 g	2.069	0.155	6	A	1		0.586	0.559	
20:0 g	0.049	0.002	6	A	1		0.014	0.013	
22:0 g	0.049	0.002	6	A	1		0.014	0.013	
24:0 g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total monounsaturated g	8.963		0	NC	4		2.541	2.420	
14:1 g	0.000	0.000	6	A	1		0.000	0.000	
15:1 g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated g	0.005	0.003	6	A	1		0.002	0.001	
17:1 g	0.000	0.000	6	A	1		0.000	0.000	
18:1 undifferentiated g	8.924	0.338	6	A	1		2.530	2.409	
20:1 g	0.034	0.002	6	A	1		0.010	0.009	
22:1 undifferentiated g	0.000		0	RA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.937		0	NC	4		0.266	0.253	
18:2 undifferentiated g	0.886	0.044	6	A	1		0.251	0.239	
18:3 undifferentiated g	0.050		0	AS	1		0.014	0.014	
18:3 n-3 c,c,c g	0.050	0.003	6	A	1		0.014	0.014	
18:3 n-6 c,c,c g	0.000	0.000	6	A	1		0.000	0.000	
18:3i g									
18:4 g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c g	0.000	0.000	6	A	1		0.000	0.000	
20:3 undifferentiated g	0.000	0.000	6	A	1		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000	0.000	6	A	1		0.000	0.000	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 g	0.000		0	RA	4		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 g	0.000		0	RA	4		0.000	0.000	
22:6 n-3 g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total trans g	4.695		0	RA	4		1.331	1.268	
Cholesterol (4) mg	1		0	RA	4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.069		0	RA	4		0.020	0.019	
Threonine g	0.186		0	RA	4		0.053	0.050	
Isoleucine g	0.233		0	RA	4		0.066	0.063	
Leucine g	0.427		0	RA	4		0.121	0.115	
Lysine g	0.224		0	RA	4		0.063	0.060	
Methionine g	0.103		0	RA	4		0.029	0.028	
Cystine g	0.134		0	RA	4		0.038	0.036	
Phenylalanine g	0.260		0	RA	4		0.074	0.070	
Tyrosine g	0.110		0	RA	4		0.031	0.030	
Valine g	0.278		0	RA	4		0.079	0.075	
Arginine g	0.228		0	RA	4		0.065	0.062	
Histidine g	0.131		0	RA	4		0.037	0.035	
Alanine g	0.187		0	RA	4		0.053	0.050	
Aspartic acid g	0.289		0	RA	4		0.082	0.078	
Glutamic acid g	1.715		0	RA	4		0.486	0.463	
Glycine g	0.192		0	RA	4		0.054	0.052	
Proline g	0.623		0	RA	4		0.177	0.168	
Serine g	0.267		0	RA	4		0.076	0.072	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	RA	4		0.0	0.0	

NDB No. 18015

Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Caffeine....mg	0		0	RA	4		0	0	
Theobromine....mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 27g: 1 biscuit (2-1/2" dia)

Footnotes:

1 value based on product containing buttermilk
2 value based on product containing buttermilk
3 value based on product containing buttermilk
4 value based on product containing buttermilk

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18012

Biscuits, plain or buttermilk, refrigerated dough, lower fat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	37.90	0.370	29		1		10.74	8.72	
Energy kcal	257		0	NC	4		73	59	
Energy kj	1074		0	NC	4		305	247	
Protein (N x 5.7) g	6.70	0.064	29		1		1.90	1.54	
Total lipid (fat) g	4.50	0.345	29		1		1.28	1.04	
Ash g	3.30	0.020	29		1		0.94	0.76	
Carbohydrate, by difference g	47.60		0	NC	4		13.49	10.95	
Fiber, total dietary g	1.6		0		4		0.5	0.4	
Sugars, total g	7.00		0	FLA	4		1.98	1.61	
Starch g									
Minerals:									
Calcium, Ca mg	17	0.716	23		1		5	4	
Iron, Fe mg	2.66	0.129	14		1		0.75	0.61	
Magnesium, Mg mg	15	0.512	23		1		4	3	
Phosphorus, P mg	400	14.152	23		1		113	92	
Potassium, K mg	159	32.660	19		1		45	37	
Sodium, Na mg	1248	44.035	27		1		354	287	
Zinc, Zn mg	0.39	0.018	23		1		0.11	0.09	
Copper, Cu mg	0.079	0.005	23		1		0.022	0.018	
Manganese, Mn mg	0.301		1		1		0.085	0.069	
Selenium, Se mcg	18.9		0	FLA	4		5.4	4.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	
Thiamin mg	0.448	0.021	9		1		0.127	0.103	
Riboflavin mg	0.222	0.009	15		1		0.063	0.051	
Niacin mg	3.295	0.119	13		1		0.934	0.758	
Pantothenic acid mg	0.367		1		1		0.104	0.084	
Vitamin B-6 mg	0.024		0	FLA	4		0.007	0.006	
Folate, total mcg	102		0	FLA	4		29	23	
Folic acid mcg	96		0	O	4		27	22	
Folate, food mcg	6		0		4		2	1	
Folate, DFE mcg_DFE	169		0	NC	4		48	39	
Choline, total mg	19.2		0	A	1		5.5	4.4	
Betaine mg	41.8		0	A	1		11.9	9.6	
Vitamin B-12 mcg	0.00		0		1		0.00	0.00	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	FLA	4		0	0	
Carotene, beta mcg	0		0	Z	7		0	0	
Carotene, alpha mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta mcg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0		1		0	0	
Lycopene mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin mcg	10		0	FLA	4		3	2	
Vitamin E (alpha-tocopherol) mg	0.06		0	FLA	4		0.02	0.01	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	1.9		0	FLA	4		0.5	0.4	
Lipids:									
Fatty acids, total saturated g	1.113		0		4		0.316	0.256	
4:0 g	0.000		0		4		0.000	0.000	
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.000		0		4		0.000	0.000	

NDB No. 18012

Biscuits, plain or buttermilk, refrigerated dough, lower fat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0		4		0.000	0.000	
13:0 g									
14:0 g	0.020		0		4		0.006	0.005	
15:0 g									
16:0 g	0.596		0		4		0.169	0.137	
17:0 g									
18:0 g	0.497		0		4		0.141	0.114	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.405		0		4		0.682	0.553	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		4		0.000	0.000	
17:1 g									
18:1 undifferentiated g	2.405		0		4		0.682	0.553	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.671		0		4		0.190	0.154	
18:2 undifferentiated g	0.637		0		4		0.181	0.147	
18:3 undifferentiated g	0.034		0		4		0.010	0.008	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 g	0.000		0		4		0.000	0.000	
22:5 n-3 g	0.000		0		4		0.000	0.000	
22:6 n-3 g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.082		0		1		0.023	0.019	
Threonine g	0.182		0		1		0.052	0.042	
Isoleucine g	0.231		0		1		0.065	0.053	
Leucine g	0.461		0		1		0.131	0.106	
Lysine g	0.148		0		1		0.042	0.034	
Methionine g	0.118		0		1		0.033	0.027	
Cystine g	0.142		0		1		0.040	0.033	
Phenylalanine g	0.337		0		1		0.096	0.078	
Tyrosine g	0.202		0		1		0.057	0.046	
Valine g	0.269		0		1		0.076	0.062	
Arginine g	0.270		0		1		0.077	0.062	
Histidine g	0.149		0		1		0.042	0.034	
Alanine g	0.215		0		1		0.061	0.049	
Aspartic acid g	0.282		0		1		0.080	0.065	
Glutamic acid g	2.251		0		1		0.638	0.518	
Glycine g	0.240		0		1		0.068	0.055	
Proline g	0.775		0		1		0.220	0.178	
Serine g	0.333		0		1		0.094	0.077	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18012

Biscuits, plain or buttermilk, refrigerated dough, lower fat

Measure 1 = 28.35g: 1 oz

Measure 2 = 23g: 1 biscuit (2" dia)

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18013

Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	27.70		0		1		7.85	5.82	
Energy kcal	300		0	NC	4		85	63	
Energy kj	1254		0	NC	4		355	263	
Protein (N x 0) g	7.80		0		1		2.21	1.64	
Total lipid (fat) g	5.20		0		1		1.47	1.09	
Ash g	3.80		0		1		1.08	0.80	
Carbohydrate, by difference g	55.40		0	NC	4		15.71	11.63	
Fiber, total dietary g	1.9		0		4		0.5	0.4	
Sugars, total g	8.14		0	RK	4		2.31	1.71	
Starch g									
Minerals:									
Calcium, Ca mg	19		0		1		5	4	
Iron, Fe mg	3.09		0		1		0.88	0.65	
Magnesium, Mg mg	17		0		1		5	4	
Phosphorus, P mg	465		0		1		132	98	
Potassium, K mg	185		0		1		52	39	
Sodium, Na mg	1451		0		1		411	305	
Zinc, Zn mg	0.46		0		1		0.13	0.10	
Copper, Cu mg	0.092		0		1		0.026	0.019	
Manganese, Mn mg	0.350		0		1		0.099	0.074	
Selenium, Se mcg	17.8	1.057	36	A	1		5.0	3.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	
Thiamin mg	0.417		0		1		0.118	0.088	
Riboflavin mg	0.232		0		1		0.066	0.049	
Niacin mg	3.448		0		1		0.978	0.724	
Pantothenic acid mg	0.277		0		1		0.079	0.058	
Vitamin B-6 mg	0.029		0		4		0.008	0.006	
Folate, total mcg	83		0	RK	4		24	17	
Folic acid mcg	78		0	RK	4		22	16	
Folate, food mcg	5		0		4		1	1	
Folate, DFE mcg_DFE	138		0	NC	4		39	29	
Choline, total mg	19.8		0	A	1		5.6	4.2	
Betaine mg	45.4		0	A	1		12.9	9.5	
Vitamin B-12 mcg	0.00		0		1		0.00	0.00	
Vitamin B-12, added mcg	0.00		0	RK	4		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	RK	4		0	0	
Carotene, beta mcg	0		0	RK	4		0	0	
Carotene, alpha mcg	0		0	RK	4		0	0	
Cryptoxanthin, beta mcg	0		0	RK	4		0	0	
Vitamin A, IU IU	0		0		1		0	0	
Lycopene mcg	0		0	RK	4		0	0	
Lutein + zeaxanthin mcg	11		0	RK	4		3	2	
Vitamin E (alpha-tocopherol) mg	0.07		0	RK	4		0.02	0.02	
Vitamin E, added mg	0.00		0	RK	4		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	2.2		0	RK	4		0.6	0.5	
Lipids:									
Fatty acids, total saturated g	1.294		0		1		0.367	0.272	
4:0 g	0.000		0		1		0.000	0.000	
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	

NDB No. 18013

Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0		1		0.000	0.000	
13:0 g									
14:0 g	0.024		0		1		0.007	0.005	
15:0 g									
16:0 g	0.693		0		1		0.196	0.146	
17:0 g									
18:0 g	0.578		0		1		0.164	0.121	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.797		0		1		0.793	0.587	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		1		0.000	0.000	
17:1 g									
18:1 undifferentiated g	2.797		0		1		0.793	0.587	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.780		0		1		0.221	0.164	
18:2 undifferentiated g	0.740		0		1		0.210	0.155	
18:3 undifferentiated g	0.040		0		1		0.011	0.008	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 g	0.000		0		1		0.000	0.000	
22:5 n-3 g	0.000		0		1		0.000	0.000	
22:6 n-3 g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.095		0		1		0.027	0.020	
Threonine g	0.211		0		1		0.060	0.044	
Isoleucine g	0.269		0		1		0.076	0.056	
Leucine g	0.536		0		1		0.152	0.113	
Lysine g	0.172		0		1		0.049	0.036	
Methionine g	0.138		0		1		0.039	0.029	
Cystine g	0.165		0		1		0.047	0.035	
Phenylalanine g	0.391		0		1		0.111	0.082	
Tyrosine g	0.235		0		1		0.067	0.049	
Valine g	0.312		0		1		0.088	0.066	
Arginine g	0.314		0		1		0.089	0.066	
Histidine g	0.173		0		1		0.049	0.036	
Alanine g	0.250		0		1		0.071	0.053	
Aspartic acid g	0.327		0		1		0.093	0.069	
Glutamic acid g	2.618		0		1		0.742	0.550	
Glycine g	0.280		0		1		0.079	0.059	
Proline g	0.902		0		1		0.256	0.189	
Serine g	0.387		0		1		0.110	0.081	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	RK	4		0	0	
Theobromine mg	0		0	RK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18013

Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked

Measure 1 = 28.35g: 1 oz

Measure 2 = 21g: 1 biscuit (2-1/4" dia)

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18079
Bread crumbs, dry, grated, plain

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	6.51	0.154	6	A	1		7.03	1.84	
Energy kcal	395		0	NC	4		427	112	
Energy kj	1653		0	NC	4		1785	469	
Protein (N x 5.7) g	13.35	0.707	6	A	1		14.42	3.79	
Total lipid (fat) g	5.30	0.106	6	A	1		5.72	1.50	
Ash g	2.87	0.023	6	A	1		3.10	0.81	
Carbohydrate, by difference g	71.98		0	NC	4		77.74	20.41	
Fiber, total dietary g	4.5	0.086	6	A	1		4.8	1.3	
Sugars, total g	6.20	0.137	6	A	1		6.70	1.76	
Sucrose g	0.00	0.000	6	A	1		0.00	0.00	
Glucose (dextrose) g	1.82	0.074	6	A	1		1.97	0.52	
Fructose g	2.46	0.071	6	A	1		2.66	0.70	
Lactose g	0.00	0.000	6	A	1		0.00	0.00	
Maltose g	1.92	0.056	6	A	1		2.07	0.54	
Galactose g	0.00	0.000	6	A	1		0.00	0.00	
Starch g	59.66	0.470	6	A	1		64.43	16.91	
Minerals:									
Calcium, Ca mg	183	2.941	6	A	1		198	52	
Iron, Fe mg	4.83	0.153	6	A	1		5.21	1.37	
Magnesium, Mg mg	43	0.254	6	A	1		47	12	
Phosphorus, P mg	165	1.069	6	A	1		178	47	
Potassium, K mg	196	2.150	6	A	1		212	56	
Sodium, Na mg	732	3.891	6	A	1		790	207	
Zinc, Zn mg	1.45	0.020	6	A	1		1.56	0.41	
Copper, Cu mg	0.255	0.013	6	A	1		0.275	0.072	
Manganese, Mn mg	0.919	0.007	6	A	1		0.993	0.261	
Selenium, Se mcg	25.2	0.305	3	A	1		27.2	7.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		4		0.0	0.0	
Thiamin mg	0.967	0.052	6	A	1		1.045	0.274	
Riboflavin mg	0.403	0.011	6	A	1		0.435	0.114	
Niacin mg	6.634	0.109	6	A	1		7.165	1.881	
Pantothenic acid mg	0.552	0.010	3	A	1		0.596	0.157	
Vitamin B-6 mg	0.121	0.003	3	A	1		0.131	0.034	
Folate, total mcg	107	3.765	6	A	1		115	30	
Folic acid mcg	82		0	O	4		89	23	
Folate, food mcg	25		0		4		27	7	
Folate, DFE mcg_DFE	164		0	NC	4		178	47	
Choline, total mg	14.6		0	BFZN	4		15.8	4.1	
Betaine mg									
Vitamin B-12 mcg	0.35		1	A	1		0.38	0.10	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	AS	1		0	0	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg	0	0.000	3	A	1		0	0	
Carotene, alpha mcg	0	0.000	3	A	1		0	0	
Cryptoxanthin, beta mcg	0	0.000	3	A	1		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene mcg	0	0.000	3	A	1		0	0	
Lutein + zeaxanthin mcg	0		0		4		0	0	
Vitamin E (alpha-tocopherol) mg	0.08	0.003	3	A	1		0.08	0.02	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.04	0.003	3	A	1		0.04	0.01	
Tocopherol, gamma mg	0.76	0.052	3	A	1		0.82	0.22	
Tocopherol, delta mg	0.18	0.087	3	A	1		0.20	0.05	
Vitamin D IU									
Vitamin K (phylloquinone) mcg	6.6		1	A	1		7.1	1.9	

NDB No. 18079
Bread crumbs, dry, grated, plain

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.203		0	NC	4		1.299	0.341	
4:0....g	0.000	0.000	3	A	1		0.000	0.000	
6:0....g	0.000	0.000	3	A	1		0.000	0.000	
8:0....g	0.000	0.000	3	A	1		0.000	0.000	
10:0....g	0.000	0.000	3	A	1		0.000	0.000	
12:0....g	0.000	0.000	3	A	1		0.000	0.000	
13:0....g									
14:0....g	0.000	0.000	3	A	1		0.000	0.000	
15:0....g	0.000	0.000	3	A	1		0.000	0.000	
16:0....g	0.674	0.031	3	A	1		0.727	0.191	
17:0....g	0.000	0.000	3	A	1		0.000	0.000	
18:0....g	0.529	0.027	3	A	1		0.572	0.150	
20:0....g	0.000	0.000	3	A	1		0.000	0.000	
22:0....g	0.000	0.000	3	A	1		0.000	0.000	
24:0....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	1.023		0	NC	4		1.104	0.290	
14:1....g	0.000	0.000	3	A	1		0.000	0.000	
15:1....g									
16:1 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	1.023	0.089	3	A	1		1.104	0.290	
20:1....g	0.000	0.000	3	A	1		0.000	0.000	
22:1 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.060		0	NC	4		2.224	0.584	
18:2 undifferentiated....g	1.874	0.144	3	A	1		2.024	0.531	
18:3 undifferentiated....g	0.186	0.018	3	A	1		0.201	0.053	
18:4....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3....g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		1	A	1		0	0	
Phytosterols....mg	8		0	FLC	4		9	2	
Amino Acids:									
Tryptophan....g	0.162		0	FLC	4		0.175	0.046	
Threonine....g	0.427		0	FLC	4		0.462	0.121	
Isoleucine....g	0.544		0	FLC	4		0.587	0.154	
Leucine....g	0.963		0	FLC	4		1.041	0.273	
Lysine....g	0.430		0	FLC	4		0.464	0.122	
Methionine....g	0.232		0	FLC	4		0.250	0.066	
Cystine....g	0.278		0	FLC	4		0.300	0.079	
Phenylalanine....g	0.655		0	FLC	4		0.707	0.186	
Tyrosine....g	0.398		0	FLC	4		0.430	0.113	
Valine....g	0.600		0	FLC	4		0.648	0.170	
Arginine....g	0.552		0	FLC	4		0.597	0.157	
Histidine....g	0.296		0	FLC	4		0.320	0.084	
Alanine....g	0.483		0	FLC	4		0.521	0.137	
Aspartic acid....g	0.766		0	FLC	4		0.827	0.217	
Glutamic acid....g	4.123		0	FLC	4		4.453	1.169	
Glycine....g	0.488		0	FLC	4		0.527	0.138	
Proline....g	1.366		0	FLC	4		1.475	0.387	
Serine....g	0.662		0	FLC	4		0.715	0.188	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	
Theobromine....mg	0		0	FLC	4		0	0	

NDB No. 18079
Bread crumbs, dry, grated, plain

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 108g: 1 cup

Measure 2 = 28.35g: 1 oz

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18376
Bread crumbs, dry, grated, seasoned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	6.35	0.144	6	A	1		7.62	1.80	
Energy kcal	383		0	NC	4		460	109	
Energy kj	1604		0	NC	4		1925	455	
Protein (N x 5.8) g	14.13	0.187	3	A	1		16.96	4.01	
Total lipid (fat) g	5.48	0.131	6	A	1		6.57	1.55	
Ash g	5.55	0.114	5	A	1		6.66	1.57	
Carbohydrate, by difference g	68.49		0	NC	4		82.18	19.42	
Fiber, total dietary g	4.9	0.039	3	A	1		5.9	1.4	
Sugars, total g	5.74	0.286	3	A	1		6.89	1.63	
Sucrose g	0.00	0.000	6	A	1		0.00	0.00	
Glucose (dextrose) g	1.75	0.029	6	A	1		2.10	0.50	
Fructose g	2.02	0.091	6	A	1		2.43	0.57	
Lactose g	0.00	0.000	6	A	1		0.00	0.00	
Maltose g	2.08	0.121	6	A	1		2.50	0.59	
Galactose g	0.00	0.000	6	A	1		0.00	0.00	
Starch g	54.92	0.589	6	A	1		65.90	15.57	
Minerals:									
Calcium, Ca mg	182	5.329	6	A	1		218	52	
Iron, Fe mg	4.92	0.127	6	A	1		5.90	1.39	
Magnesium, Mg mg	46	0.239	6	A	1		55	13	
Phosphorus, P mg	177	2.922	6	A	1		213	50	
Potassium, K mg	231	5.897	6	A	1		277	65	
Sodium, Na mg	1759	49.138	5	A	1		2111	499	
Zinc, Zn mg	1.43	0.033	6	A	1		1.72	0.41	
Copper, Cu mg	0.244	0.012	6	A	1		0.293	0.069	
Manganese, Mn mg	0.984	0.007	6	A	1		1.181	0.279	
Selenium, Se mcg	24.7	1.338	3	A	1		29.7	7.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	2.7	0.272	3	A	1		3.2	0.8	
Thiamin mg	0.961	0.080	6	A	1		1.154	0.273	
Riboflavin mg	0.415	0.011	6	A	1		0.498	0.118	
Niacin mg	6.161	0.236	6	A	1		7.393	1.747	
Pantothenic acid mg	0.623	0.048	3	A	1		0.748	0.177	
Vitamin B-6 mg	0.171	0.018	3	A	1		0.205	0.048	
Folate, total mcg	119	2.672	6	A	1		143	34	
Folic acid mcg	99		0	NC	4		119	28	
Folate, food mcg	20		0	NC	4		24	6	
Folate, DFE mcg_DFE	188		0	NC	4		226	53	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg									
Vitamin A, RAE mcg_RAE	10		0	AS	1		12	3	
Retinol mcg									
Carotene, beta mcg	116		2	A	1		139	33	
Carotene, alpha mcg	0	0.000	3	A	1		0	0	
Cryptoxanthin, beta mcg	0	0.000	3	A	1		0	0	
Vitamin A, IU IU	193		0	AS	1		232	55	
Lycopene mcg	0	0.000	3	A	1		0	0	
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg	0.26	0.054	3	A	1		0.31	0.07	
Tocopherol, beta mg	0.05	0.007	3	A	1		0.06	0.01	
Tocopherol, gamma mg	0.85	0.041	3	A	1		1.02	0.24	
Tocopherol, delta mg	0.25	0.003	3	A	1		0.30	0.07	
Vitamin D IU									
Vitamin K (phylloquinone) mcg	46.0		1	A	1		55.2	13.0	
Lipids:									
Fatty acids, total saturated g	1.391		0	NC	4		1.669	0.394	

NDB No. 18376
Bread crumbs, dry, grated, seasoned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
4:0 g	0.000	0.000	3	A	1		0.000	0.000	
6:0 g	0.000	0.000	3	A	1		0.000	0.000	
8:0 g	0.000	0.000	3	A	1		0.000	0.000	
10:0 g	0.000	0.000	3	A	1		0.000	0.000	
12:0 g	0.000	0.000	3	A	1		0.000	0.000	
13:0 g									
14:0 g	0.000	0.000	3	A	1		0.000	0.000	
15:0 g	0.000	0.000	3	A	1		0.000	0.000	
16:0 g	0.782	0.007	3	A	1		0.938	0.222	
17:0 g	0.000	0.000	3	A	1		0.000	0.000	
18:0 g	0.609	0.029	3	A	1		0.730	0.173	
20:0 g	0.000	0.000	3	A	1		0.000	0.000	
22:0 g	0.000	0.000	3	A	1		0.000	0.000	
24:0 g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated g	1.168		0	NC	4		1.401	0.331	
14:1 g	0.000	0.000	3	A	1		0.000	0.000	
15:1 g									
16:1 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	
17:1 g									
18:1 undifferentiated g	1.168	0.022	3	A	1		1.401	0.331	
20:1 g	0.000	0.000	3	A	1		0.000	0.000	
22:1 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	2.300		0	NC	4		2.760	0.652	
18:2 undifferentiated g	2.084	0.030	3	A	1		2.501	0.591	
18:3 undifferentiated g	0.216	0.005	3	A	1		0.259	0.061	
18:4 g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3 g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3 g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3 g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	1		0	FLA	4		1	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.171		0		1		0.205	0.048	
Threonine g	0.424		0		1		0.509	0.120	
Isoleucine g	0.586		0		1		0.703	0.166	
Leucine g	1.007		0		1		1.208	0.285	
Lysine g	0.446		0		1		0.535	0.126	
Methionine g	0.233		0		1		0.280	0.066	
Cystine g	0.235		0		1		0.282	0.067	
Phenylalanine g	0.703		0		1		0.844	0.199	
Tyrosine g	0.360		0		1		0.432	0.102	
Valine g	0.723		0		1		0.868	0.205	
Arginine g	0.603		0		1		0.724	0.171	
Histidine g	0.318		0		1		0.382	0.090	
Alanine g	0.497		0		1		0.596	0.141	
Aspartic acid g	0.767		0		1		0.920	0.217	
Glutamic acid g	4.290		0		1		5.148	1.216	
Glycine g	0.539		0		1		0.647	0.153	
Proline g	1.497		0		1		1.796	0.424	
Serine g	0.720		0		1		0.864	0.204	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18376
Bread crumbs, dry, grated, seasoned

Measure 1 = 120g: 1 cup
Measure 2 = 28.35g: 1 oz

Calories Factors: **Protein** 4 **Fat** 8.4 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18080
Bread sticks, plain

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	6.10		2		1		2.81	0.31	0.61
Energy kcal	412		0	NC	4		190	21	41
Energy kj	1724		0	NC	4		793	86	172
Protein (N x 5.7) g	12.00	0.351	8		1		5.52	0.60	1.20
Total lipid (fat) g	9.50	1.657	7		1		4.37	0.48	0.95
Ash g	3.90		2		1		1.79	0.20	0.39
Carbohydrate, by difference g	68.40		0	NC	4		31.46	3.42	6.84
Fiber, total dietary g	3.0		0		4		1.4	0.2	0.3
Sugars, total g	1.26		0	FLA	4		0.58	0.06	0.13
Starch g									
Minerals:									
Calcium, Ca mg	22	3.244	4		1		10	1	2
Iron, Fe mg	4.28	0.398	8		1		1.97	0.21	0.43
Magnesium, Mg mg	32	0.810	4		1		15	2	3
Phosphorus, P mg	121	12.613	4		1		56	6	12
Potassium, K mg	124	33.598	5		1		57	6	12
Sodium, Na mg	657	88.439	10		1		302	33	66
Zinc, Zn mg	0.88	0.096	4		1		0.40	0.04	0.09
Copper, Cu mg	0.188	0.027	4		1		0.086	0.009	0.019
Manganese, Mn mg	0.557		2		1		0.256	0.028	0.056
Selenium, Se mcg	37.5		0	FLA	4		17.3	1.9	3.8
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	0.0
Thiamin mg	0.589	0.039	8		1		0.271	0.029	0.059
Riboflavin mg	0.553	0.056	8		1		0.254	0.028	0.055
Niacin mg	5.281	0.435	8		1		2.429	0.264	0.528
Pantothenic acid mg	0.540	0.118	4		1		0.248	0.027	0.054
Vitamin B-6 mg	0.073		2		1		0.034	0.004	0.007
Folate, total mcg	162		0	FLA	4		75	8	16
Folic acid mcg	132		0		4		61	7	13
Folate, food mcg	30		0		4		14	2	3
Folate, DFE mcg_DFE	254		0	NC	4		117	13	25
Choline, total mg	14.6		0	BFZN	4		6.7	0.7	1.5
Betaine mg									
Vitamin B-12 mcg	0.00		0		1		0.00	0.00	0.00
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	0
Retinol mcg	0		0	FLA	4		0	0	0
Carotene, beta mcg	1		0	FLA	4		0	0	0
Carotene, alpha mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta mcg	0		0	FLA	4		0	0	0
Vitamin A, IU IU	0		0		1		0	0	0
Lycopene mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin mcg	65		0	FLA	4		30	3	7
Vitamin E (alpha-tocopherol) mg	1.01		0	FLA	4		0.46	0.05	0.10
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	2.2		0	FLA	4		1.0	0.1	0.2
Lipids:									
Fatty acids, total saturated g	1.410		0	FLA	4		0.649	0.071	0.141
4:0 g	0.000		0	FLA	4		0.000	0.000	0.000
6:0 g	0.000		0	FLA	4		0.000	0.000	0.000
8:0 g	0.000		0	FLA	4		0.000	0.000	0.000
10:0 g	0.000		0	FLA	4		0.000	0.000	0.000

NDB No. 18080
Bread sticks, plain

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.001		0	FLA	4		0.000	0.000	0.000
13:0 g									
14:0 g	0.009		0	FLA	4		0.004	0.000	0.001
15:0 g									
16:0 g	0.981		0	FLA	4		0.451	0.049	0.098
17:0 g									
18:0 g	0.406		0	FLA	4		0.187	0.020	0.041
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.568		0	FLA	4		1.641	0.178	0.357
14:1 g									
15:1 g									
16:1 undifferentiated g	0.066		0	FLA	4		0.030	0.003	0.007
17:1 g									
18:1 undifferentiated g	3.494		0	FLA	4		1.607	0.175	0.349
20:1 g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	3.628		0	FLA	4		1.669	0.181	0.363
18:2 undifferentiated g	3.377		0	FLA	4		1.553	0.169	0.338
18:3 undifferentiated g	0.244		0	FLA	4		0.112	0.012	0.024
18:4 g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0	0.000	3		1		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.139		0		1		0.064	0.007	0.014
Threonine g	0.338		0		1		0.155	0.017	0.034
Isoleucine g	0.458		0		1		0.211	0.023	0.046
Leucine g	0.835		0		1		0.384	0.042	0.084
Lysine g	0.281		0		1		0.129	0.014	0.028
Methionine g	0.212		0		1		0.098	0.011	0.021
Cystine g	0.262		0		1		0.121	0.013	0.026
Phenylalanine g	0.590		0		1		0.271	0.030	0.059
Tyrosine g	0.338		0		1		0.155	0.017	0.034
Valine g	0.516		0		1		0.237	0.026	0.052
Arginine g	0.432		0		1		0.199	0.022	0.043
Histidine g	0.258		0		1		0.119	0.013	0.026
Alanine g	0.395		0		1		0.182	0.020	0.040
Aspartic acid g	0.535		0		1		0.246	0.027	0.054
Glutamic acid g	4.026		0		1		1.852	0.201	0.403
Glycine g	0.422		0		1		0.194	0.021	0.042
Proline g	1.350		0		1		0.621	0.068	0.135
Serine g	0.579		0		1		0.266	0.029	0.058
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	FLA	4		0	0	0
Theobromine mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18080
Bread sticks, plain

Measure 1 = 46g: 1 cup, small pieces
Measure 2 = 5.0g: 1 stick, small (approx 4-1/4" long)
Measure 3 = 10.0g: 1 stick (7-5/8" x 5/8")

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18081
Bread stuffing, bread, dry mix

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	4.20	0.303	11		1		1.19	7.14	
Energy kcal	386		0	NC	4		109	656	
Energy kj	1615		0		4		458	2746	
Protein (N x 5.7) g	11.00	0.065	59		1		3.12	18.70	
Total lipid (fat) g	3.40	0.050	58		1		0.96	5.78	
Ash g	5.20	0.192	11		1		1.47	8.84	
Carbohydrate, by difference g	76.20		0	NC	4		21.60	129.54	
Fiber, total dietary g	3.2		0		4		0.9	5.4	
Sugars, total g	8.27		0	FLA	4		2.35	14.07	
Starch g									
Minerals:									
Calcium, Ca mg	97	1.978	49		1		27	165	
Iron, Fe mg	3.81	0.067	63		1		1.08	6.48	
Magnesium, Mg mg	40	0.932	10		1		11	68	
Phosphorus, P mg	141	3.824	10		1		40	240	
Potassium, K mg	246	10.715	19		1		70	418	
Sodium, Na mg	1590	28.469	29		1		451	2703	
Zinc, Zn mg	0.93	0.027	10		1		0.26	1.58	
Copper, Cu mg	0.238	0.020	10		1		0.067	0.405	
Manganese, Mn mg	0.594	0.031	5		1		0.168	1.010	
Selenium, Se mcg	48.0	4.562	5	A	1		13.6	81.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	FLA	4		0.0	0.0	
Thiamin mg	0.596	0.008	58		1		0.169	1.013	
Riboflavin mg	0.404	0.006	58		1		0.115	0.687	
Niacin mg	5.766	0.066	58		1		1.635	9.802	
Pantothenic acid mg	0.398	0.078	8		1		0.113	0.677	
Vitamin B-6 mg	0.152	0.004	5		1		0.043	0.258	
Folate, total mcg	168		0	FLA	4		48	286	
Folic acid mcg	82		0		4		23	139	
Folate, food mcg	86	1.782	5		1		24	146	
Folate, DFE mcg_DFE	225		0	NC	4		64	383	
Choline, total mg	14.6		0	BFZN	4		4.1	24.9	
Betaine mg									
Vitamin B-12 mcg	0.02	0.004	5		1		0.01	0.03	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	FLA	4		0	0	
Carotene, beta mcg	1		0	FLA	4		0	1	
Carotene, alpha mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta mcg	0		0	FLA	4		0	1	
Vitamin A, IU IU	2		0	NC	4		0	3	
Lycopene mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin mcg	72		0	FLA	4		20	123	
Vitamin E (alpha-tocopherol) mg	0.38		0	FLA	4		0.11	0.65	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	1.1		0	FLA	4		0.3	1.8	
Lipids:									
Fatty acids, total saturated g	0.845		0		4		0.240	1.437	
4:0 g	0.000		0		4		0.000	0.000	
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.000		0		4		0.000	0.000	

NDB No. 18081
Bread stuffing, bread, dry mix

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0....g	0.002		0		4		0.001	0.003	
13:0....g									
14:0....g	0.019		0		4		0.005	0.032	
15:0....g									
16:0....g	0.560		0		4		0.159	0.952	
17:0....g									
18:0....g	0.265		0		4		0.075	0.451	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.493		0		4		0.423	2.538	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.074		0		4		0.021	0.126	
17:1....g									
18:1 undifferentiated....g	1.406		0		4		0.399	2.390	
20:1....g	0.013		0		4		0.004	0.022	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.713		0		4		0.202	1.212	
18:2 undifferentiated....g	0.675		0		4		0.191	1.148	
18:3 undifferentiated....g	0.037		0		4		0.010	0.063	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0		4		0.000	0.002	
20:5 n-3....g	0.000		0		4		0.000	0.000	
22:5 n-3....g	0.000		0		4		0.000	0.000	
22:6 n-3....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	1		0	FLA	4		0	2	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.139		0		1		0.039	0.236	
Threonine....g	0.329		0		1		0.093	0.559	
Isoleucine....g	0.404		0		1		0.115	0.687	
Leucine....g	0.774		0		1		0.219	1.316	
Lysine....g	0.317		0		1		0.090	0.539	
Methionine....g	0.193		0		1		0.055	0.328	
Cystine....g	0.224		0		1		0.064	0.381	
Phenylalanine....g	0.553		0		1		0.157	0.940	
Tyrosine....g	0.342		0		1		0.097	0.581	
Valine....g	0.464		0		1		0.132	0.789	
Arginine....g	0.470		0		1		0.133	0.799	
Histidine....g	0.251		0		1		0.071	0.427	
Alanine....g	0.389		0		1		0.110	0.661	
Aspartic acid....g	0.553		0		1		0.157	0.940	
Glutamic acid....g	3.488		0		1		0.989	5.930	
Glycine....g	0.408		0		1		0.116	0.694	
Proline....g	1.192		0		1		0.338	2.026	
Serine....g	0.551		0		1		0.156	0.937	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18081
Bread stuffing, bread, dry mix

Measure 1 = 28.35g: 1 oz
Measure 2 = 170g: 1 package (6 oz)

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18082
Bread stuffing, bread, dry mix, prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.80		0		1		18.37	64.80	
Energy kcal	177		0	NC	4		50	177	
Energy kj	741		0	NC	4		210	741	
Protein (N x 0) g	3.20		0		1		0.91	3.20	
Total lipid (fat) g	8.60		0		1		2.44	8.60	
Ash g	1.70		0		1		0.48	1.70	
Carbohydrate, by difference g	21.70		0	NC	4		6.15	21.70	
Fiber, total dietary g	2.9		0		1		0.8	2.9	
Sugars, total g	2.11		0	RA	4		0.60	2.11	
Starch g									
Minerals:									
Calcium, Ca mg	32		0		1		9	32	
Iron, Fe mg	1.09		0		1		0.31	1.09	
Magnesium, Mg mg	12		0		1		3	12	
Phosphorus, P mg	42		0		1		12	42	
Potassium, K mg	74		0		1		21	74	
Sodium, Na mg	543		0		1		154	543	
Zinc, Zn mg	0.28		0		1		0.08	0.28	
Copper, Cu mg	0.072		0		1		0.020	0.072	
Manganese, Mn mg	0.169		0		1		0.048	0.169	
Selenium, Se mcg	49.8		0	RK	4		14.1	49.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		4		0.0	0.0	
Thiamin mg	0.136		0		1		0.039	0.136	
Riboflavin mg	0.107		0		1		0.030	0.107	
Niacin mg	1.475		0		1		0.418	1.475	
Pantothenic acid mg	0.081		0		1		0.023	0.081	
Vitamin B-6 mg	0.040		0		1		0.011	0.040	
Folate, total mcg	39		0	RA	4		11	39	
Folic acid mcg	22		0		4		6	22	
Folate, food mcg	17		0		1		5	17	
Folate, DFE mcg_DFE	54		0	NC	4		15	54	
Choline, total mg	5.3		0	RA	4		1.5	5.3	
Betaine mg									
Vitamin B-12 mcg	0.01		0		1		0.00	0.01	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	118		0	NC	4		33	118	
Retinol mcg	111		0	RA	4		31	111	
Carotene, beta mcg	88		0	RA	4		25	88	
Carotene, alpha mcg	0		0	RA	4		0	0	
Cryptoxanthin, beta mcg	0		0	RA	4		0	0	
Vitamin A, IU IU	313		0		4		89	313	
Lycopene mcg	0		0	RA	4		0	0	
Lutein + zeaxanthin mcg	18		0	RA	4		5	18	
Vitamin E (alpha-tocopherol) mg	1.40		0	RA	4		0.40	1.40	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	13.7		0	RA	4		3.9	13.7	
Lipids:									
Fatty acids, total saturated g	1.734		0		1		0.492	1.734	
4:0 g	0.000		0		1		0.000	0.000	
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	

NDB No. 18082

Bread stuffing, bread, dry mix, prepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0		1		0.000	0.000	
13:0 g									
14:0 g	0.024		0		1		0.007	0.024	
15:0 g									
16:0 g	1.076		0		1		0.305	1.076	
17:0 g									
18:0 g	0.633		0		1		0.179	0.633	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.808		0		1		1.080	3.808	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.021		0		1		0.006	0.021	
17:1 g									
18:1 undifferentiated g	3.784		0		1		1.073	3.784	
20:1 g	0.004		0		1		0.001	0.004	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	2.604		0		1		0.738	2.604	
18:2 undifferentiated g	2.489		0		1		0.706	2.489	
18:3 undifferentiated g	0.114		0		1		0.032	0.114	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 g	0.000		0		1		0.000	0.000	
22:5 n-3 g	0.000		0		1		0.000	0.000	
22:6 n-3 g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.041		0		1		0.012	0.041	
Threonine g	0.097		0		1		0.027	0.097	
Isoleucine g	0.120		0		1		0.034	0.120	
Leucine g	0.228		0		1		0.065	0.228	
Lysine g	0.096		0		1		0.027	0.096	
Methionine g	0.057		0		1		0.016	0.057	
Cystine g	0.064		0		1		0.018	0.064	
Phenylalanine g	0.161		0		1		0.046	0.161	
Tyrosine g	0.101		0		1		0.029	0.101	
Valine g	0.137		0		1		0.039	0.137	
Arginine g	0.136		0		1		0.039	0.136	
Histidine g	0.074		0		1		0.021	0.074	
Alanine g	0.113		0		1		0.032	0.113	
Aspartic acid g	0.163		0		1		0.046	0.163	
Glutamic acid g	1.007		0		1		0.285	1.007	
Glycine g	0.118		0		1		0.033	0.118	
Proline g	0.346		0		1		0.098	0.346	
Serine g	0.161		0		1		0.046	0.161	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	RA	4		0	0	
Theobromine mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18082
Bread stuffing, bread, dry mix, prepared

Measure 1 = 28.35g: 1 oz
Measure 2 = 100g: .5 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18084
Bread stuffing, cornbread, dry mix

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	4.60	0.568	3		1		1.30	7.82	
Energy kcal	389		0	NC	4		110	661	
Energy kj	1628		0	NC	4		461	2767	
Protein (N x 5.9) g	10.00	0.062	20		1		2.84	17.00	
Total lipid (fat) g	4.20	0.063	20		1		1.19	7.14	
Ash g	4.40	0.834	3		1		1.25	7.48	
Carbohydrate, by difference g	76.70		0	NC	4		21.74	130.39	
Fiber, total dietary g	14.3		0		4		4.1	24.3	
Sugars, total g	4.77		0	FLA	4		1.35	8.11	
Starch g									
Minerals:									
Calcium, Ca mg	78	1.282	20		1		22	133	
Iron, Fe mg	3.25	0.054	20		1		0.92	5.53	
Magnesium, Mg mg	44		1		1		12	75	
Phosphorus, P mg	113		1		1		32	192	
Potassium, K mg	204	43.693	3		1		58	347	
Sodium, Na mg	1283		2		1		364	2181	
Zinc, Zn mg	0.75		1		1		0.21	1.28	
Copper, Cu mg	0.228		1		1		0.065	0.388	
Manganese, Mn mg	0.529		0	FLA	4		0.150	0.899	
Selenium, Se mcg	29.6		0	FLA	4		8.4	50.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	3.5		1		1		1.0	6.0	
Thiamin mg	0.509	0.009	20		1		0.144	0.865	
Riboflavin mg	0.348	0.008	20		1		0.099	0.592	
Niacin mg	4.873	0.107	20		1		1.381	8.284	
Pantothenic acid mg	0.284		1		1		0.081	0.483	
Vitamin B-6 mg	0.146		1		1		0.041	0.248	
Folate, total mcg	175		0	FLA	4		50	298	
Folic acid mcg	133		0	FLA	4		38	227	
Folate, food mcg	42		0	FLA	4		12	71	
Folate, DFE mcg_DFE	269		0	NC	4		76	457	
Choline, total mg	9.1		0	FLA	4		2.6	15.5	
Betaine mg									
Vitamin B-12 mcg	0.01		1		1		0.00	0.02	
Vitamin A, RAE mcg_RAE	8		1		1		2	13	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	157		1		1		45	267	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	0.922		0		4		0.261	1.567	
4:0 g									
6:0 g									
8:0 g									
10:0 g									
12:0 g	0.002		0		4		0.001	0.003	
13:0 g									

NDB No. 18084
Bread stuffing, cornbread, dry mix

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0 g	0.017		0		4		0.005	0.029	
15:0 g									
16:0 g	0.624		0		4		0.177	1.061	
17:0 g									
18:0 g	0.276		0		4		0.078	0.469	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.662		0		4		0.471	2.825	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.066		0		4		0.019	0.112	
17:1 g									
18:1 undifferentiated g	1.587		0		4		0.450	2.698	
20:1 g	0.009		0		4		0.003	0.015	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.073		0		4		0.304	1.824	
18:2 undifferentiated g	1.025		0		4		0.291	1.743	
18:3 undifferentiated g	0.047		0		4		0.013	0.080	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.001		0		4		0.000	0.002	
20:5 n-3 g									
22:5 n-3 g									
22:6 n-3 g									
Fatty acids, total trans g									
Cholesterol mg	0		1		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.105		0		1		0.030	0.179	
Threonine g	0.320		0		1		0.091	0.544	
Isoleucine g	0.364		0		1		0.103	0.619	
Leucine g	0.873		0		1		0.247	1.484	
Lysine g	0.278		0		1		0.079	0.473	
Methionine g	0.186		0		1		0.053	0.316	
Cystine g	0.197		0		1		0.056	0.335	
Phenylalanine g	0.498		0		1		0.141	0.847	
Tyrosine g	0.344		0		1		0.098	0.585	
Valine g	0.447		0		1		0.127	0.760	
Arginine g	0.441		0		1		0.125	0.750	
Histidine g	0.251		0		1		0.071	0.427	
Alanine g	0.481		0		1		0.136	0.818	
Aspartic acid g	0.546		0		1		0.155	0.928	
Glutamic acid g	2.735		0		1		0.775	4.650	
Glycine g	0.381		0		1		0.108	0.648	
Proline g	1.017		0		1		0.288	1.729	
Serine g	0.486		0		1		0.138	0.826	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	RA	4		0.0	0.0	
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 170g: 1 package (6 oz)

NDB No. 18084
Bread stuffing, cornbread, dry mix

Calories Factors: **Protein** 3.8 **Fat** 8.7 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18085
Bread stuffing, cornbread, dry mix, prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.90		0		4		18.40	64.90	
Energy kcal	179		0		4		51	179	
Energy kj	749		0		4		212	749	
Protein (N x 0) g	2.90		0		4		0.82	2.90	
Total lipid (fat) g	8.80		0		4		2.49	8.80	
Ash g	1.50		0		4		0.43	1.50	
Carbohydrate, by difference g	21.90		0		4		6.21	21.90	
Fiber, total dietary g	2.9		0		4		0.8	2.9	
Sugars, total g	3.92		0		4		1.11	3.92	
Starch g									
Minerals:									
Calcium, Ca mg	26		0		4		7	26	
Iron, Fe mg	0.94		0		4		0.27	0.94	
Magnesium, Mg mg	13		0		4		4	13	
Phosphorus, P mg	34		0		4		10	34	
Potassium, K mg	62		0		4		18	62	
Sodium, Na mg	455		0		4		129	455	
Zinc, Zn mg	0.23		0		4		0.07	0.23	
Copper, Cu mg	0.069		0		4		0.020	0.069	
Manganese, Mn mg	0.114		0		4		0.032	0.114	
Selenium, Se mcg	30.7		0	RK	4		8.7	30.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.8		0		4		0.2	0.8	
Thiamin mg	0.117		0		4		0.033	0.117	
Riboflavin mg	0.092		0		4		0.026	0.092	
Niacin mg	1.247		0		4		0.354	1.247	
Pantothenic acid mg	0.060		0		4		0.017	0.060	
Vitamin B-6 mg	0.038		0		4		0.011	0.038	
Folate, total mcg	97		0	FLA	4		27	97	
Folic acid mcg	89		0	NC	4		25	89	
Folate, food mcg	8		0		4		2	8	
Folate, DFE mcg_DFE	159		0	NC	4		45	159	
Choline, total mg	3.8		0	RK	4		1.1	3.8	
Betaine mg									
Vitamin B-12 mcg	0.01		0		4		0.00	0.01	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	78		0	NC	4		22	78	
Retinol mcg	73		0	RA	4		21	73	
Carotene, beta mcg	58		0	RA	4		16	58	
Carotene, alpha mcg	0		0	RA	4		0	0	
Cryptoxanthin, beta mcg	0		0	RA	4		0	0	
Vitamin A, IU IU	340		0	NC	4		96	340	
Lycopene mcg	0		0	RA	4		0	0	
Lutein + zeaxanthin mcg	0		0	RA	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.85		0	RA	4		0.24	0.85	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	8.8		0	RA	4		2.5	8.8	
Lipids:									
Fatty acids, total saturated g	1.755		0		4		0.498	1.755	
4:0 g	0.000		0		4		0.000	0.000	
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.000		0		4		0.000	0.000	

NDB No. 18085
Bread stuffing, cornbread, dry mix, prepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.001		0		4		0.000	0.001	
13:0 g									
14:0 g	0.024		0		4		0.007	0.024	
15:0 g									
16:0 g	1.094		0		4		0.310	1.094	
17:0 g									
18:0 g	0.636		0		4		0.180	0.636	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.856		0		4		1.093	3.856	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.019		0		4		0.005	0.019	
17:1 g									
18:1 undifferentiated g	3.835		0		4		1.087	3.835	
20:1 g	0.003		0		4		0.001	0.003	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	2.706		0		4		0.767	2.706	
18:2 undifferentiated g	2.588		0		4		0.734	2.588	
18:3 undifferentiated g	0.117		0		4		0.033	0.117	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 g	0.000		0		4		0.000	0.000	
22:5 n-3 g	0.000		0		4		0.000	0.000	
22:6 n-3 g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.031		0		4		0.009	0.031	
Threonine g	0.095		0		4		0.027	0.095	
Isoleucine g	0.108		0		4		0.031	0.108	
Leucine g	0.256		0		4		0.073	0.256	
Lysine g	0.085		0		4		0.024	0.085	
Methionine g	0.055		0		4		0.016	0.055	
Cystine g	0.057		0		4		0.016	0.057	
Phenylalanine g	0.145		0		4		0.041	0.145	
Tyrosine g	0.101		0		4		0.029	0.101	
Valine g	0.132		0		4		0.037	0.132	
Arginine g	0.128		0		4		0.036	0.128	
Histidine g	0.073		0		4		0.021	0.073	
Alanine g	0.139		0		4		0.039	0.139	
Aspartic acid g	0.161		0		4		0.046	0.161	
Glutamic acid g	0.793		0		4		0.225	0.793	
Glycine g	0.110		0		4		0.031	0.110	
Proline g	0.296		0		4		0.084	0.296	
Serine g	0.142		0		4		0.040	0.142	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	RA	4		0	0	
Theobromine mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18085
Bread stuffing, cornbread, dry mix, prepared

Measure 1 = 28.35g: 1 oz
Measure 2 = 100g: .5 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

NDB No. 18035
Bread, Multi-Grain (includes whole-grain)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	36.94	0.919	4	A	1		10.47	9.60	15.15
Energy kcal	265		0	NC	4		75	69	109
Energy kj	1108		0	NC	4		314	288	454
Protein g	13.36	0.817	4	A	1		3.79	3.47	5.48
Total lipid (fat) g	4.23	0.562	4	A	1		1.20	1.10	1.73
Ash g	2.13	0.075	4	A	1		0.61	0.56	0.88
Carbohydrate, by difference g	43.34		0	NC	4		12.29	11.27	17.77
Fiber, total dietary g	7.4	0.742	4	A	1		2.1	1.9	3.0
Sugars, total g	6.39		0	FLA	4		1.81	1.66	2.62
Sucrose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Glucose (dextrose) g	1.69	0.276	4	A	1		0.48	0.44	0.69
Fructose g	2.45	0.243	4	A	1		0.70	0.64	1.01
Lactose g	0.57	0.017	4	A	1		0.16	0.15	0.23
Maltose g	1.67	0.244	4	A	1		0.47	0.43	0.68
Galactose g									
Starch g									
Minerals:									
Calcium, Ca mg	103	14.930	4	A	1		29	27	42
Iron, Fe mg	2.50	0.058	4	A	1		0.71	0.65	1.02
Magnesium, Mg mg	78	9.656	4	A	1		22	20	32
Phosphorus, P mg	228	17.970	4	A	1		64	59	93
Potassium, K mg	230	21.602	4	A	1		65	60	94
Sodium, Na mg	420	36.742	4	A	1		119	109	172
Zinc, Zn mg	1.70	0.082	4	A	1		0.48	0.44	0.70
Copper, Cu mg	0.282	0.037	4	A	1		0.080	0.073	0.116
Manganese, Mn mg	2.025	0.165	4	A	1		0.574	0.526	0.830
Selenium, Se mcg	32.9	3.763	4	A	1		9.3	8.6	13.5
Vitamins:									
Vitamin C, total ascorbic acid mg	0.1		0	FLA	4		0.0	0.0	0.0
Thiamin mg	0.279	0.015	4	A	1		0.079	0.073	0.114
Riboflavin mg	0.131	0.009	4	A	1		0.037	0.034	0.054
Niacin mg	4.042	0.312	4	A	1		1.146	1.051	1.657
Pantothenic acid mg	0.336	0.031	4	A	1		0.095	0.087	0.138
Vitamin B-6 mg	0.263	0.018	4	A	1		0.075	0.068	0.108
Folate, total mcg	75		0	FLA	4		21	20	31
Folic acid mcg	0		0	FLA	4		0	0	0
Folate, food mcg	75		0	FLA	4		21	20	31
Folate, DFE mcg_DFE	75		0	NC	4		21	20	31
Choline, total mg	26.5		0	BFZN	4		7.5	6.9	10.9
Betaine mg									
Vitamin B-12 mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin B-12, added mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	0		0	FLA	4		0	0	0
Retinol mcg	0		0	FLA	4		0	0	0
Carotene, beta mcg	0		0	FLA	4		0	0	0
Carotene, alpha mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta mcg	0		0	FLA	4		0	0	0
Vitamin A, IU IU	0		1		1		0	0	0
Lycopene mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin mcg	94		0	FLA	4		27	24	39
Vitamin E (alpha-tocopherol) mg	0.37	0.123	4	A	1		0.10	0.10	0.15
Vitamin E, added mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta mg	0.09	0.015	4	A	1		0.03	0.02	0.04
Tocopherol, gamma mg	1.46	0.249	4	A	1		0.41	0.38	0.60
Tocopherol, delta mg	0.54	0.045	4	A	1		0.15	0.14	0.22
Vitamin D IU									
Vitamin K (phylloquinone) mcg	1.4		0	FLA	4		0.4	0.4	0.6

NDB No. 18035
Bread, Multi-Grain (includes whole-grain)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.872		0	NC	4		0.247	0.227	0.358
4:0....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
10:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
12:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:0....g	0.510	0.052	4	A	1		0.145	0.133	0.209
17:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:0....g	0.355	0.060	4	A	1		0.101	0.092	0.146
20:0....g	0.002	0.002	4	A	1		0.001	0.001	0.001
22:0....g	0.005	0.005	4	A	1		0.001	0.001	0.002
24:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	0.760		0	NC	4		0.215	0.198	0.311
14:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.017	0.003	4	A	1		0.005	0.005	0.007
17:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	0.730	0.148	4	A	1		0.207	0.190	0.299
20:1....g	0.012	0.003	4	A	1		0.004	0.003	0.005
22:1 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	1.872		0	NC	4		0.531	0.487	0.768
18:2 undifferentiated....g	1.667	0.356	4	A	1		0.473	0.434	0.684
18:3 undifferentiated....g	0.205	0.072	4	A	1		0.058	0.053	0.084
18:4....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:5 n-3....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:5 n-3....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:6 n-3....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	FLA	4		0.000	0.000	0.000
Cholesterol....mg	0		0	FLA	4		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.124		0	FLA	4		0.035	0.032	0.051
Threonine....g	0.271		0	FLA	4		0.077	0.070	0.111
Isoleucine....g	0.323		0	FLA	4		0.091	0.084	0.132
Leucine....g	0.556		0	FLA	4		0.158	0.145	0.228
Lysine....g	0.289		0	FLA	4		0.082	0.075	0.118
Methionine....g	0.138		0	FLA	4		0.039	0.036	0.056
Cystine....g	0.176		0	FLA	4		0.050	0.046	0.072
Phenylalanine....g	0.387		0	FLA	4		0.110	0.101	0.159
Tyrosine....g	0.236		0	FLA	4		0.067	0.061	0.097
Valine....g	0.397		0	FLA	4		0.113	0.103	0.163
Arginine....g	0.485		0	FLA	4		0.137	0.126	0.199
Histidine....g	0.198		0	FLA	4		0.056	0.051	0.081
Alanine....g	0.341		0	FLA	4		0.097	0.089	0.140
Aspartic acid....g	0.554		0	FLA	4		0.157	0.144	0.227
Glutamic acid....g	2.195		0	FLA	4		0.622	0.571	0.900
Glycine....g	0.374		0	FLA	4		0.106	0.097	0.153
Proline....g	0.706		0	FLA	4		0.200	0.183	0.289
Serine....g	0.381		0	FLA	4		0.108	0.099	0.156
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0
Theobromine....mg	0		0	FLA	4		0	0	0

NDB No. 18035
Bread, Multi-Grain (includes whole-grain)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 26g: 1 slice regular

Measure 3 = 41g: 1 slice large

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18036
Bread, Multi-Grain, toasted (includes whole-grain)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	31.46		0	RK	4		8.92	7.55	11.95
Energy kcal	288		0	NC	4		82	69	109
Energy kj	1204		0	NC	4		341	289	458
Protein g	14.52		0	RK	4		4.12	3.48	5.52
Total lipid (fat) g	4.60		0	RK	4		1.30	1.10	1.75
Ash g	2.32		0	RK	4		0.66	0.56	0.88
Carbohydrate, by difference g	47.11		0	RK	4		13.35	11.31	17.90
Fiber, total dietary g	8.1		0	RK	4		2.3	1.9	3.1
Sugars, total g	6.94		0	RK	4		1.97	1.67	2.64
Sucrose g	0.00		0	RK	4		0.00	0.00	0.00
Glucose (dextrose) g	1.84		0	RK	4		0.52	0.44	0.70
Fructose g	2.67		0	RK	4		0.76	0.64	1.01
Lactose g	0.62		0	RK	4		0.18	0.15	0.24
Maltose g	1.82		0	RK	4		0.51	0.44	0.69
Galactose g									
Starch g									
Minerals:									
Calcium, Ca mg	111		0	RK	4		32	27	42
Iron, Fe mg	2.72		0	RK	4		0.77	0.65	1.03
Magnesium, Mg mg	85		0	RK	4		24	20	32
Phosphorus, P mg	247		0	RK	4		70	59	94
Potassium, K mg	250		0	RK	4		71	60	95
Sodium, Na mg	457		0	RK	4		129	110	173
Zinc, Zn mg	1.85		0	RK	4		0.52	0.44	0.70
Copper, Cu mg	0.307		0	RK	4		0.087	0.074	0.117
Manganese, Mn mg	2.201		0	RK	4		0.624	0.528	0.836
Selenium, Se mcg	35.8		0	RK	4		10.1	8.6	13.6
Vitamins:									
Vitamin C, total ascorbic acid mg	0.1		0	RK	4		0.0	0.0	0.0
Thiamin mg	0.243		0	RK	4		0.069	0.058	0.092
Riboflavin mg	0.142		0	RK	4		0.040	0.034	0.054
Niacin mg	4.394		0	RK	4		1.246	1.055	1.670
Pantothenic acid mg	0.365		0	RK	4		0.103	0.088	0.139
Vitamin B-6 mg	0.286		0	RK	4		0.081	0.069	0.109
Folate, total mcg	70		0	RK	4		20	17	26
Folic acid mcg	0		0	RK	4		0	0	0
Folate, food mcg	70		0	RK	4		20	17	26
Folate, DFE mcg_DFE	70		0	NC	4		20	17	26
Choline, total mg	28.8		0	RK	4		8.2	6.9	11.0
Betaine mg									
Vitamin B-12 mcg	0.00		0	RK	4		0.00	0.00	0.00
Vitamin B-12, added mcg	0.00		0	RK	4		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	0		0	RK	4		0	0	0
Retinol mcg	0		0	RK	4		0	0	0
Carotene, beta mcg	0		0	RK	4		0	0	0
Carotene, alpha mcg	0		0	RK	4		0	0	0
Cryptoxanthin, beta mcg	0		0	RK	4		0	0	0
Vitamin A, IU IU	0		0	RK	4		0	0	0
Lycopene mcg	0		0	RK	4		0	0	0
Lutein + zeaxanthin mcg	97		0	RK	4		28	23	37
Vitamin E (alpha-tocopherol) mg	0.40		0	RK	4		0.11	0.10	0.15
Vitamin E, added mg	0.00		0	RK	4		0.00	0.00	0.00
Tocopherol, beta mg	0.10		0	RK	4		0.03	0.02	0.04
Tocopherol, gamma mg	1.58		0	RK	4		0.45	0.38	0.60
Tocopherol, delta mg	0.59		0	RK	4		0.17	0.14	0.22
Vitamin D IU									
Vitamin K (phylloquinone) mcg	1.5		0	RK	4		0.4	0.4	0.6

NDB No. 18036

Bread, Multi-Grain, toasted (includes whole-grain)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.948		0	RK	4		0.269	0.228	0.360
4:0....g	0.000		0	RK	4		0.000	0.000	0.000
6:0....g	0.000		0	RK	4		0.000	0.000	0.000
8:0....g	0.000		0	RK	4		0.000	0.000	0.000
10:0....g	0.000		0	RK	4		0.000	0.000	0.000
12:0....g	0.000		0	RK	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0	RK	4		0.000	0.000	0.000
15:0....g	0.000		0	RK	4		0.000	0.000	0.000
16:0....g	0.554		0	RK	4		0.157	0.133	0.211
17:0....g	0.000		0	RK	4		0.000	0.000	0.000
18:0....g	0.386		0	RK	4		0.109	0.093	0.147
20:0....g	0.003		0	RK	4		0.001	0.001	0.001
22:0....g	0.005		0	RK	4		0.002	0.001	0.002
24:0....g	0.000		0	RK	4		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	0.826		0	RK	4		0.234	0.198	0.314
14:1....g	0.000		0	RK	4		0.000	0.000	0.000
15:1....g	0.000		0	RK	4		0.000	0.000	0.000
16:1 undifferentiated....g	0.019		0	RK	4		0.005	0.005	0.007
17:1....g	0.000		0	RK	4		0.000	0.000	0.000
18:1 undifferentiated....g	0.793		0	RK	4		0.225	0.190	0.301
20:1....g	0.013		0	RK	4		0.004	0.003	0.005
22:1 undifferentiated....g	0.000		0	RK	4		0.000	0.000	0.000
24:1 c....g	0.000		0	RK	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	2.035		0	RK	4		0.577	0.488	0.773
18:2 undifferentiated....g	1.812		0	RK	4		0.514	0.435	0.689
18:3 undifferentiated....g	0.223		0	RK	4		0.063	0.053	0.085
18:4....g	0.000		0	RK	4		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		0	RK	4		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		0	RK	4		0.000	0.000	0.000
20:4 undifferentiated....g	0.000		0	RK	4		0.000	0.000	0.000
20:5 n-3....g	0.000		0	RK	4		0.000	0.000	0.000
22:5 n-3....g	0.000		0	RK	4		0.000	0.000	0.000
22:6 n-3....g	0.000		0	RK	4		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	RK	4		0.000	0.000	0.000
Cholesterol....mg	0		0	RK	4		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.135		0	RK	4		0.038	0.032	0.051
Threonine....g	0.294		0	RK	4		0.083	0.071	0.112
Isoleucine....g	0.351		0	RK	4		0.099	0.084	0.133
Leucine....g	0.604		0	RK	4		0.171	0.145	0.230
Lysine....g	0.314		0	RK	4		0.089	0.075	0.119
Methionine....g	0.150		0	RK	4		0.042	0.036	0.057
Cystine....g	0.191		0	RK	4		0.054	0.046	0.073
Phenylalanine....g	0.421		0	RK	4		0.119	0.101	0.160
Tyrosine....g	0.256		0	RK	4		0.073	0.061	0.097
Valine....g	0.432		0	RK	4		0.122	0.104	0.164
Arginine....g	0.527		0	RK	4		0.149	0.126	0.200
Histidine....g	0.215		0	RK	4		0.061	0.052	0.082
Alanine....g	0.371		0	RK	4		0.105	0.089	0.141
Aspartic acid....g	0.602		0	RK	4		0.171	0.144	0.229
Glutamic acid....g	2.386		0	RK	4		0.676	0.573	0.907
Glycine....g	0.407		0	RK	4		0.115	0.098	0.155
Proline....g	0.767		0	RK	4		0.217	0.184	0.291
Serine....g	0.414		0	RK	4		0.117	0.099	0.157
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RK	4		0.0	0.0	0.0
Caffeine....mg	0		0	RK	4		0	0	0
Theobromine....mg	0		0	RK	4		0	0	0

NDB No. 18036
Bread, Multi-Grain, toasted (includes whole-grain)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 24g: 1 slice regular

Measure 3 = 38g: 1 slice large

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18019

Bread, banana, prepared from recipe, made with margarine

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	29.20		0		1		8.28	16.64	17.52
Energy kcal	326		0	NC	4		92	186	196
Energy kj	1364				4		387	777	818
Protein (N x 0) g	4.30		0		1		1.22	2.45	2.58
Total lipid (fat) g	10.50		0		1		2.98	5.99	6.30
Ash g	1.00		0		1		0.28	0.57	0.60
Carbohydrate, by difference g	54.60		0	NC	4		15.48	31.12	32.76
Fiber, total dietary g	1.1		0		4		0.3	0.6	0.7
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	21		0		1		6	12	13
Iron, Fe mg	1.40		0		1		0.40	0.80	0.84
Magnesium, Mg mg	14		0		1		4	8	8
Phosphorus, P mg	58		0		1		16	33	35
Potassium, K mg	134		0		1		38	76	80
Sodium, Na mg	302		0		1		86	172	181
Zinc, Zn mg	0.35		0		1		0.10	0.20	0.21
Copper, Cu mg	0.072		0		1		0.020	0.041	0.043
Manganese, Mn mg	0.209		0		1		0.059	0.119	0.125
Selenium, Se mcg	12.1		0	RK	4		3.4	6.9	7.3
Vitamins:									
Vitamin C, total ascorbic acid mg	1.7		0		1		0.5	1.0	1.0
Thiamin mg	0.172		0		1		0.049	0.098	0.103
Riboflavin mg	0.200		0		1		0.057	0.114	0.120
Niacin mg	1.446		0		1		0.410	0.824	0.868
Pantothenic acid mg	0.268		0		1		0.076	0.153	0.161
Vitamin B-6 mg	0.150		0		1		0.043	0.086	0.090
Folate, total mcg	33		0	RK	4		9	19	20
Folic acid mcg	22		0	NC	4		6	13	13
Folate, food mcg	11		0		1		3	6	7
Folate, DFE mcg_DFE	48		0	NC	4		14	28	29
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.10		0		1		0.03	0.06	0.06
Vitamin A, RAE mcg_RAE	106		0	NC	4		30	60	63
Retinol mcg	97		0	RK	4		27	55	58
Carotene, beta mcg	102		0	RK	4		29	58	61
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	493		0	NC	4		140	281	296
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	2.237		0		1		0.634	1.275	1.342
4:0 g	0.004		0		1		0.001	0.002	0.002
6:0 g	0.002		0		1		0.001	0.001	0.001
8:0 g	0.002		0		1		0.001	0.001	0.001
10:0 g	0.004		0		1		0.001	0.002	0.002
12:0 g	0.004		0		1		0.001	0.002	0.002
13:0 g									

NDB No. 18019

Bread, banana, prepared from recipe, made with margarine

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0 g	0.039		0		1		0.011	0.022	0.023
15:0 g									
16:0 g	1.417		0		1		0.402	0.808	0.850
17:0 g									
18:0 g	0.761		0		1		0.216	0.434	0.457
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.480		0		1		1.270	2.554	2.688
14:1 g									
15:1 g									
16:1 undifferentiated g	0.036		0		1		0.010	0.021	0.022
17:1 g									
18:1 undifferentiated g	4.440		0		1		1.259	2.531	2.664
20:1 g	0.003		0		1		0.001	0.002	0.002
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	3.130		0		1		0.887	1.784	1.878
18:2 undifferentiated g	2.968		0		1		0.841	1.692	1.781
18:3 undifferentiated g	0.143		0		1		0.041	0.082	0.086
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.014		0		1		0.004	0.008	0.008
20:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 g	0.004		0		1		0.001	0.002	0.002
Fatty acids, total trans g									
Cholesterol mg	43		0		1		12	25	26
Phytosterols mg	34		0		1		10	19	20
Amino Acids:									
Tryptophan g	0.053		0		1		0.015	0.030	0.032
Threonine g	0.150		0		1		0.043	0.086	0.090
Isoleucine g	0.182		0		1		0.052	0.104	0.109
Leucine g	0.327		0		1		0.093	0.186	0.196
Lysine g	0.180		0		1		0.051	0.103	0.108
Methionine g	0.094		0		1		0.027	0.054	0.056
Cystine g	0.090		0		1		0.026	0.051	0.054
Phenylalanine g	0.218		0		1		0.062	0.124	0.131
Tyrosine g	0.148		0		1		0.042	0.084	0.089
Valine g	0.209		0		1		0.059	0.119	0.125
Arginine g	0.199		0		1		0.056	0.113	0.119
Histidine g	0.113		0		1		0.032	0.064	0.068
Alanine g	0.170		0		1		0.048	0.097	0.102
Aspartic acid g	0.281		0		1		0.080	0.160	0.169
Glutamic acid g	1.113		0		1		0.316	0.634	0.668
Glycine g	0.149		0		1		0.042	0.085	0.089
Proline g	0.384		0		1		0.109	0.219	0.230
Serine g	0.247		0		1		0.070	0.141	0.148
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	RK	4		0	0	0
Theobromine mg	0		0	RK	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18019

Bread, banana, prepared from recipe, made with margarine

Measure 2 = 57g: 1 individual loaf (include Keebler Elfin Loaves)

Measure 3 = 60g: 1 slice

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18021
Bread, boston brown, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	47.20	4.111	3		1		13.38	21.24	
Energy....kcal	195		0	NC	4		55	88	
Energy....kj	817		0	NC	4		232	368	
Protein (N x 5.9)....g	5.20	0.932	3		1		1.47	2.34	
Total lipid (fat)....g	1.50	0.356	4		1		0.43	0.68	
Ash....g	2.80	0.444	5		1		0.79	1.26	
Carbohydrate, by difference....g	43.30		0	NC	4		12.28	19.49	
Fiber, total dietary....g	4.7		0		1		1.3	2.1	
Sugars, total....g	2.42		0	FLC	4		0.69	1.09	
Starch....g									
Minerals:									
Calcium, Ca....mg	70	20.064	3		1		20	32	
Iron, Fe....mg	2.10	0.750	3		1		0.60	0.95	
Magnesium, Mg....mg	63	13.865	3		1		18	28	
Phosphorus, P....mg	112		2		1		32	50	
Potassium, K....mg	318	66.076	3		1		90	143	
Sodium, Na....mg	631	109.775	3		1		179	284	
Zinc, Zn....mg	0.50	0.202	3		1		0.14	0.23	
Copper, Cu....mg	0.080		2		1		0.023	0.036	
Manganese, Mn....mg	1.020	0.191	3		1		0.289	0.459	
Selenium, Se....mcg	21.9		0	FLA	4		6.2	9.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.014	0.001	8		1		0.004	0.006	
Riboflavin....mg	0.115	0.006	9		1		0.033	0.052	
Niacin....mg	1.120	0.034	9		1		0.318	0.504	
Pantothenic acid....mg	0.566	0.013	9		1		0.160	0.255	
Vitamin B-6....mg	0.082		1		1		0.023	0.037	
Folate, total....mcg	11		0	FLA	4		3	5	
Folic acid....mcg	4		0	NC	4		1	2	
Folate, food....mcg	7	0.458	9		1		2	3	
Folate, DFE....mcg_DFE	14		0	NC	4		4	6	
Choline, total....mg	23.5		0	FLC	4		6.7	10.6	
Betaine....mg									
Vitamin B-12....mcg	0.01		1		1		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	25		0	NC	4		7	11	
Retinol....mcg	25		0	FLA	4		7	11	
Carotene, beta....mcg	2		0	FLA	4		1	1	
Carotene, alpha....mcg	1		0	FLA	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	87		1		1		25	39	
Lycopene....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....mcg	71		0	FLA	4		20	32	
Vitamin E (alpha-tocopherol)....mg	0.32		0	FLA	4		0.09	0.15	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	2.5		0	FLA	4		0.7	1.1	
Lipids:									
Fatty acids, total saturated....g	0.282		0		1		0.080	0.127	
4:0....g	0.005		0		1		0.001	0.002	
6:0....g	0.003		0		1		0.001	0.001	
8:0....g	0.002		0		1		0.001	0.001	
10:0....g	0.004		0		1		0.001	0.002	

NDB No. 18021
Bread, boston brown, canned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.004		0		1		0.001	0.002	
13:0 g									
14:0 g	0.017		0		1		0.005	0.008	
15:0 g									
16:0 g	0.217		0		1		0.062	0.098	
17:0 g									
18:0 g	0.029		0		1		0.008	0.013	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.207		0		1		0.059	0.093	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.010		0		1		0.003	0.005	
17:1 g									
18:1 undifferentiated g	0.195		0		1		0.055	0.088	
20:1 g	0.003		0		1		0.001	0.001	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.564		0		1		0.160	0.254	
18:2 undifferentiated g	0.511		0		1		0.145	0.230	
18:3 undifferentiated g	0.052		0		1		0.015	0.023	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.001		0		1		0.000	0.000	
20:5 n-3 g	0.000		0		1		0.000	0.000	
22:5 n-3 g	0.000		0		1		0.000	0.000	
22:6 n-3 g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	1		0	FLA	4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.073		0		1		0.021	0.033	
Threonine g	0.162		0		1		0.046	0.073	
Isoleucine g	0.186		0		1		0.053	0.084	
Leucine g	0.350		0		1		0.099	0.158	
Lysine g	0.156		0		1		0.044	0.070	
Methionine g	0.092		0		1		0.026	0.041	
Cystine g	0.116		0		1		0.033	0.052	
Phenylalanine g	0.233		0		1		0.066	0.105	
Tyrosine g	0.148		0		1		0.042	0.067	
Valine g	0.233		0		1		0.066	0.105	
Arginine g	0.255		0		1		0.072	0.115	
Histidine g	0.128		0		1		0.036	0.058	
Alanine g	0.203		0		1		0.058	0.091	
Aspartic acid g	0.324		0		1		0.092	0.146	
Glutamic acid g	1.537		0		1		0.436	0.692	
Glycine g	0.203		0		1		0.058	0.091	
Proline g	0.498		0		1		0.141	0.224	
Serine g	0.251		0		1		0.071	0.113	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18021
Bread, boston brown, canned

Measure 1 = 28.35g: 1 oz
Measure 2 = 45g: 1 slice

Calories Factors: **Protein** 3.5 **Fat** 8.4 **Carbohydrate** 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18022

Bread, cornbread, dry mix, enriched (includes corn muffin mix)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	7.80	0.162	46		1		2.21	18.80	
Energy kcal	418		0	NC	4		119	1007	
Energy kj	1749		0		4		496	4215	
Protein (N x 6) g	7.00	0.077	56		1		1.98	16.87	
Total lipid (fat) g	12.20	0.128	54		1		3.46	29.40	
Ash g	3.60	0.060	46		1		1.02	8.68	
Carbohydrate, by difference g	69.50		0	NC	4		19.70	167.50	
Fiber, total dietary g	6.5		0		1		1.8	15.7	
Sugars, total g	20.34		0	FLA	4		5.77	49.02	
Starch g									
Minerals:									
Calcium, Ca mg	57	3.755	29		1		16	137	
Iron, Fe mg	2.50	0.119	42		1		0.71	6.03	
Magnesium, Mg mg	24	1.229	21		1		7	58	
Phosphorus, P mg	489	11.566	45		1		139	1178	
Potassium, K mg	113	3.064	43		1		32	272	
Sodium, Na mg	1111	34.872	43		1		315	2678	
Zinc, Zn mg	0.57	0.026	22		1		0.16	1.37	
Copper, Cu mg	0.085	0.002	22		1		0.024	0.205	
Manganese, Mn mg	0.315		2		1		0.089	0.759	
Selenium, Se mcg	5.6	1.299	3	A	1		1.6	13.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.1		0	FLA	4		0.0	0.2	
Thiamin mg	0.427	0.030	39		1		0.121	1.029	
Riboflavin mg	0.272	0.026	39		1		0.077	0.656	
Niacin mg	3.342	0.190	37		1		0.947	8.054	
Pantothenic acid mg	0.480	0.079	20		1		0.136	1.157	
Vitamin B-6 mg	0.128	0.011	20		1		0.036	0.308	
Folate, total mcg	93		0	FLA	4		26	225	
Folic acid mcg	82		0	FLA	4		23	198	
Folate, food mcg	11	0.918	13		1		3	27	
Folate, DFE mcg_DFE	150		0	NC	4		43	362	
Choline, total mg	7.1		0	FLC	4		2.0	17.0	
Betaine mg									
Vitamin B-12 mcg	0.09		0	FLA	4		0.03	0.22	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	19		0	NC	4		5	46	
Retinol mcg	16		0	FLA	4		5	39	
Carotene, beta mcg	28		0	FLA	4		8	67	
Carotene, alpha mcg	18		0	FLA	4		5	43	
Cryptoxanthin, beta mcg	0		0	FLA	4		0	0	
Vitamin A, IU IU	115		0	NC	4		33	278	
Lycopene mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin mcg	391		0	FLA	4		111	942	
Vitamin E (alpha-tocopherol) mg	0.16		0	FLA	4		0.05	0.38	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	5.0		0	FLA	4		1.4	12.1	
Lipids:									
Fatty acids, total saturated g	3.091		0	FLA	4		0.876	7.449	
4:0 g	0.004		0	FLA	4		0.001	0.010	
6:0 g	0.003		0	FLA	4		0.001	0.007	
8:0 g	0.001		0	FLA	4		0.000	0.002	
10:0 g	0.003		0	FLA	4		0.001	0.007	

NDB No. 18022

Bread, cornbread, dry mix, enriched (includes corn muffin mix)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.004		0	FLA	4		0.001	0.010	
13:0 g									
14:0 g	0.070		0	FLA	4		0.020	0.169	
15:0 g									
16:0 g	1.607		0	FLA	4		0.456	3.873	
17:0 g									
18:0 g	1.393		0	FLA	4		0.395	3.357	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.719		0	FLA	4		1.905	16.193	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.004		0	FLA	4		0.001	0.010	
17:1 g									
18:1 undifferentiated g	6.714		0	FLA	4		1.903	16.181	
20:1 g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.682		0	FLA	4		0.477	4.054	
18:2 undifferentiated g	1.599		0	FLA	4		0.453	3.854	
18:3 undifferentiated g	0.083		0	FLA	4		0.024	0.200	
18:4 g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	2		0	FLA	4		1	5	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.071		0		1		0.020	0.171	
Threonine g	0.224		0		1		0.064	0.540	
Isoleucine g	0.254		0		1		0.072	0.612	
Leucine g	0.632		0		1		0.179	1.523	
Lysine g	0.198		0		1		0.056	0.477	
Methionine g	0.133		0		1		0.038	0.321	
Cystine g	0.132		0		1		0.037	0.318	
Phenylalanine g	0.343		0		1		0.097	0.827	
Tyrosine g	0.241		0		1		0.068	0.581	
Valine g	0.320		0		1		0.091	0.771	
Arginine g	0.302		0		1		0.086	0.728	
Histidine g	0.177		0		1		0.050	0.427	
Alanine g	0.336		0		1		0.095	0.810	
Aspartic acid g	0.382		0		1		0.108	0.921	
Glutamic acid g	1.847		0		1		0.524	4.451	
Glycine g	0.254		0		1		0.072	0.612	
Proline g	0.715		0		1		0.203	1.723	
Serine g	0.336		0		1		0.095	0.810	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18022

Bread, cornbread, dry mix, enriched (includes corn muffin mix)

Measure 1 = 28.35g: 1 oz

Measure 2 = 241g: 1 package (8.5 oz)

Calories Factors: **Protein** 3.8 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18023
Bread, cornbread, dry mix, prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	31.90		0		1		9.04	19.14	
Energy kcal	314		0	NC	4		89	188	
Energy kj	1314		0		4		372	788	
Protein g	7.20		0		1		2.04	4.32	
Total lipid (fat) g	10.00		0		1		2.84	6.00	
Ash g	2.70		0		1		0.77	1.62	
Carbohydrate, by difference g	48.10		0	NC	4		13.64	28.86	
Fiber, total dietary g	2.4		0		1		0.7	1.4	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	73		0		1		21	44	
Iron, Fe mg	1.90		0		1		0.54	1.14	
Magnesium, Mg mg	20		0		1		6	12	
Phosphorus, P mg	376		0		1		107	226	
Potassium, K mg	128		0		1		36	77	
Sodium, Na mg	778		0		1		221	467	
Zinc, Zn mg	0.63		0		1		0.18	0.38	
Copper, Cu mg	0.061		0		1		0.017	0.037	
Manganese, Mn mg	0.216		0		1		0.061	0.130	
Selenium, Se mcg	9.9	0.531	3	A	1		2.8	5.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.1		0		1		0.0	0.1	
Thiamin mg	0.244		0		1		0.069	0.146	
Riboflavin mg	0.270		0		1		0.077	0.162	
Niacin mg	2.057		0		1		0.583	1.234	
Pantothenic acid mg	0.441		0		1		0.125	0.265	
Vitamin B-6 mg	0.104		0		1		0.029	0.062	
Folate, total mcg	55		0	FLA	4		16	33	
Folic acid mcg	44		0	NC	4		12	26	
Folate, food mcg	11		0		1		3	7	
Folate, DFE mcg_DFE	86		0	NC	4		24	51	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.16		0		1		0.05	0.10	
Vitamin A, RAE mcg_RAE	44		0	NC	4		12	26	
Retinol mcg	41		0	NC	4		12	25	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	205		0		1		58	123	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	2.739		0		1		0.777	1.643	
4:0 g	0.016		0		1		0.005	0.010	
6:0 g	0.010		0		1		0.003	0.006	
8:0 g	0.006		0		1		0.002	0.004	
10:0 g	0.013		0		1		0.004	0.008	
12:0 g	0.015		0		1		0.004	0.009	
13:0 g									

NDB No. 18023
Bread, cornbread, dry mix, prepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.094		0		1		0.027	0.056	
15:0....g									
16:0....g	1.476		0		1		0.418	0.886	
17:0....g									
18:0....g	1.101		0		1		0.312	0.661	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.140		0		1		1.457	3.084	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.053		0		1		0.015	0.032	
17:1....g									
18:1 undifferentiated....g	5.081		0		1		1.440	3.049	
20:1....g	0.004		0		1		0.001	0.002	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.224		0		1		0.347	0.734	
18:2 undifferentiated....g	1.135		0		1		0.322	0.681	
18:3 undifferentiated....g	0.063		0		1		0.018	0.038	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.020		0		1		0.006	0.012	
20:5 n-3....g	0.001		0		1		0.000	0.001	
22:5 n-3....g									
22:6 n-3....g	0.005		0		1		0.001	0.003	
Fatty acids, total trans....g									
Cholesterol....mg	61		0		1		17	37	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.079		0		1		0.022	0.047	
Threonine....g	0.267		0		1		0.076	0.160	
Isoleucine....g	0.310		0		1		0.088	0.186	
Leucine....g	0.646		0		1		0.183	0.388	
Lysine....g	0.317		0		1		0.090	0.190	
Methionine....g	0.163		0		1		0.046	0.098	
Cystine....g	0.136		0		1		0.039	0.082	
Phenylalanine....g	0.359		0		1		0.102	0.215	
Tyrosine....g	0.269		0		1		0.076	0.161	
Valine....g	0.371		0		1		0.105	0.223	
Arginine....g	0.334		0		1		0.095	0.200	
Histidine....g	0.181		0		1		0.051	0.109	
Alanine....g	0.349		0		1		0.099	0.209	
Aspartic acid....g	0.488		0		1		0.138	0.293	
Glutamic acid....g	1.625		0		1		0.461	0.975	
Glycine....g	0.245		0		1		0.069	0.147	
Proline....g	0.621		0		1		0.176	0.373	
Serine....g	0.396		0		1		0.112	0.238	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 60g: 1 piece

Calories Factors: Protein Fat Carbohydrate

NDB No. 18023
Bread, cornbread, dry mix, prepared

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18412
Bread, cornbread, dry mix, unenriched (includes corn muffin mix)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	7.80	0.162	46		1		2.21	18.80	
Energy....kcal	418		0	NC	4		119	1007	
Energy....kj	1749				4		496	4215	
Protein (N x 5.7)....g	7.00	0.077	56		1		1.98	16.87	
Total lipid (fat)....g	12.20	0.128	54		1		3.46	29.40	
Ash....g	3.60	0.060	46		1		1.02	8.68	
Carbohydrate, by difference....g	69.50		0		4		19.70	167.50	
Fiber, total dietary....g	6.5		0	BFZN	4		1.8	15.7	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	57	3.755	29		1		16	137	
Iron, Fe....mg	0.59		0	BFZN	4		0.17	1.42	
Magnesium, Mg....mg	24	1.229	21		1		7	58	
Phosphorus, P....mg	489	11.566	45		1		139	1178	
Potassium, K....mg	113	3.064	43		1		32	272	
Sodium, Na....mg	1111	34.872	43		1		315	2678	
Zinc, Zn....mg	0.57	0.026	22		1		0.16	1.37	
Copper, Cu....mg	0.085	0.002	22		1		0.024	0.205	
Manganese, Mn....mg	0.315		2		1		0.089	0.759	
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	BFZN	4		0.0	0.2	
Thiamin....mg	0.046		0	BFZN	4		0.013	0.111	
Riboflavin....mg	0.020		0	BFZN	4		0.006	0.048	
Niacin....mg	0.937		0	BFZN	4		0.266	2.258	
Pantothenic acid....mg	0.480	0.079	20		1		0.136	1.157	
Vitamin B-6....mg	0.128	0.011	20		1		0.036	0.308	
Folate, total....mcg	11	0.918	13		1		3	27	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	11	0.918	13		1		3	27	
Folate, DFE....mcg_DFE	11		0	NC	4		3	27	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.09		0	BFZN	4		0.03	0.22	
Vitamin A, RAE....mcg_RAE	6		0	NC	4		2	14	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	115	33.732	3		1		33	277	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.091		0	BFZN	4		0.876	7.449	
4:0....g	0.004		0	BFZN	4		0.001	0.010	
6:0....g	0.003		0	BFZN	4		0.001	0.007	
8:0....g	0.001		0		4		0.000	0.002	
10:0....g	0.003		0	BFZN	4		0.001	0.007	
12:0....g	0.004		0	BFZN	4		0.001	0.010	
13:0....g									

NDB No. 18412

Bread, cornbread, dry mix, unenriched (includes corn muffin mix)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.070		0	BFZN	4		0.020	0.169	
15:0....g									
16:0....g	1.607		0	BFZN	4		0.456	3.873	
17:0....g									
18:0....g	1.393		0	BFZN	4		0.395	3.357	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.719		0	BFZN	4		1.905	16.193	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.004		0	BFZN	4		0.001	0.010	
17:1....g									
18:1 undifferentiated....g	6.714		0	BFZN	4		1.903	16.181	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.682		0	BFZN	4		0.477	4.054	
18:2 undifferentiated....g	1.599		0	BFZN	4		0.453	3.854	
18:3 undifferentiated....g	0.083		0	BFZN	4		0.024	0.200	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	2		0	BFZN	4		1	5	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.071		0		4		0.020	0.171	
Threonine....g	0.224		0		4		0.064	0.540	
Isoleucine....g	0.254		0		4		0.072	0.612	
Leucine....g	0.632		0		4		0.179	1.523	
Lysine....g	0.198		0		4		0.056	0.477	
Methionine....g	0.133		0		4		0.038	0.321	
Cystine....g	0.132		0		4		0.037	0.318	
Phenylalanine....g	0.343		0		4		0.097	0.827	
Tyrosine....g	0.241		0		4		0.068	0.581	
Valine....g	0.320		0		4		0.091	0.771	
Arginine....g	0.302		0		4		0.086	0.728	
Histidine....g	0.177		0		4		0.050	0.427	
Alanine....g	0.336		0		4		0.095	0.810	
Aspartic acid....g	0.382		0		4		0.108	0.921	
Glutamic acid....g	1.847		0		4		0.524	4.451	
Glycine....g	0.254		0		4		0.072	0.612	
Proline....g	0.715		0		4		0.203	1.723	
Serine....g	0.336		0		4		0.095	0.810	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 241g: 1 package (8.5 oz)

Calories Factors: Protein 4 **Fat** 8.4 **Carbohydrate** 4.1

NDB No. 18412
Bread, cornbread, dry mix, unenriched (includes corn muffin mix)

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18024

Bread, cornbread, prepared from recipe, made with low fat (2%) milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	39.10		0		1		11.08	25.42	
Energy kcal	266		0	NC	4		75	173	
Energy kj	1113				4		316	723	
Protein (N x 0) g	6.70		0		1		1.90	4.36	
Total lipid (fat) g	7.10		0		1		2.01	4.62	
Ash g	3.60		0		1		1.02	2.34	
Carbohydrate, by difference g	43.50		0	NC	4		12.33	28.28	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	249		0		1		71	162	
Iron, Fe mg	2.50		0		1		0.71	1.63	
Magnesium, Mg mg	25		0		1		7	16	
Phosphorus, P mg	169		0		1		48	110	
Potassium, K mg	147		0		1		42	96	
Sodium, Na mg	658		0		1		187	428	
Zinc, Zn mg	0.60		0		1		0.17	0.39	
Copper, Cu mg	0.051		0		1		0.014	0.033	
Manganese, Mn mg	0.118		0		1		0.033	0.077	
Selenium, Se mcg	10.1		0	RK	4		2.9	6.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.3		0		1		0.1	0.2	
Thiamin mg	0.291		0		1		0.082	0.189	
Riboflavin mg	0.294		0		1		0.083	0.191	
Niacin mg	2.254		0		1		0.639	1.465	
Pantothenic acid mg	0.339		0		1		0.096	0.220	
Vitamin B-6 mg	0.113		0		1		0.032	0.073	
Folate, total mcg	77		0	FLA	4		22	50	
Folic acid mcg	58		0	FLA	4		17	38	
Folate, food mcg	19		0		1		5	12	
Folate, DFE mcg_DFE	118		0	NC	4		34	77	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.15		0		1		0.04	0.10	
Vitamin A, RAE mcg_RAE									
Retinol mcg									
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	277		0		1		79	180	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	1.555		0		1		0.441	1.011	
4:0 g	0.027		0		1		0.008	0.018	
6:0 g	0.016		0		1		0.005	0.010	
8:0 g	0.010		0		1		0.003	0.007	
10:0 g	0.021		0		1		0.006	0.014	
12:0 g	0.025		0		1		0.007	0.016	
13:0 g									

NDB No. 18024

Bread, cornbread, prepared from recipe, made with low fat (2%) milk

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.093		0		1		0.026	0.060	
15:0....g									
16:0....g	0.991		0		1		0.281	0.644	
17:0....g									
18:0....g	0.362		0		1		0.103	0.235	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.830		0		1		0.519	1.190	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.056		0		1		0.016	0.036	
17:1....g									
18:1 undifferentiated....g	1.759		0		1		0.499	1.143	
20:1....g	0.012		0		1		0.003	0.008	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.206		0		1		0.909	2.084	
18:2 undifferentiated....g	2.841		0		1		0.805	1.847	
18:3 undifferentiated....g	0.349		0		1		0.099	0.227	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.012		0		1		0.003	0.008	
20:5 n-3....g	0.000		0		1		0.000	0.000	
22:5 n-3....g	0.000		0		1		0.000	0.000	
22:6 n-3....g	0.003		0		1		0.001	0.002	
Fatty acids, total trans....g									
Cholesterol....mg	40		0		1		11	26	
Phytosterols....mg	12		0		1		3	8	
Amino Acids:									
Tryptophan....g	0.067		0		1		0.019	0.044	
Threonine....g	0.259		0		1		0.073	0.168	
Isoleucine....g	0.290		0		1		0.082	0.189	
Leucine....g	0.678		0		1		0.192	0.441	
Lysine....g	0.296		0		1		0.084	0.192	
Methionine....g	0.152		0		1		0.043	0.099	
Cystine....g	0.117		0		1		0.033	0.076	
Phenylalanine....g	0.330		0		1		0.094	0.215	
Tyrosine....g	0.268		0		1		0.076	0.174	
Valine....g	0.357		0		1		0.101	0.232	
Arginine....g	0.312		0		1		0.088	0.203	
Histidine....g	0.181		0		1		0.051	0.118	
Alanine....g	0.372		0		1		0.105	0.242	
Aspartic acid....g	0.472		0		1		0.134	0.307	
Glutamic acid....g	1.376		0		1		0.390	0.894	
Glycine....g	0.231		0		1		0.065	0.150	
Proline....g	0.571		0		1		0.162	0.371	
Serine....g	0.356		0		1		0.101	0.231	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 65g: 1 piece

Calories Factors: Protein Fat Carbohydrate

NDB No. 18024

Bread, cornbread, prepared from recipe, made with low fat (2%) milk

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18025
Bread, cracked-wheat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	35.80	0.436	23		1		10.15	1.15	10.74
Energy....kcal	260		0	NC	4		74	8	78
Energy....kj	1088				4		308	35	326
Protein (N x 5.8)....g	8.70	0.159	27		1		2.47	0.28	2.61
Total lipid (fat)....g	3.90	0.171	27		1		1.11	0.12	1.17
Ash....g	2.10	0.059	19		1		0.60	0.07	0.63
Carbohydrate, by difference....g	49.50		0	NC	4		14.03	1.58	14.85
Fiber, total dietary....g	5.5		0		1		1.6	0.2	1.7
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	43	5.290	27		1		12	1	13
Iron, Fe....mg	2.81	0.185	26		1		0.80	0.09	0.84
Magnesium, Mg....mg	52	2.764	13		1		15	2	16
Phosphorus, P....mg	153	5.092	13		1		43	5	46
Potassium, K....mg	177	6.187	15		1		50	6	53
Sodium, Na....mg	538	11.700	21		1		153	17	161
Zinc, Zn....mg	1.24	0.065	13		1		0.35	0.04	0.37
Copper, Cu....mg	0.222	0.009	13		1		0.063	0.007	0.067
Manganese, Mn....mg	1.371	0.089	13		1		0.389	0.044	0.411
Selenium, Se....mcg	25.3	0.970	3	A	1		7.2	0.8	7.6
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin....mg	0.358	0.019	26		1		0.101	0.011	0.107
Riboflavin....mg	0.240	0.016	26		1		0.068	0.008	0.072
Niacin....mg	3.671	0.188	26		1		1.041	0.117	1.101
Pantothenic acid....mg	0.512	0.032	16		1		0.145	0.016	0.154
Vitamin B-6....mg	0.304	0.202	14		1		0.086	0.010	0.091
Folate, total....mcg	61		0	FLA	4		17	2	18
Folic acid....mcg	22		0	NC	4		6	1	7
Folate, food....mcg	39	3.367	11		1		11	1	12
Folate, DFE....mcg_DFE	76		0	NC	4		22	2	23
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.02		0	FLA	4		0.01	0.00	0.01
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	FLA	4		0	0	0
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.916		0		1		0.260	0.029	0.275
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.001		0		1		0.000	0.000	0.000
13:0....g									

NDB No. 18025
Bread, cracked-wheat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0 g	0.017		0		1		0.005	0.001	0.005
15:0 g									
16:0 g	0.509		0		1		0.144	0.016	0.153
17:0 g									
18:0 g	0.386		0		1		0.109	0.012	0.116
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.902		0		1		0.539	0.061	0.571
14:1 g									
15:1 g									
16:1 undifferentiated g	0.011		0		1		0.003	0.000	0.003
17:1 g									
18:1 undifferentiated g	1.892		0		1		0.536	0.061	0.568
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.682		0		1		0.193	0.022	0.205
18:2 undifferentiated g	0.648		0		1		0.184	0.021	0.194
18:3 undifferentiated g	0.033		0		1		0.009	0.001	0.010
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0	FLA	4		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.112		0		1		0.032	0.004	0.034
Threonine g	0.261		0		1		0.074	0.008	0.078
Isoleucine g	0.338		0		1		0.096	0.011	0.101
Leucine g	0.606		0		1		0.172	0.019	0.182
Lysine g	0.244		0		1		0.069	0.008	0.073
Methionine g	0.148		0		1		0.042	0.005	0.044
Cystine g	0.190		0		1		0.054	0.006	0.057
Phenylalanine g	0.419		0		1		0.119	0.013	0.126
Tyrosine g	0.253		0		1		0.072	0.008	0.076
Valine g	0.387		0		1		0.110	0.012	0.116
Arginine g	0.348		0		1		0.099	0.011	0.104
Histidine g	0.193		0		1		0.055	0.006	0.058
Alanine g	0.306		0		1		0.087	0.010	0.092
Aspartic acid g	0.433		0		1		0.123	0.014	0.130
Glutamic acid g	2.770		0		1		0.785	0.089	0.831
Glycine g	0.321		0		1		0.091	0.010	0.096
Proline g	0.922		0		1		0.261	0.030	0.277
Serine g	0.417		0		1		0.118	0.013	0.125
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18025
Bread, cracked-wheat

Measure 2 = 3.2g: 1 cubic inch
Measure 3 = 30g: 1 slice, large or thick

Calories Factors: **Protein** 3.8 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18027
Bread, egg

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	34.70		0		1		9.84	13.88	
Energy....kcal	283		0	NC	4		80	113	
Energy....kj	1185		0	NC	4		336	474	
Protein (N x 0)....g	9.50		0		1		2.69	3.80	
Total lipid (fat)....g	6.00		0		1		1.70	2.40	
Ash....g	1.80		0		1		0.51	0.72	
Carbohydrate, by difference....g	47.80		0	NC	4		13.55	19.12	
Fiber, total dietary....g	2.3		0		4		0.7	0.9	
Sugars, total....g	1.78		0	FLA	4		0.50	0.71	
Starch....g									
Minerals:									
Calcium, Ca....mg	93		0		1		26	37	
Iron, Fe....mg	3.04		0		1		0.86	1.22	
Magnesium, Mg....mg	19		0		1		5	8	
Phosphorus, P....mg	106		0		1		30	42	
Potassium, K....mg	115		0		1		33	46	
Sodium, Na....mg	492		0		1		139	197	
Zinc, Zn....mg	0.79		0		1		0.22	0.32	
Copper, Cu....mg	0.162		0		1		0.046	0.065	
Manganese, Mn....mg	0.500		0		1		0.142	0.200	
Selenium, Se....mcg	30.1		0	FLA	4		8.5	12.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.438		0		1		0.124	0.175	
Riboflavin....mg	0.436		0		1		0.124	0.174	
Niacin....mg	4.848		0		1		1.374	1.939	
Pantothenic acid....mg	0.282		0		1		0.080	0.113	
Vitamin B-6....mg	0.064		0		1		0.018	0.026	
Folate, total....mcg	105		0	CAZN	4		30	42	
Folic acid....mcg	35		0	NC	4		10	14	
Folate, food....mcg	70		0		1		20	28	
Folate, DFE....mcg_DFE	130		0	NC	4		37	52	
Choline, total....mg	84.0		0	FLC	4		23.8	33.6	
Betaine....mg									
Vitamin B-12....mcg	0.10		0		1		0.03	0.04	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	63		0	FLA	4		18	25	
Retinol....mcg	63		0	FLA	4		18	25	
Carotene, beta....mcg	0		0	FLA	4		0	0	
Carotene, alpha....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	211		0	FLA	4		60	85	
Lycopene....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....mcg	45		0	FLA	4		13	18	
Vitamin E (alpha-tocopherol)....mg	0.26		0	FLA	4		0.08	0.11	
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU	16		0	FLA	4		5	6	
Vitamin K (phylloquinone)....mcg	0.9		0	FLA	4		0.2	0.3	
Lipids:									
Fatty acids, total saturated....g	1.593		0	FLA	4		0.452	0.637	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.001		0	FLA	4		0.000	0.000	
10:0....g	0.001		0	FLA	4		0.000	0.000	

NDB No. 18027
Bread, egg

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.001		0	FLA	4		0.000	0.000	
13:0 g									
14:0 g	0.020		0	FLA	4		0.006	0.008	
15:0 g									
16:0 g	1.082		0	FLA	4		0.307	0.433	
17:0 g	0.006		0	FLA	4		0.002	0.002	
18:0 g	0.463		0	FLA	4		0.131	0.185	
20:0 g	0.003		0	FLA	4		0.001	0.001	
22:0 g	0.004		0	FLA	4		0.001	0.002	
24:0 g	0.001		0	FLA	4		0.000	0.000	
Fatty acids, total monounsaturated g	2.302		0	FLA	4		0.653	0.921	
14:1 g	0.003		0	FLA	4		0.001	0.001	
15:1 g									
16:1 undifferentiated g	0.108		0	FLA	4		0.031	0.043	
17:1 g									
18:1 undifferentiated g	2.182		0	FLA	4		0.619	0.873	
20:1 g	0.009		0	FLA	4		0.003	0.004	
22:1 undifferentiated g	0.001		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.106		0	FLA	4		0.314	0.442	
18:2 undifferentiated g	0.998		0	FLA	4		0.283	0.399	
18:3 undifferentiated g	0.048		0	FLA	4		0.014	0.019	
18:4 g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.046		0	FLA	4		0.013	0.018	
20:5 n-3 g	0.001		0	FLA	4		0.000	0.000	
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 g	0.012		0	FLA	4		0.003	0.005	
Fatty acids, total trans g									
Cholesterol mg	51		0		1		14	20	
Phytosterols mg	7		0		4		2	3	
Amino Acids:									
Tryptophan g	0.112		0		1		0.032	0.045	
Threonine g	0.306		0		1		0.087	0.122	
Isoleucine g	0.394		0		1		0.112	0.158	
Leucine g	0.692		0		1		0.196	0.277	
Lysine g	0.311		0		1		0.088	0.124	
Methionine g	0.189		0		1		0.054	0.076	
Cystine g	0.208		0		1		0.059	0.083	
Phenylalanine g	0.475		0		1		0.135	0.190	
Tyrosine g	0.292		0		1		0.083	0.117	
Valine g	0.443		0		1		0.126	0.177	
Arginine g	0.385		0		1		0.109	0.154	
Histidine g	0.210		0		1		0.060	0.084	
Alanine g	0.356		0		1		0.101	0.142	
Aspartic acid g	0.522		0		1		0.148	0.209	
Glutamic acid g	2.856		0		1		0.810	1.142	
Glycine g	0.336		0		1		0.095	0.134	
Proline g	0.947		0		1		0.268	0.379	
Serine g	0.501		0		1		0.142	0.200	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18027
Bread, egg

Measure 1 = 28.35g: 1 oz
Measure 2 = 40g: 1 slice (5" x 3" x 1/2")

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18028
Bread, egg, toasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	28.30		0		1		8.02	10.47	
Energy....kcal	315		0	NC	4		89	117	
Energy....kj	1318		0		4		374	488	
Protein (N x 0)....g	10.50		0		1		2.98	3.89	
Total lipid (fat)....g	6.60		0		1		1.87	2.44	
Ash....g	2.00		0		1		0.57	0.74	
Carbohydrate, by difference....g	52.60		0	NC	4		14.91	19.46	
Fiber, total dietary....g	2.5		0		4		0.7	0.9	
Sugars, total....g	1.94		0	RK	4		0.55	0.72	
Starch....g									
Minerals:									
Calcium, Ca....mg	102		0		1		29	38	
Iron, Fe....mg	3.34		0		1		0.95	1.24	
Magnesium, Mg....mg	21		0		1		6	8	
Phosphorus, P....mg	117		0		1		33	43	
Potassium, K....mg	126		0		1		36	47	
Sodium, Na....mg	540		0		1		153	200	
Zinc, Zn....mg	0.86		0		1		0.24	0.32	
Copper, Cu....mg	0.178		0		1		0.050	0.066	
Manganese, Mn....mg	0.549		0		1		0.156	0.203	
Selenium, Se....mcg	32.9		0	RK	4		9.3	12.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.385		0		1		0.109	0.142	
Riboflavin....mg	0.432		0		1		0.122	0.160	
Niacin....mg	4.795		0		1		1.359	1.774	
Pantothenic acid....mg	0.202		0		1		0.057	0.075	
Vitamin B-6....mg	0.064		0		1		0.018	0.024	
Folate, total....mcg	98		0	RK	4		28	36	
Folic acid....mcg	44		0		4		12	16	
Folate, food....mcg	54		0		1		15	20	
Folate, DFE....mcg_DFE	129		0	NC	4		37	48	
Choline, total....mg	91.9		0	RK	4		26.0	34.0	
Betaine....mg									
Vitamin B-12....mcg	0.11		0		1		0.03	0.04	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	69		0	NC	4		20	26	
Retinol....mcg	69		0	RK	4		20	26	
Carotene, beta....mcg	0		0	RK	4		0	0	
Carotene, alpha....mcg	0		0	RK	4		0	0	
Cryptoxanthin, beta....mcg	0		0	RK	4		0	0	
Vitamin A, IU....IU	231		0	NC	4		66	86	
Lycopene....mcg	0		0	RK	4		0	0	
Lutein + zeaxanthin....mcg	46		0	RK	4		13	17	
Vitamin E (alpha-tocopherol)....mg	0.29		0	RK	4		0.08	0.11	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.0		0	RK	4		0.3	0.4	
Lipids:									
Fatty acids, total saturated....g	1.616		0		1		0.458	0.598	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	

NDB No. 18028
Bread, egg, toasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.001		0		1		0.000	0.000	
13:0 g									
14:0 g	0.025		0		1		0.007	0.009	
15:0 g									
16:0 g	0.972		0		1		0.276	0.360	
17:0 g									
18:0 g	0.601		0		1		0.170	0.222	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.989		0		1		0.847	1.106	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.072		0		1		0.020	0.027	
17:1 g									
18:1 undifferentiated g	2.911		0		1		0.825	1.077	
20:1 g	0.004		0		1		0.001	0.001	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.149		0		1		0.326	0.425	
18:2 undifferentiated g	1.067		0		1		0.302	0.395	
18:3 undifferentiated g	0.057		0		1		0.016	0.021	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.019		0		1		0.005	0.007	
20:5 n-3 g	0.000		0		1		0.000	0.000	
22:5 n-3 g	0.000		0		1		0.000	0.000	
22:6 n-3 g	0.005		0		1		0.001	0.002	
Fatty acids, total trans g									
Cholesterol mg	56		0		1		16	21	
Phytosterols mg	8		0		1		2	3	
Amino Acids:									
Tryptophan g	0.123		0		1		0.035	0.046	
Threonine g	0.336		0		1		0.095	0.124	
Isoleucine g	0.433		0		1		0.123	0.160	
Leucine g	0.760		0		1		0.215	0.281	
Lysine g	0.342		0		1		0.097	0.127	
Methionine g	0.208		0		1		0.059	0.077	
Cystine g	0.229		0		1		0.065	0.085	
Phenylalanine g	0.522		0		1		0.148	0.193	
Tyrosine g	0.321		0		1		0.091	0.119	
Valine g	0.487		0		1		0.138	0.180	
Arginine g	0.423		0		1		0.120	0.157	
Histidine g	0.230		0		1		0.065	0.085	
Alanine g	0.391		0		1		0.111	0.145	
Aspartic acid g	0.574		0		1		0.163	0.212	
Glutamic acid g	3.139		0		1		0.890	1.161	
Glycine g	0.370		0		1		0.105	0.137	
Proline g	1.041		0		1		0.295	0.385	
Serine g	0.551		0		1		0.156	0.204	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	RK	4		0	0	
Theobromine mg	0		0	RK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18028
Bread, egg, toasted

Measure 1 = 28.35g: 1 oz
Measure 2 = 37g: 1 slice (5" x 3" x 1/2")

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18029
Bread, french or vienna (includes sourdough)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	27.81		2	A	1		8.90	17.80	26.70
Energy kcal	289		0	NC	4		93	185	278
Energy kj	1210		0	NC	4		387	774	1162
Protein g	11.75		2	A	1		3.76	7.52	11.28
Total lipid (fat) g	1.83		2	A	1		0.59	1.17	1.76
Ash g	2.18		2	A	1		0.70	1.39	2.09
Carbohydrate, by difference g	56.44		0	NC	4		18.06	36.12	54.18
Fiber, total dietary g	2.4		2	A	1		0.8	1.5	2.3
Sugars, total g	2.56		1	A	1		0.82	1.64	2.46
Starch g									
Minerals:									
Calcium, Ca mg	44		2	A	1		14	28	42
Iron, Fe mg	3.63		2	A	1		1.16	2.33	3.49
Magnesium, Mg mg	28		2	A	1		9	18	27
Phosphorus, P mg	114		2	A	1		36	73	109
Potassium, K mg	128		2	A	1		41	82	123
Sodium, Na mg	650		2	A	1		208	416	624
Zinc, Zn mg	0.93		2	A	1		0.30	0.59	0.89
Copper, Cu mg	0.136		2	A	1		0.044	0.087	0.131
Manganese, Mn mg	0.524		2	A	1		0.168	0.335	0.503
Selenium, Se mcg	27.1		2	A	1		8.7	17.4	26.1
Vitamins:									
Vitamin C, total ascorbic acid mg	0.2		2	A	1		0.1	0.1	0.2
Thiamin mg	0.433		2	A	1		0.139	0.277	0.416
Riboflavin mg	0.287		2	A	1		0.092	0.184	0.275
Niacin mg	4.760		2	A	1		1.523	3.046	4.570
Pantothenic acid mg	0.334		2	A	1		0.107	0.214	0.321
Vitamin B-6 mg	0.100		2	A	1		0.032	0.064	0.096
Folate, total mcg	148		1	AI	13		47	95	142
Folic acid mcg	117		0	FLA	4		37	75	112
Folate, food mcg	31	2.273	11		1		10	20	30
Folate, DFE mcg_DFE	230		0	NC	4		74	147	221
Choline, total mg	14.8		0	A	1		4.7	9.5	14.2
Betaine mg	55.1		0	A	1		17.6	35.3	52.9
Vitamin B-12 mcg	0.00		0		1		0.00	0.00	0.00
Vitamin B-12, added mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	0		0	FLA	4		0	0	0
Retinol mcg	0		0	FLA	4		0	0	0
Carotene, beta mcg	0		0	FLA	4		0	0	0
Carotene, alpha mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta mcg	0		0	FLA	4		0	0	0
Vitamin A, IU IU	0		0		1		0	0	0
Lycopene mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin mcg	12		0	FLA	4		4	8	12
Vitamin E (alpha-tocopherol) mg	0.18		2	A	1		0.06	0.12	0.18
Vitamin E, added mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	0.6		2	A	1		0.2	0.4	0.6
Lipids:									
Fatty acids, total saturated g	0.497		0	NC	4		0.159	0.318	0.477
4:0 g	0.000		0	FLA	4		0.000	0.000	0.000
6:0 g	0.000		0	FLA	4		0.000	0.000	0.000
8:0 g	0.000		2	A	1		0.000	0.000	0.000
10:0 g	0.000		2	A	1		0.000	0.000	0.000

NDB No. 18029

Bread, french or vienna (includes sourdough)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		2	A	1		0.000	0.000	0.000
13:0 g									
14:0 g	0.000		2	A	1		0.000	0.000	0.000
15:0 g	0.000		2	A	1		0.000	0.000	0.000
16:0 g	0.327		2	A	1		0.105	0.209	0.314
17:0 g	0.001		2	A	1		0.000	0.001	0.001
18:0 g	0.158		2	A	1		0.051	0.101	0.152
20:0 g	0.004		2	A	1		0.001	0.003	0.004
22:0 g	0.007		2	A	1		0.002	0.004	0.007
24:0 g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total monounsaturated g	0.347		0	NC	4		0.111	0.222	0.333
14:1 g	0.000		2	A	1		0.000	0.000	0.000
15:1 g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated g	0.015		2	A	1		0.005	0.010	0.014
17:1 g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated g	0.325		2	A	1		0.104	0.208	0.312
20:1 g	0.008		2	A	1		0.002	0.005	0.007
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.787		0	NC	4		0.252	0.504	0.756
18:2 undifferentiated g	0.740		2	A	1		0.237	0.474	0.710
18:3 undifferentiated g	0.047		0	AS	1		0.015	0.030	0.046
18:3 n-3 c,c,c g	0.047		2	A	1		0.015	0.030	0.046
18:3 n-6 c,c,c g	0.000		2	A	1		0.000	0.000	0.000
18:3i g									
18:4 g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated g	0.000		2	A	1		0.000	0.000	0.000
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000		2	A	1		0.000	0.000	0.000
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0	FLA	4		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.121		0	FLA	4		0.039	0.077	0.116
Threonine g	0.284		0	FLA	4		0.091	0.182	0.273
Isoleucine g	0.374		0	FLA	4		0.120	0.239	0.359
Leucine g	0.686		0	FLA	4		0.219	0.439	0.658
Lysine g	0.295		0	FLA	4		0.094	0.189	0.283
Methionine g	0.152		0	FLA	4		0.049	0.097	0.146
Cystine g	0.235		0	FLA	4		0.075	0.150	0.225
Phenylalanine g	0.489		0	FLA	4		0.156	0.313	0.469
Tyrosine g	0.188		0	FLA	4		0.060	0.120	0.180
Valine g	0.428		0	FLA	4		0.137	0.274	0.411
Arginine g	0.365		0	FLA	4		0.117	0.234	0.351
Histidine g	0.211		0	FLA	4		0.067	0.135	0.202
Alanine g	0.325		0	FLA	4		0.104	0.208	0.312
Aspartic acid g	0.446		0	FLA	4		0.143	0.286	0.429
Glutamic acid g	3.287		0	FLA	4		1.052	2.104	3.156
Glycine g	0.363		0	FLA	4		0.116	0.232	0.348
Proline g	1.112		0	FLA	4		0.356	0.712	1.067
Serine g	0.451		0	FLA	4		0.144	0.289	0.433
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	FLA	4		0.0	0.0	0.0

NDB No. 18029
Bread, french or vienna (includes sourdough)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Caffeine....mg	0		0	FLA	4		0	0	0
Theobromine....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: 1 slice, small (2" x 2-1/2" x 1-3/4")

Measure 2 = 64g: 1 slice, medium (4" x 2-1/2" x 1-3/4")

Measure 3 = 96g: 1 slice, large (6" x 2-1/2" x 1-3/4")

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18030
Bread, french or vienna, toasted (includes sourdough)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	20.61		2	A	1		5.98	12.16	18.14
Energy kcal	319		0	NC	4		93	188	281
Energy kj	1335		0	NC	4		387	787	1175
Protein g	13.00		2	A	1		3.77	7.67	11.44
Total lipid (fat) g	2.14		2	A	1		0.62	1.26	1.89
Ash g	2.31		2	A	1		0.67	1.37	2.04
Carbohydrate, by difference g	61.93		0	NC	4		17.96	36.54	54.49
Fiber, total dietary g	3.1		2	A	1		0.9	1.9	2.8
Sugars, total g	3.59		2	A	1		1.04	2.12	3.16
Starch g									
Minerals:									
Calcium, Ca mg	47		2	A	1		14	28	42
Iron, Fe mg	3.87		2	A	1		1.12	2.28	3.41
Magnesium, Mg mg	31		2	A	1		9	18	27
Phosphorus, P mg	126		2	A	1		36	74	110
Potassium, K mg	140		2	A	1		41	83	123
Sodium, Na mg	720		2	A	1		209	425	634
Zinc, Zn mg	1.05		2	A	1		0.30	0.62	0.92
Copper, Cu mg	0.150		2	A	1		0.044	0.089	0.132
Manganese, Mn mg	0.573		2	A	1		0.166	0.338	0.504
Selenium, Se mcg	29.7		2	A	1		8.6	17.5	26.1
Vitamins:									
Vitamin C, total ascorbic acid mg	0.2		2	A	1		0.0	0.1	0.1
Thiamin mg	0.427		2	A	1		0.124	0.252	0.376
Riboflavin mg	0.370		2	A	1		0.107	0.218	0.325
Niacin mg	5.380		2	A	1		1.560	3.174	4.734
Pantothenic acid mg	0.616		2	A	1		0.179	0.364	0.542
Vitamin B-6 mg	0.096		2	A	1		0.028	0.057	0.085
Folate, total mcg	140		0	RK	4		41	82	123
Folic acid mcg	111		0	RK	4		32	65	97
Folate, food mcg	29		0	RK	4		8	17	26
Folate, DFE mcg_DFE	217		0	NC	4		63	128	191
Choline, total mg	17.5		0	A	1		5.1	10.3	15.4
Betaine mg	58.6		0	A	1		17.0	34.6	51.6
Vitamin B-12 mcg	0.00		0	RK	4		0.00	0.00	0.00
Vitamin B-12, added mcg	0.00		0	RK	4		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	0		0	RK	4		0	0	0
Retinol mcg	0		0	RK	4		0	0	0
Carotene, beta mcg	0		0	RK	4		0	0	0
Carotene, alpha mcg	0		0	RK	4		0	0	0
Cryptoxanthin, beta mcg	0		0	RK	4		0	0	0
Vitamin A, IU IU	0		0	RK	4		0	0	0
Lycopene mcg	0		0	RK	4		0	0	0
Lutein + zeaxanthin mcg	13		0	RK	4		4	8	11
Vitamin E (alpha-tocopherol) mg	0.19		2	A	1		0.06	0.12	0.17
Vitamin E, added mg	0.00		0	RK	4		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	0.5		2	A	1		0.1	0.3	0.4
Lipids:									
Fatty acids, total saturated g	0.502		0	NC	4		0.146	0.296	0.442
4:0 g	0.000		0	RK	4		0.000	0.000	0.000
6:0 g	0.000		0	RK	4		0.000	0.000	0.000
8:0 g	0.000		2	A	1		0.000	0.000	0.000
10:0 g	0.000		2	A	1		0.000	0.000	0.000

NDB No. 18030

Bread, french or vienna, toasted (includes sourdough)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		2	A	1		0.000	0.000	0.000
13:0 g									
14:0 g	0.000		2	A	1		0.000	0.000	0.000
15:0 g	0.000		2	A	1		0.000	0.000	0.000
16:0 g	0.326		2	A	1		0.094	0.192	0.286
17:0 g	0.001		2	A	1		0.000	0.001	0.001
18:0 g	0.164		2	A	1		0.048	0.097	0.144
20:0 g	0.004		2	A	1		0.001	0.003	0.004
22:0 g	0.007		2	A	1		0.002	0.004	0.006
24:0 g	0.000		0	RK	4		0.000	0.000	0.000
Fatty acids, total monounsaturated g	0.386		0	NC	4		0.112	0.228	0.340
14:1 g	0.000		2	A	1		0.000	0.000	0.000
15:1 g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated g	0.016		2	A	1		0.004	0.009	0.014
17:1 g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated g	0.362		2	A	1		0.105	0.214	0.319
20:1 g	0.008		2	A	1		0.002	0.005	0.007
22:1 undifferentiated g	0.000		0	RK	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.830		0	NC	4		0.241	0.489	0.730
18:2 undifferentiated g	0.780		2	A	1		0.226	0.460	0.686
18:3 undifferentiated g	0.050		0	AS	1		0.015	0.030	0.044
18:3 n-3 c,c,c g	0.050		2	A	1		0.015	0.030	0.044
18:3 n-6 c,c,c g	0.000		2	A	1		0.000	0.000	0.000
18:3i g									
18:4 g	0.000		0	RK	4		0.000	0.000	0.000
20:2 n-6 c,c g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated g	0.000		2	A	1		0.000	0.000	0.000
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000		2	A	1		0.000	0.000	0.000
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 g	0.000		0	RK	4		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 g	0.000		0	RK	4		0.000	0.000	0.000
22:6 n-3 g	0.000		0	RK	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0	RK	4		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.134		0	RK	4		0.039	0.079	0.118
Threonine g	0.316		0	RK	4		0.092	0.186	0.278
Isoleucine g	0.416		0	RK	4		0.121	0.245	0.366
Leucine g	0.762		0	RK	4		0.221	0.450	0.671
Lysine g	0.328		0	RK	4		0.095	0.193	0.289
Methionine g	0.168		0	RK	4		0.049	0.099	0.148
Cystine g	0.261		0	RK	4		0.076	0.154	0.229
Phenylalanine g	0.543		0	RK	4		0.158	0.321	0.478
Tyrosine g	0.208		0	RK	4		0.060	0.123	0.183
Valine g	0.476		0	RK	4		0.138	0.281	0.419
Arginine g	0.406		0	RK	4		0.118	0.239	0.357
Histidine g	0.234		0	RK	4		0.068	0.138	0.206
Alanine g	0.361		0	RK	4		0.105	0.213	0.318
Aspartic acid g	0.496		0	RK	4		0.144	0.293	0.436
Glutamic acid g	3.652		0	RK	4		1.059	2.155	3.214
Glycine g	0.403		0	RK	4		0.117	0.238	0.355
Proline g	1.235		0	RK	4		0.358	0.729	1.087
Serine g	0.501		0	RK	4		0.145	0.296	0.441
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	RK	4		0.0	0.0	0.0

NDB No. 18030

Bread, french or vienna, toasted (includes sourdough)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Caffeine....mg	0		0	RK	4		0	0	0
Theobromine....mg	0		0	RK	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 1 slice, small

Measure 2 = 59g: 1 slice, medium

Measure 3 = 88g: 1 slice, large

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18032
Bread, irish soda, prepared from recipe

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	30.10		0		1		8.53		
Energy kcal	290		0	NC	4		82		
Energy kj	1213				4		344		
Protein g	6.60		0		1		1.87		
Total lipid (fat) g	5.00		0		1		1.42		
Ash g	1.90		0		1		0.54		
Carbohydrate, by difference g	56.00		0	NC	4		15.88		
Fiber, total dietary g	2.6		0		4		0.7		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	81		0		1		23		
Iron, Fe mg	2.69		0		1		0.76		
Magnesium, Mg mg	23		0		1		7		
Phosphorus, P mg	114		0		1		32		
Potassium, K mg	266		0		1		75		
Sodium, Na mg	398		0		1		113		
Zinc, Zn mg	0.57		0		1		0.16		
Copper, Cu mg	0.130		0		1		0.037		
Manganese, Mn mg	0.355		0		1		0.101		
Selenium, Se mcg	16.0		0	RA	4		4.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.8		0		1		0.2		
Thiamin mg	0.298		0		1		0.084		
Riboflavin mg	0.269		0		1		0.076		
Niacin mg	2.405		0		1		0.682		
Pantothenic acid mg	0.250		0		1		0.071		
Vitamin B-6 mg	0.083		0		1		0.024		
Folate, total mcg	47		0	RA	4		13		
Folic acid mcg	37		0	NC	4		10		
Folate, food mcg	10		0		1		3		
Folate, DFE mcg_DFE	73		0	NC	4		21		
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.05		0		1		0.01		
Vitamin A, RAE mcg_RAE	48		0	NC	4		13		
Retinol mcg	45		0	NC	4		13		
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	194		0		1		55		
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	1.111		0		1		0.315		
4:0 g	0.008		0		1		0.002		
6:0 g	0.005		0		1		0.001		
8:0 g	0.003		0		1		0.001		
10:0 g	0.006		0		1		0.002		
12:0 g	0.007		0		1		0.002		
13:0 g									

NDB No. 18032
Bread, irish soda, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.036		0		1		0.010		
15:0....g									
16:0....g	0.698		0		1		0.198		
17:0....g									
18:0....g	0.342		0		1		0.097		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.999		0		1		0.567		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.018		0		1		0.005		
17:1....g									
18:1 undifferentiated....g	1.976		0		1		0.560		
20:1....g	0.001		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.478		0		1		0.419		
18:2 undifferentiated....g	1.396		0		1		0.396		
18:3 undifferentiated....g	0.074		0		1		0.021		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.006		0		1		0.002		
20:5 n-3....g	0.000		0		1		0.000		
22:5 n-3....g	0.000		0		1		0.000		
22:6 n-3....g	0.002		0		1		0.001		
Fatty acids, total trans....g									
Cholesterol....mg	18		0		1		5		
Phytosterols....mg	13		0		1		4		
Amino Acids:									
Tryptophan....g	0.072		0		1		0.020		
Threonine....g	0.201		0		1		0.057		
Isoleucine....g	0.234		0		1		0.066		
Leucine....g	0.436		0		1		0.124		
Lysine....g	0.219		0		1		0.062		
Methionine....g	0.138		0		1		0.039		
Cystine....g	0.122		0		1		0.035		
Phenylalanine....g	0.300		0		1		0.085		
Tyrosine....g	0.201		0		1		0.057		
Valine....g	0.283		0		1		0.080		
Arginine....g	0.290		0		1		0.082		
Histidine....g	0.159		0		1		0.045		
Alanine....g	0.226		0		1		0.064		
Aspartic acid....g	0.390		0		1		0.111		
Glutamic acid....g	1.825		0		1		0.517		
Glycine....g	0.188		0		1		0.053		
Proline....g	0.597		0		1		0.169		
Serine....g	0.296		0		1		0.084		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18032
Bread, irish soda, prepared from recipe

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18033
Bread, italian

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	35.70	0.632	36		1		10.12	10.71	7.14
Energy....kcal	271		0	NC	4		77	81	54
Energy....kj	1134		0		4		321	340	227
Protein (N x 5.7)....g	8.80	0.196	38		1		2.49	2.64	1.76
Total lipid (fat)....g	3.50	0.124	38		1		0.99	1.05	0.70
Ash....g	1.90	0.047	35		1		0.54	0.57	0.38
Carbohydrate, by difference....g	50.00		0	NC	4		14.18	15.00	10.00
Fiber, total dietary....g	2.7		0		1		0.8	0.8	0.5
Sugars, total....g	0.83		0	FLA	4		0.23	0.25	0.17
Starch....g									
Minerals:									
Calcium, Ca....mg	78	4.522	37		1		22	23	16
Iron, Fe....mg	2.94	0.128	35		1		0.83	0.88	0.59
Magnesium, Mg....mg	27	1.670	11		1		8	8	5
Phosphorus, P....mg	103	5.156	11		1		29	31	21
Potassium, K....mg	110	2.870	13		1		31	33	22
Sodium, Na....mg	584	29.851	17		1		166	175	117
Zinc, Zn....mg	0.86	0.080	13		1		0.24	0.26	0.17
Copper, Cu....mg	0.191	0.010	11		1		0.054	0.057	0.038
Manganese, Mn....mg	0.464	0.021	10		1		0.132	0.139	0.093
Selenium, Se....mcg	27.2	2.578	7	A	1		7.7	8.2	5.4
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.473	0.014	27		1		0.134	0.142	0.095
Riboflavin....mg	0.292	0.014	27		1		0.083	0.088	0.058
Niacin....mg	4.381	0.140	27		1		1.242	1.314	0.876
Pantothenic acid....mg	0.378	0.014	11		1		0.107	0.113	0.076
Vitamin B-6....mg	0.048	0.003	11		1		0.014	0.014	0.010
Folate, total....mcg	191		1	AI	13		54	57	38
Folic acid....mcg	161		0		4		46	48	32
Folate, food....mcg	30	2.014	11		1		9	9	6
Folate, DFE....mcg_DFE	304		0	NC	4		86	91	61
Choline, total....mg	14.8		0	BFZN	4		4.2	4.4	3.0
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	0
Retinol....mcg	0		0	FLA	4		0	0	0
Carotene, beta....mcg	0		0	FLA	4		0	0	0
Carotene, alpha....mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	0
Vitamin A, IU....IU	0		0		1		0	0	0
Lycopene....mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....mcg	48		0	FLA	4		14	14	10
Vitamin E (alpha-tocopherol)....mg	0.29		0	FLA	4		0.08	0.09	0.06
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.2		0	FLA	4		0.3	0.4	0.2
Lipids:									
Fatty acids, total saturated....g	0.855		0		1		0.242	0.257	0.171
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000

NDB No. 18033
Bread, italian

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0		1		0.000	0.000	0.000
13:0 g									
14:0 g	0.011		0		1		0.003	0.003	0.002
15:0 g									
16:0 g	0.712		0		1		0.202	0.214	0.142
17:0 g									
18:0 g	0.131		0		1		0.037	0.039	0.026
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.812		0		1		0.230	0.244	0.162
14:1 g									
15:1 g									
16:1 undifferentiated g	0.013		0		1		0.004	0.004	0.003
17:1 g									
18:1 undifferentiated g	0.799		0		1		0.227	0.240	0.160
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	1.390		0		1		0.394	0.417	0.278
18:2 undifferentiated g	1.290		0		1		0.366	0.387	0.258
18:3 undifferentiated g	0.100		0		1		0.028	0.030	0.020
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		1		1		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.103		0		1		0.029	0.031	0.021
Threonine g	0.245		0		1		0.069	0.074	0.049
Isoleucine g	0.333		0		1		0.094	0.100	0.067
Leucine g	0.614		0		1		0.174	0.184	0.123
Lysine g	0.197		0		1		0.056	0.059	0.039
Methionine g	0.156		0		1		0.044	0.047	0.031
Cystine g	0.193		0		1		0.055	0.058	0.039
Phenylalanine g	0.433		0		1		0.123	0.130	0.087
Tyrosine g	0.248		0		1		0.070	0.074	0.050
Valine g	0.376		0		1		0.107	0.113	0.075
Arginine g	0.316		0		1		0.090	0.095	0.063
Histidine g	0.188		0		1		0.053	0.056	0.038
Alanine g	0.284		0		1		0.081	0.085	0.057
Aspartic acid g	0.379		0		1		0.107	0.114	0.076
Glutamic acid g	2.990		0		1		0.848	0.897	0.598
Glycine g	0.307		0		1		0.087	0.092	0.061
Proline g	1.004		0		1		0.285	0.301	0.201
Serine g	0.426		0		1		0.121	0.128	0.085
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	FLA	4		0	0	0
Theobromine mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18033
Bread, italian

Measure 1 = 28.35g: 1 oz
Measure 2 = 30g: 1 slice, large (4-1/2" x 3-1/4" x 3/4")
Measure 3 = 20g: 1 slice, medium

Calories Factors: **Protein** 4 **Fat** 8.7 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18037
Bread, oat bran

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	44.00		1		1		12.47	13.20	
Energy kcal	236		0	NC	4		67	71	
Energy kj	987		0		4		280	296	
Protein (N x 5.8) g	10.40	1.459	3		1		2.95	3.12	
Total lipid (fat) g	4.40	0.706	3		1		1.25	1.32	
Ash g	1.50		1		1		0.43	0.45	
Carbohydrate, by difference g	39.80		0		4		11.28	11.94	
Fiber, total dietary g	4.5		0		4		1.3	1.4	
Sugars, total g	7.70		0	FLC	4		2.18	2.31	
Starch g									
Minerals:									
Calcium, Ca mg	65	6.966	3		1		18	20	
Iron, Fe mg	3.12		2		1		0.88	0.94	
Magnesium, Mg mg	35		0	FLA	4		10	11	
Phosphorus, P mg	141		0	FLA	4		40	42	
Potassium, K mg	147		0	FLA	4		42	44	
Sodium, Na mg	407		2		1		115	122	
Zinc, Zn mg	0.89		0	FLA	4		0.25	0.27	
Copper, Cu mg	0.135		0	FLA	4		0.038	0.041	
Manganese, Mn mg	0.779		0	FLA	4		0.221	0.234	
Selenium, Se mcg	30.0		0	FLA	4		8.5	9.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	FLA	4		0.0	0.0	
Thiamin mg	0.504		2		1		0.143	0.151	
Riboflavin mg	0.346		2		1		0.098	0.104	
Niacin mg	4.831		2		1		1.370	1.449	
Pantothenic acid mg	0.581		0	FLA	4		0.165	0.174	
Vitamin B-6 mg	0.073		0	FLA	4		0.021	0.022	
Folate, total mcg	81		0	CAZN	4		23	24	
Folic acid mcg	56		0	NC	4		16	17	
Folate, food mcg	25		0		4		7	8	
Folate, DFE mcg_DFE	120		0	NC	4		34	36	
Choline, total mg	14.6		0	BFZN	4		4.1	4.4	
Betaine mg									
Vitamin B-12 mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	2		0	NC	4		0	0	
Retinol mcg	2		0	FLC	4		0	0	
Carotene, beta mcg	0		0	FLC	4		0	0	
Carotene, alpha mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta mcg	0		0	FLC	4		0	0	
Vitamin A, IU IU	5		0	FLA	4		1	2	
Lycopene mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin mcg	46		0	FLC	4		13	14	
Vitamin E (alpha-tocopherol) mg	0.44		0	FLC	4		0.12	0.13	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	1.2		0	FLC	4		0.3	0.4	
Lipids:									
Fatty acids, total saturated g	0.697		0		4		0.198	0.209	
4:0 g	0.000		0		4		0.000	0.000	
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.000		0		4		0.000	0.000	

NDB No. 18037
Bread, oat bran

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.002		0		4		0.001	0.001	
13:0 g									
14:0 g	0.005		0		4		0.001	0.002	
15:0 g									
16:0 g	0.526		0		4		0.149	0.158	
17:0 g									
18:0 g	0.157		0		4		0.045	0.047	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.590		0		4		0.451	0.477	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.030		0		4		0.009	0.009	
17:1 g									
18:1 undifferentiated g	1.560		0		4		0.442	0.468	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.694		0		4		0.480	0.508	
18:2 undifferentiated g	1.590		0		4		0.451	0.477	
18:3 undifferentiated g	0.103		0		4		0.029	0.031	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 g	0.000		0		4		0.000	0.000	
22:5 n-3 g	0.000		0		4		0.000	0.000	
22:6 n-3 g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		2		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.131		0		4		0.037	0.039	
Threonine g	0.299		0		4		0.085	0.090	
Isoleucine g	0.399		0		4		0.113	0.120	
Leucine g	0.733		0		4		0.208	0.220	
Lysine g	0.297		0		4		0.084	0.089	
Methionine g	0.179		0		4		0.051	0.054	
Cystine g	0.234		0		4		0.066	0.070	
Phenylalanine g	0.518		0		4		0.147	0.155	
Tyrosine g	0.324		0		4		0.092	0.097	
Valine g	0.461		0		4		0.131	0.138	
Arginine g	0.445		0		4		0.126	0.134	
Histidine g	0.225		0		4		0.064	0.068	
Alanine g	0.370		0		4		0.105	0.111	
Aspartic acid g	0.547		0		4		0.155	0.164	
Glutamic acid g	3.162		0		4		0.896	0.949	
Glycine g	0.395		0		4		0.112	0.119	
Proline g	1.055		0		4		0.299	0.317	
Serine g	0.502		0		4		0.142	0.151	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLC	4		0	0	
Theobromine mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18037
Bread, oat bran

Measure 1 = 28.35g: 1 oz
Measure 2 = 30g: 1 slice

Calories Factors: **Protein** 3.7 **Fat** 8.7 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18038
Bread, oat bran, toasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	38.50		0		4		10.91	10.40	
Energy kcal	259		0		4		73	70	
Energy kj	1084		0		4		307	293	
Protein (N x 0) g	11.40		0		4		3.23	3.08	
Total lipid (fat) g	4.80		0		4		1.36	1.30	
Ash g	1.60		0		4		0.45	0.43	
Carbohydrate, by difference g	43.70		0		4		12.39	11.80	
Fiber, total dietary g	4.9		0		4		1.4	1.3	
Sugars, total g	8.46		0	RK	4		2.40	2.29	
Starch g									
Minerals:									
Calcium, Ca mg	71		0		4		20	19	
Iron, Fe mg	3.43		0		4		0.97	0.93	
Magnesium, Mg mg	34		0		4		10	9	
Phosphorus, P mg	116		0		4		33	31	
Potassium, K mg	123		0		4		35	33	
Sodium, Na mg	448		0		4		127	121	
Zinc, Zn mg	1.05		0		4		0.30	0.28	
Copper, Cu mg	0.128		0		4		0.036	0.035	
Manganese, Mn mg	0.760		0		4		0.215	0.205	
Selenium, Se mcg	33.0		0	RK	4		9.4	8.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		4		0.0	0.0	
Thiamin mg	0.443		0		4		0.126	0.120	
Riboflavin mg	0.343		0		4		0.097	0.093	
Niacin mg	4.778		0		4		1.355	1.290	
Pantothenic acid mg	0.114		0		4		0.032	0.031	
Vitamin B-6 mg	0.040		0		4		0.011	0.011	
Folate, total mcg	69		0	FLA	4		20	19	
Folic acid mcg	50		0	NC	4		14	14	
Folate, food mcg	19		0		4		5	5	
Folate, DFE mcg_DFE	104		0	NC	4		29	28	
Choline, total mg	16.1		0	RK	4		4.6	4.3	
Betaine mg									
Vitamin B-12 mcg	0.00		0		4		0.00	0.00	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	2		0	NC	4		0	0	
Retinol mcg	2		0	RK	4		0	0	
Carotene, beta mcg	0		0	RK	4		0	0	
Carotene, alpha mcg	0		0	RK	4		0	0	
Cryptoxanthin, beta mcg	0		0	RK	4		0	0	
Vitamin A, IU IU	5		0		4		1	1	
Lycopene mcg	0		0	RK	4		0	0	
Lutein + zeaxanthin mcg	48		0	RK	4		13	13	
Vitamin E (alpha-tocopherol) mg	0.48		0	RK	4		0.14	0.13	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	1.3		0	RK	4		0.4	0.3	
Lipids:									
Fatty acids, total saturated g	0.766		0		4		0.217	0.207	
4:0 g	0.000		0		4		0.000	0.000	
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.000		0		4		0.000	0.000	

NDB No. 18038
Bread, oat bran, toasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.002		0		4		0.001	0.001	
13:0 g									
14:0 g	0.006		0		4		0.002	0.002	
15:0 g									
16:0 g	0.578		0		4		0.164	0.156	
17:0 g									
18:0 g	0.172		0		4		0.049	0.046	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.748		0		4		0.496	0.472	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.033		0		4		0.009	0.009	
17:1 g									
18:1 undifferentiated g	1.714		0		4		0.486	0.463	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.861		0		4		0.528	0.502	
18:2 undifferentiated g	1.748		0		4		0.496	0.472	
18:3 undifferentiated g	0.114		0		4		0.032	0.031	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 g	0.000		0		4		0.000	0.000	
22:5 n-3 g	0.000		0		4		0.000	0.000	
22:6 n-3 g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.143		0		4		0.041	0.039	
Threonine g	0.328		0		4		0.093	0.089	
Isoleucine g	0.438		0		4		0.124	0.118	
Leucine g	0.805		0		4		0.228	0.217	
Lysine g	0.326		0		4		0.092	0.088	
Methionine g	0.196		0		4		0.056	0.053	
Cystine g	0.257		0		4		0.073	0.069	
Phenylalanine g	0.570		0		4		0.162	0.154	
Tyrosine g	0.356		0		4		0.101	0.096	
Valine g	0.507		0		4		0.144	0.137	
Arginine g	0.489		0		4		0.139	0.132	
Histidine g	0.248		0		4		0.070	0.067	
Alanine g	0.407		0		4		0.115	0.110	
Aspartic acid g	0.601		0		4		0.170	0.162	
Glutamic acid g	3.475		0		4		0.985	0.938	
Glycine g	0.434		0		4		0.123	0.117	
Proline g	1.159		0		4		0.329	0.313	
Serine g	0.552		0		4		0.156	0.149	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	RK	4		0	0	
Theobromine mg	0		0	RK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18038
Bread, oat bran, toasted

Measure 1 = 28.35g: 1 oz
Measure 2 = 27g: 1 slice

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18039
Bread, oatmeal

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	36.70	0.446	14		1		10.40	9.91	
Energy kcal	269		0	NC	4		76	73	
Energy kj	1125		0		4		319	304	
Protein (N x 5.8) g	8.40	0.183	24		1		2.38	2.27	
Total lipid (fat) g	4.40	0.151	24		1		1.25	1.19	
Ash g	2.00	0.057	12		1		0.57	0.54	
Carbohydrate, by difference g	48.50		0		4		13.75	13.10	
Fiber, total dietary g	4.0		0		1		1.1	1.1	
Sugars, total g	8.14		0	FLA	4		2.31	2.20	
Starch g									
Minerals:									
Calcium, Ca mg	66	3.749	23		1		19	18	
Iron, Fe mg	2.70	0.068	23		1		0.77	0.73	
Magnesium, Mg mg	37	2.606	10		1		10	10	
Phosphorus, P mg	126	5.457	10		1		36	34	
Potassium, K mg	142	9.030	12		1		40	38	
Sodium, Na mg	599	19.636	21		1		170	162	
Zinc, Zn mg	1.02	0.051	11		1		0.29	0.28	
Copper, Cu mg	0.209	0.009	10		1		0.059	0.056	
Manganese, Mn mg	0.940	0.055	10		1		0.266	0.254	
Selenium, Se mcg	24.6		0	FLA	4		7.0	6.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	FLA	4		0.0	0.0	
Thiamin mg	0.399	0.018	23		1		0.113	0.108	
Riboflavin mg	0.240	0.006	23		1		0.068	0.065	
Niacin mg	3.136	0.072	23		1		0.889	0.847	
Pantothenic acid mg	0.341	0.013	10		1		0.097	0.092	
Vitamin B-6 mg	0.068	0.009	10		1		0.019	0.018	
Folate, total mcg	62		0	FLA	4		18	17	
Folic acid mcg	35		0	NC	4		10	9	
Folate, food mcg	27	2.012	10		1		8	7	
Folate, DFE mcg_DFE	87		0	NC	4		25	23	
Choline, total mg	14.6		0	FLC	4		4.1	3.9	
Betaine mg									
Vitamin B-12 mcg	0.03		0	FLA	4		0.01	0.01	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	5		0	NC	4		1	1	
Retinol mcg	5		0	FLA	4		1	1	
Carotene, beta mcg	0		0	FLA	4		0	0	
Carotene, alpha mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta mcg	0		0	FLA	4		0	0	
Vitamin A, IU IU	16		0	NC	4		4	4	
Lycopene mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin mcg	72		0	FLA	4		21	20	
Vitamin E (alpha-tocopherol) mg	0.48		0	FLA	4		0.14	0.13	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	1.5		0	FLA	4		0.4	0.4	
Lipids:									
Fatty acids, total saturated g	0.703		0		4		0.199	0.190	
4:0 g	0.000		0		4		0.000	0.000	
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.000		0		4		0.000	0.000	

NDB No. 18039
Bread, oatmeal

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.005		0		4		0.001	0.001	
13:0 g									
14:0 g	0.007		0		4		0.002	0.002	
15:0 g									
16:0 g	0.527		0		4		0.149	0.142	
17:0 g									
18:0 g	0.148		0		4		0.042	0.040	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.578		0		4		0.447	0.426	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.023		0		4		0.007	0.006	
17:1 g									
18:1 undifferentiated g	1.555		0		4		0.441	0.420	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.702		0		4		0.483	0.460	
18:2 undifferentiated g	1.603		0		4		0.454	0.433	
18:3 undifferentiated g	0.100		0		4		0.028	0.027	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 g	0.000		0		4		0.000	0.000	
22:5 n-3 g	0.000		0		4		0.000	0.000	
22:6 n-3 g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0	FLA	4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.116		0		4		0.033	0.031	
Threonine g	0.247		0		4		0.070	0.067	
Isoleucine g	0.325		0		4		0.092	0.088	
Leucine g	0.608		0		4		0.172	0.164	
Lysine g	0.270		0		4		0.077	0.073	
Methionine g	0.152		0		4		0.043	0.041	
Cystine g	0.208		0		4		0.059	0.056	
Phenylalanine g	0.414		0		4		0.117	0.112	
Tyrosine g	0.263		0		4		0.075	0.071	
Valine g	0.393		0		4		0.111	0.106	
Arginine g	0.395		0		4		0.112	0.107	
Histidine g	0.186		0		4		0.053	0.050	
Alanine g	0.328		0		4		0.093	0.089	
Aspartic acid g	0.505		0		4		0.143	0.136	
Glutamic acid g	2.413		0		4		0.684	0.652	
Glycine g	0.343		0		4		0.097	0.093	
Proline g	0.765		0		4		0.217	0.207	
Serine g	0.408		0		4		0.116	0.110	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18039
Bread, oatmeal

Measure 1 = 28.35g: 1 oz
Measure 2 = 27g: 1 slice

Calories Factors: **Protein** 3.8 **Fat** 8.6 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18040
Bread, oatmeal, toasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	31.20		0		1		8.85	7.80	
Energy kcal	292		0	NC	4		83	73	
Energy kj	1222		0		4		346	305	
Protein (N x 0) g	9.20		0		1		2.61	2.30	
Total lipid (fat) g	4.80		0		1		1.36	1.20	
Ash g	2.10		0		1		0.60	0.53	
Carbohydrate, by difference g	52.70		0	NC	4		14.94	13.18	
Fiber, total dietary g	4.3		0		4		1.2	1.1	
Sugars, total g	8.84		0	RK	4		2.51	2.21	
Starch g									
Minerals:									
Calcium, Ca mg	72		0		1		20	18	
Iron, Fe mg	2.94		0		1		0.83	0.74	
Magnesium, Mg mg	41		0		1		12	10	
Phosphorus, P mg	137		0		1		39	34	
Potassium, K mg	154		0		1		44	39	
Sodium, Na mg	651		0		1		185	163	
Zinc, Zn mg	1.11		0		1		0.31	0.28	
Copper, Cu mg	0.227		0		1		0.064	0.057	
Manganese, Mn mg	1.022		0		1		0.290	0.256	
Selenium, Se mcg	26.7		0	RK	4		7.6	6.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.3		0		4		0.1	0.1	
Thiamin mg	0.347		0		1		0.098	0.087	
Riboflavin mg	0.235		0		1		0.067	0.059	
Niacin mg	3.068		0		1		0.870	0.767	
Pantothenic acid mg	0.241		0		1		0.068	0.060	
Vitamin B-6 mg	0.067		0		1		0.019	0.017	
Folate, total mcg	53		0	FLA	4		15	13	
Folic acid mcg	32		0	NC	4		9	8	
Folate, food mcg	21		0		1		6	5	
Folate, DFE mcg_DFE	75		0	NC	4		21	19	
Choline, total mg	15.9		0	RK	4		4.5	4.0	
Betaine mg									
Vitamin B-12 mcg	0.02		0		4		0.01	0.01	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	5		0	NC	4		1	1	
Retinol mcg	5		0	RK	4		1	1	
Carotene, beta mcg	0		0	RK	4		0	0	
Carotene, alpha mcg	0		0	RK	4		0	0	
Cryptoxanthin, beta mcg	0		0	RK	4		0	0	
Vitamin A, IU IU	15		0		4		4	4	
Lycopene mcg	0		0	RK	4		0	0	
Lutein + zeaxanthin mcg	75		0	RK	4		21	19	
Vitamin E (alpha-tocopherol) mg	0.53		0	RK	4		0.15	0.13	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	1.7		0	RK	4		0.5	0.4	
Lipids:									
Fatty acids, total saturated g	0.764		0		1		0.217	0.191	
4:0 g	0.000		0		1		0.000	0.000	
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	

NDB No. 18040
Bread, oatmeal, toasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.006		0		1		0.002	0.002	
13:0 g									
14:0 g	0.007		0		1		0.002	0.002	
15:0 g									
16:0 g	0.573		0		1		0.162	0.143	
17:0 g									
18:0 g	0.161		0		1		0.046	0.040	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.715		0		1		0.486	0.429	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.025		0		1		0.007	0.006	
17:1 g									
18:1 undifferentiated g	1.690		0		1		0.479	0.423	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.850		0		1		0.524	0.463	
18:2 undifferentiated g	1.742		0		1		0.494	0.436	
18:3 undifferentiated g	0.108		0		1		0.031	0.027	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 g	0.000		0		1		0.000	0.000	
22:5 n-3 g	0.000		0		1		0.000	0.000	
22:6 n-3 g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.126		0		1		0.036	0.032	
Threonine g	0.268		0		1		0.076	0.067	
Isoleucine g	0.353		0		1		0.100	0.088	
Leucine g	0.661		0		1		0.187	0.165	
Lysine g	0.294		0		1		0.083	0.074	
Methionine g	0.166		0		1		0.047	0.042	
Cystine g	0.226		0		1		0.064	0.057	
Phenylalanine g	0.450		0		1		0.128	0.113	
Tyrosine g	0.286		0		1		0.081	0.072	
Valine g	0.428		0		1		0.121	0.107	
Arginine g	0.429		0		1		0.122	0.107	
Histidine g	0.202		0		1		0.057	0.051	
Alanine g	0.357		0		1		0.101	0.089	
Aspartic acid g	0.549		0		1		0.156	0.137	
Glutamic acid g	2.623		0		1		0.744	0.656	
Glycine g	0.372		0		1		0.105	0.093	
Proline g	0.832		0		1		0.236	0.208	
Serine g	0.443		0		1		0.126	0.111	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	RK	4		0	0	
Theobromine mg	0		0	RK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18040
Bread, oatmeal, toasted

Measure 1 = 28.35g: 1 oz
Measure 2 = 25g: 1 slice

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18041
Bread, pita, white, enriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	32.10	1.012	17		1		19.26	8.99	
Energy kcal	275		0	NC	4		165	77	
Energy kj	1151		0		4		690	322	
Protein (N x 5.7) g	9.10	0.098	37		1		5.46	2.55	
Total lipid (fat) g	1.20	0.040	36		1		0.72	0.34	
Ash g	1.90	0.094	14		1		1.14	0.53	
Carbohydrate, by difference g	55.70		0	NC	4		33.42	15.60	
Fiber, total dietary g	2.2		0		1		1.3	0.6	
Sugars, total g	1.30		0	FLA	4		0.78	0.36	
Starch g									
Minerals:									
Calcium, Ca mg	86	2.853	38		1		52	24	
Iron, Fe mg	2.62	0.036	35		1		1.57	0.73	
Magnesium, Mg mg	26	1.034	13		1		16	7	
Phosphorus, P mg	97	2.804	13		1		58	27	
Potassium, K mg	120	6.316	17		1		72	34	
Sodium, Na mg	536	16.930	24		1		322	150	
Zinc, Zn mg	0.84	0.041	13		1		0.50	0.24	
Copper, Cu mg	0.168	0.012	13		1		0.101	0.047	
Manganese, Mn mg	0.481	0.018	13		1		0.289	0.135	
Selenium, Se mcg	27.1	8.091	6	A	1		16.3	7.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	
Thiamin mg	0.599	0.009	32		1		0.359	0.168	
Riboflavin mg	0.327	0.007	32		1		0.196	0.092	
Niacin mg	4.632	0.083	32		1		2.779	1.297	
Pantothenic acid mg	0.397	0.020	12		1		0.238	0.111	
Vitamin B-6 mg	0.034	0.005	11		1		0.020	0.010	
Folate, total mcg	107		0	FLA	4		64	30	
Folic acid mcg	83		0		4		50	23	
Folate, food mcg	24	2.596	10		1		14	7	
Folate, DFE mcg_DFE	165		0	NC	4		99	46	
Choline, total mg	14.6		0	BFZN	4		8.8	4.1	
Betaine mg									
Vitamin B-12 mcg	0.00		1		1		0.00	0.00	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg	0		0		4		0	0	
Carotene, alpha mcg	0		0		4		0	0	
Cryptoxanthin, beta mcg	0		0		4		0	0	
Vitamin A, IU IU	0		0		1		0	0	
Lycopene mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin mcg	53		0	FLA	4		32	15	
Vitamin E (alpha-tocopherol) mg	0.30		0	FLA	4		0.18	0.08	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	0.2		0	FLA	4		0.1	0.1	
Lipids:									
Fatty acids, total saturated g	0.166		0		1		0.100	0.046	
4:0 g	0.000		0		1		0.000	0.000	
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	

NDB No. 18041
Bread, pita, white, enriched

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0		1		0.000	0.000	
13:0 g									
14:0 g	0.000		0		1		0.000	0.000	
15:0 g									
16:0 g	0.156		0		1		0.094	0.044	
17:0 g									
18:0 g	0.009		0		1		0.005	0.003	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.105		0		1		0.063	0.029	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.013		0		1		0.008	0.004	
17:1 g									
18:1 undifferentiated g	0.092		0		1		0.055	0.026	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.535		0		1		0.321	0.150	
18:2 undifferentiated g	0.511		0		1		0.307	0.143	
18:3 undifferentiated g	0.024		0		1		0.014	0.007	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 g	0.000		0		1		0.000	0.000	
22:5 n-3 g	0.000		0		1		0.000	0.000	
22:6 n-3 g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		2		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.105		0		1		0.063	0.029	
Threonine g	0.257		0		1		0.154	0.072	
Isoleucine g	0.349		0		1		0.209	0.098	
Leucine g	0.634		0		1		0.380	0.178	
Lysine g	0.219		0		1		0.131	0.061	
Methionine g	0.160		0		1		0.096	0.045	
Cystine g	0.197		0		1		0.118	0.055	
Phenylalanine g	0.446		0		1		0.268	0.125	
Tyrosine g	0.257		0		1		0.154	0.072	
Valine g	0.394		0		1		0.236	0.110	
Arginine g	0.329		0		1		0.197	0.092	
Histidine g	0.195		0		1		0.117	0.055	
Alanine g	0.302		0		1		0.181	0.085	
Aspartic acid g	0.408		0		1		0.245	0.114	
Glutamic acid g	3.033		0		1		1.820	0.849	
Glycine g	0.319		0		1		0.191	0.089	
Proline g	1.012		0		1		0.607	0.283	
Serine g	0.438		0		1		0.263	0.123	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18041
Bread, pita, white, enriched

Measure 1 = 60g: 1 pita, large (6-1/2" dia)
Measure 2 = 28g: 1 pita, small (4" dia)

Calories Factors: **Protein** 4 **Fat** 8.4 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18413
Bread, pita, white, unenriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	32.10	1.012	17		1		9.10	19.26	
Energy kcal	275		0	NC	4		78	165	
Energy kj	1151				4		326	690	
Protein (N x 5.7) g	9.10	0.098	37		1		2.58	5.46	
Total lipid (fat) g	1.20	0.040	36		1		0.34	0.72	
Ash g	1.90	0.094	14		1		0.54	1.14	
Carbohydrate, by difference g	55.70		0		4		15.79	33.42	
Fiber, total dietary g	2.2		0	BFZN	4		0.6	1.3	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	86	2.853	38		1		24	52	
Iron, Fe mg	1.40		0	BFZN	4		0.40	0.84	
Magnesium, Mg mg	26	1.034	13		1		7	16	
Phosphorus, P mg	97	2.804	13		1		27	58	
Potassium, K mg	120	6.316	17		1		34	72	
Sodium, Na mg	536	16.930	24		1		152	322	
Zinc, Zn mg	0.84	0.041	13		1		0.24	0.50	
Copper, Cu mg	0.168	0.012	13		1		0.048	0.101	
Manganese, Mn mg	0.481	0.018	13		1		0.136	0.289	
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		4		0.0	0.0	
Thiamin mg	0.267		0	BFZN	4		0.076	0.160	
Riboflavin mg	0.097		0	BFZN	4		0.027	0.058	
Niacin mg	2.142		0	BFZN	4		0.607	1.285	
Pantothenic acid mg	0.397	0.020	12		1		0.113	0.238	
Vitamin B-6 mg	0.034	0.005	11		1		0.010	0.020	
Folate, total mcg	24	2.596	10		1		7	14	
Folic acid mcg	0		0	Z	7		0	0	
Folate, food mcg	24	2.596	10		1		7	14	
Folate, DFE mcg_DFE	24		0	NC	4		7	14	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.00		1		1		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	0		0		4		0	0	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	0.166		0		4		0.047	0.100	
4:0 g									
6:0 g									
8:0 g									
10:0 g									
12:0 g	0.000		0		4		0.000	0.000	
13:0 g									

NDB No. 18413
Bread, pita, white, unenriched

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g									
15:0....g									
16:0....g	0.156		0		4		0.044	0.094	
17:0....g									
18:0....g	0.009		0		4		0.003	0.005	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.105		0		4		0.030	0.063	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.013		0		4		0.004	0.008	
17:1....g									
18:1 undifferentiated....g	0.092		0		4		0.026	0.055	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.535		0		4		0.152	0.321	
18:2 undifferentiated....g	0.511		0		4		0.145	0.307	
18:3 undifferentiated....g	0.024		0		4		0.007	0.014	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		2		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.105		0		4		0.030	0.063	
Threonine....g	0.257		0		4		0.073	0.154	
Isoleucine....g	0.349		0		4		0.099	0.209	
Leucine....g	0.634		0		4		0.180	0.380	
Lysine....g	0.219		0		4		0.062	0.131	
Methionine....g	0.160		0		4		0.045	0.096	
Cystine....g	0.197		0		4		0.056	0.118	
Phenylalanine....g	0.446		0		4		0.126	0.268	
Tyrosine....g	0.257		0		4		0.073	0.154	
Valine....g	0.394		0		4		0.112	0.236	
Arginine....g	0.329		0		4		0.093	0.197	
Histidine....g	0.195		0		4		0.055	0.117	
Alanine....g	0.302		0		4		0.086	0.181	
Aspartic acid....g	0.408		0		4		0.116	0.245	
Glutamic acid....g	3.033		0		4		0.860	1.820	
Glycine....g	0.319		0		4		0.090	0.191	
Proline....g	1.012		0		4		0.287	0.607	
Serine....g	0.438		0		4		0.124	0.263	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 60g: 1 pita, large (6-1/2" dia)

Calories Factors: **Protein** 4 **Fat** 8.4 **Carbohydrate** 4.1

NDB No. 18413
Bread, pita, white, unenriched

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18042
Bread, pita, whole-wheat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	30.60	0.378	4		1		19.58	8.57	
Energy kcal	266		0	NC	4		170	74	
Energy kj	1113		0		4		712	312	
Protein (N x 5.8) g	9.80		2		1		6.27	2.74	
Total lipid (fat) g	2.60	0.092	3		1		1.66	0.73	
Ash g	2.00		2		1		1.28	0.56	
Carbohydrate, by difference g	55.00		0		4		35.20	15.40	
Fiber, total dietary g	7.4		0		1		4.7	2.1	
Sugars, total g	0.82		0	FLA	4		0.52	0.23	
Starch g									
Minerals:									
Calcium, Ca mg	15		2		1		10	4	
Iron, Fe mg	3.06		0	FLA	4		1.96	0.86	
Magnesium, Mg mg	69		2		1		44	19	
Phosphorus, P mg	180		2		1		115	50	
Potassium, K mg	170		2		1		109	48	
Sodium, Na mg	532	40.543	3		1		340	149	
Zinc, Zn mg	1.52		2		1		0.97	0.43	
Copper, Cu mg	0.290		0	FLA	4		0.186	0.081	
Manganese, Mn mg	1.740		2		1		1.114	0.487	
Selenium, Se mcg	44.0	3.580	5	A	1		28.2	12.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	FLA	4		0.0	0.0	
Thiamin mg	0.339	0.011	8		1		0.217	0.095	
Riboflavin mg	0.080	0.001	8		1		0.051	0.022	
Niacin mg	2.840	0.057	8		1		1.818	0.795	
Pantothenic acid mg	0.831		0	FLA	4		0.532	0.233	
Vitamin B-6 mg	0.265		0	FLA	4		0.170	0.074	
Folate, total mcg	35		0		4		22	10	
Folic acid mcg	0		0	Z	7		0	0	
Folate, food mcg	35		0		4		22	10	
Folate, DFE mcg_DFE	35		0	NC	4		22	10	
Choline, total mg	26.5		0	BFZN	4		17.0	7.4	
Betaine mg									
Vitamin B-12 mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	FLA	4		0	0	
Carotene, beta mcg	0		0		7		0	0	
Carotene, alpha mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta mcg	0		0	FLA	4		0	0	
Vitamin A, IU IU	0		0	NC	4		0	0	
Lycopene mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin mcg	53		0	O	4		34	15	
Vitamin E (alpha-tocopherol) mg	0.61		0	FLA	4		0.39	0.17	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	1.4		0	FLA	4		0.9	0.4	
Lipids:									
Fatty acids, total saturated g	0.410		0		4		0.262	0.115	
4:0 g	0.000		0		4		0.000	0.000	
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.000		0		4		0.000	0.000	

NDB No. 18042
Bread, pita, whole-wheat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.001		0		4		0.001	0.000	
13:0 g									
14:0 g	0.004		0		4		0.003	0.001	
15:0 g									
16:0 g	0.373		0		4		0.239	0.104	
17:0 g									
18:0 g	0.022		0		4		0.014	0.006	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.349		0		4		0.223	0.098	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.037		0		4		0.024	0.010	
17:1 g									
18:1 undifferentiated g	0.312		0		4		0.200	0.087	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.055		0		4		0.675	0.295	
18:2 undifferentiated g	1.001		0		4		0.641	0.280	
18:3 undifferentiated g	0.052		0		4		0.033	0.015	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.003		0		4		0.002	0.001	
20:5 n-3 g	0.000		0		4		0.000	0.000	
22:5 n-3 g	0.000		0		4		0.000	0.000	
22:6 n-3 g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		1		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.149		0		4		0.095	0.042	
Threonine g	0.282		0		4		0.180	0.079	
Isoleucine g	0.367		0		4		0.235	0.103	
Leucine g	0.671		0		4		0.429	0.188	
Lysine g	0.265		0		4		0.170	0.074	
Methionine g	0.153		0		4		0.098	0.043	
Cystine g	0.228		0		4		0.146	0.064	
Phenylalanine g	0.470		0		4		0.301	0.132	
Tyrosine g	0.292		0		4		0.187	0.082	
Valine g	0.441		0		4		0.282	0.123	
Arginine g	0.455		0		4		0.291	0.127	
Histidine g	0.226		0		4		0.145	0.063	
Alanine g	0.343		0		4		0.220	0.096	
Aspartic acid g	0.494		0		4		0.316	0.138	
Glutamic acid g	3.153		0		4		2.018	0.883	
Glycine g	0.394		0		4		0.252	0.110	
Proline g	1.046		0		4		0.669	0.293	
Serine g	0.469		0		4		0.300	0.131	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18042
Bread, pita, whole-wheat

Measure 1 = 64g: 1 pita, large (6-1/2" dia)
Measure 2 = 28g: 1 pita, small (4" dia)

Calories Factors: **Protein** 3.6 **Fat** 8.4 **Carbohydrate** 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18043
Bread, protein (includes gluten)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	40.00	0.400	57		1		11.34	7.60	
Energy kcal	245		0	NC	4		69	47	
Energy kj	1025		0		4		291	195	
Protein (N x 5.7) g	12.10	0.141	62		1		3.43	2.30	
Total lipid (fat) g	2.20	0.075	62		1		0.62	0.42	
Ash g	1.90	0.159	10		1		0.54	0.36	
Carbohydrate, by difference g	43.80		0		4		12.42	8.32	
Fiber, total dietary g	3.0		0		4		0.9	0.6	
Sugars, total g	1.44		0	FLA	4		0.41	0.27	
Starch g									
Minerals:									
Calcium, Ca mg	124	7.858	12		1		35	24	
Iron, Fe mg	4.15	0.400	12		1		1.18	0.79	
Magnesium, Mg mg	65		0	FLA	4		18	12	
Phosphorus, P mg	185		0	FLA	4		52	35	
Potassium, K mg	322		0	FLA	4		91	61	
Sodium, Na mg	547		2		1		155	104	
Zinc, Zn mg	1.82		0	FLA	4		0.52	0.35	
Copper, Cu mg	0.417		0	FLA	4		0.118	0.079	
Manganese, Mn mg	1.472		0	FLA	4		0.417	0.280	
Selenium, Se mcg	32.9		0	FLA	4		9.3	6.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	FLA	4		0.0	0.0	
Thiamin mg	0.360	0.009	60		1		0.102	0.068	
Riboflavin mg	0.394	0.047	12		1		0.112	0.075	
Niacin mg	4.289	0.284	11		1		1.216	0.815	
Pantothenic acid mg	0.420		1		1		0.119	0.080	
Vitamin B-6 mg	0.071		1		1		0.020	0.013	
Folate, total mcg	116		0	FLA	4		33	22	
Folic acid mcg	81		0		4		23	15	
Folate, food mcg	35		1		1		10	7	
Folate, DFE mcg_DFE	173		0	NC	4		49	33	
Choline, total mg	18.7		0	BFZN	4		5.3	3.6	
Betaine mg									
Vitamin B-12 mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	FLA	4		0	0	
Retinol mcg	0		0	FLA	4		0	0	
Carotene, beta mcg	3		0	FLA	4		1	1	
Carotene, alpha mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta mcg	0		0	FLA	4		0	0	
Vitamin A, IU IU	5		0	NC	4		1	1	
Lycopene mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin mcg	77		0	FLA	4		22	15	
Vitamin E (alpha-tocopherol) mg	0.36		0	FLA	4		0.10	0.07	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	1.3		0	FLA	4		0.4	0.2	
Lipids:									
Fatty acids, total saturated g	0.332		0		4		0.094	0.063	
4:0 g	0.000		0		4		0.000	0.000	
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.000		0		4		0.000	0.000	

NDB No. 18043
Bread, protein (includes gluten)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0		4		0.000	0.000	
13:0 g									
14:0 g	0.001		0		4		0.000	0.000	
15:0 g									
16:0 g	0.286		0		4		0.081	0.054	
17:0 g									
18:0 g	0.021		0		4		0.006	0.004	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.183		0		4		0.052	0.035	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.001		0		4		0.000	0.000	
17:1 g									
18:1 undifferentiated g	0.182		0		4		0.052	0.035	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.009		0		4		0.286	0.192	
18:2 undifferentiated g	0.950		0		4		0.269	0.181	
18:3 undifferentiated g	0.059		0		4		0.017	0.011	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 g	0.000		0		4		0.000	0.000	
22:5 n-3 g	0.000		0		4		0.000	0.000	
22:6 n-3 g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		1		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.148		0		4		0.042	0.028	
Threonine g	0.366		0		4		0.104	0.070	
Isoleucine g	0.471		0		4		0.134	0.089	
Leucine g	0.858		0		4		0.243	0.163	
Lysine g	0.372		0		4		0.105	0.071	
Methionine g	0.199		0		4		0.056	0.038	
Cystine g	0.247		0		4		0.070	0.047	
Phenylalanine g	0.596		0		4		0.169	0.113	
Tyrosine g	0.362		0		4		0.103	0.069	
Valine g	0.518		0		4		0.147	0.098	
Arginine g	0.548		0		4		0.155	0.104	
Histidine g	0.271		0		4		0.077	0.051	
Alanine g	0.414		0		4		0.117	0.079	
Aspartic acid g	0.734		0		4		0.208	0.139	
Glutamic acid g	3.689		0		4		1.046	0.701	
Glycine g	0.444		0		4		0.126	0.084	
Proline g	1.222		0		4		0.346	0.232	
Serine g	0.605		0		4		0.172	0.115	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18043
Bread, protein (includes gluten)

Measure 1 = 28.35g: 1 oz
Measure 2 = 19g: 1 slice

Calories Factors: **Protein** 3.9 **Fat** 8.4 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18383
Bread, protein, toasted (includes gluten)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	34.00		0		4		9.64	5.78	
Energy kcal	270		0		4		77	46	
Energy kj	1130		0		4		320	192	
Protein (N x 0) g	13.20		0		4		3.74	2.24	
Total lipid (fat) g	2.40		0		4		0.68	0.41	
Ash g	2.10		0		4		0.60	0.36	
Carbohydrate, by difference g	48.10		0		4		13.64	8.18	
Fiber, total dietary g	3.3		0		4		0.9	0.6	
Sugars, total g	1.44		0	RA	4		0.41	0.24	
Starch g									
Minerals:									
Calcium, Ca mg	136		0		4		39	23	
Iron, Fe mg	4.56		0		4		1.29	0.78	
Magnesium, Mg mg	56		0		4		16	10	
Phosphorus, P mg	189		0		4		54	32	
Potassium, K mg	346		0		4		98	59	
Sodium, Na mg	601		0		4		170	102	
Zinc, Zn mg	1.17		0		4		0.33	0.20	
Copper, Cu mg	0.205		0		4		0.058	0.035	
Manganese, Mn mg	0.803		0		4		0.228	0.137	
Selenium, Se mcg	36.2		0	RK	4		10.3	6.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		4		0.0	0.0	
Thiamin mg	0.317		0		4		0.090	0.054	
Riboflavin mg	0.389		0		4		0.110	0.066	
Niacin mg	4.241		0		4		1.202	0.721	
Pantothenic acid mg	0.300		0		4		0.085	0.051	
Vitamin B-6 mg	0.070		0		4		0.020	0.012	
Folate, total mcg	99		0	RA	4		28	17	
Folic acid mcg	72		0		4		20	12	
Folate, food mcg	27		0		4		8	5	
Folate, DFE mcg_DFE	149		0	NC	4		42	25	
Choline, total mg	20.3		0	RK	4		5.8	3.5	
Betaine mg									
Vitamin B-12 mcg	0.00		0		4		0.00	0.00	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	RA	4		0	0	
Carotene, beta mcg	3		0	RA	4		1	0	
Carotene, alpha mcg	0		0	RA	4		0	0	
Cryptoxanthin, beta mcg	0		0	RA	4		0	0	
Vitamin A, IU IU	5		0	RA	4		1	1	
Lycopene mcg	0		0	RA	4		0	0	
Lutein + zeaxanthin mcg	73		0	RA	4		21	12	
Vitamin E (alpha-tocopherol) mg	0.36		0	RA	4		0.10	0.06	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	1.3		0	RA	4		0.4	0.2	
Lipids:									
Fatty acids, total saturated g	0.364		0		4		0.103	0.062	
4:0 g	0.000		0		4		0.000	0.000	
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.000		0		4		0.000	0.000	

NDB No. 18383
Bread, protein, toasted (includes gluten)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0		4		0.000	0.000	
13:0 g									
14:0 g	0.002		0		4		0.001	0.000	
15:0 g									
16:0 g	0.315		0		4		0.089	0.054	
17:0 g									
18:0 g	0.023		0		4		0.007	0.004	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.201		0		4		0.057	0.034	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.001		0		4		0.000	0.000	
17:1 g									
18:1 undifferentiated g	0.200		0		4		0.057	0.034	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.109		0		4		0.314	0.189	
18:2 undifferentiated g	1.044		0		4		0.296	0.177	
18:3 undifferentiated g	0.065		0		4		0.018	0.011	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 g	0.000		0		4		0.000	0.000	
22:5 n-3 g	0.000		0		4		0.000	0.000	
22:6 n-3 g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.163		0		4		0.046	0.028	
Threonine g	0.402		0		4		0.114	0.068	
Isoleucine g	0.518		0		4		0.147	0.088	
Leucine g	0.943		0		4		0.267	0.160	
Lysine g	0.409		0		4		0.116	0.070	
Methionine g	0.218		0		4		0.062	0.037	
Cystine g	0.272		0		4		0.077	0.046	
Phenylalanine g	0.655		0		4		0.186	0.111	
Tyrosine g	0.397		0		4		0.113	0.067	
Valine g	0.569		0		4		0.161	0.097	
Arginine g	0.602		0		4		0.171	0.102	
Histidine g	0.297		0		4		0.084	0.050	
Alanine g	0.455		0		4		0.129	0.077	
Aspartic acid g	0.806		0		4		0.229	0.137	
Glutamic acid g	4.054		0		4		1.149	0.689	
Glycine g	0.488		0		4		0.138	0.083	
Proline g	1.343		0		4		0.381	0.228	
Serine g	0.664		0		4		0.188	0.113	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	RA	4		0	0	
Theobromine mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18383
Bread, protein, toasted (includes gluten)

Measure 1 = 28.35g: 1 oz
Measure 2 = 17g: 1 slice

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18044
Bread, pumpernickel

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	37.90	0.486	24		1		10.74	9.85	2.65
Energy kcal	250		0		4		71	65	18
Energy kj	1046		0		4		297	272	73
Protein (N x 5.8) g	8.70	0.079	43		1		2.47	2.26	0.61
Total lipid (fat) g	3.10	0.135	43		1		0.88	0.81	0.22
Ash g	2.60	0.080	20		1		0.74	0.68	0.18
Carbohydrate, by difference g	47.50		0	NC	4		13.47	12.35	3.33
Fiber, total dietary g	6.5		0		1		1.8	1.7	0.5
Sugars, total g	0.53		0	FLA	4		0.15	0.14	0.04
Starch g									
Minerals:									
Calcium, Ca mg	68	3.933	40		1		19	18	5
Iron, Fe mg	2.87	0.089	35		1		0.81	0.75	0.20
Magnesium, Mg mg	54	2.896	13		1		15	14	4
Phosphorus, P mg	178	5.368	11		1		50	46	12
Potassium, K mg	208	7.178	18		1		59	54	15
Sodium, Na mg	671	24.996	16		1		190	174	47
Zinc, Zn mg	1.48	0.078	14		1		0.42	0.38	0.10
Copper, Cu mg	0.287	0.019	13		1		0.081	0.075	0.020
Manganese, Mn mg	1.305	0.087	13		1		0.370	0.339	0.091
Selenium, Se mcg	24.5		0	FLA	4		6.9	6.4	1.7
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	0.0
Thiamin mg	0.327	0.012	38		1		0.093	0.085	0.023
Riboflavin mg	0.305	0.024	38		1		0.086	0.079	0.021
Niacin mg	3.091	0.099	38		1		0.876	0.804	0.216
Pantothenic acid mg	0.404	0.028	15		1		0.115	0.105	0.028
Vitamin B-6 mg	0.126	0.015	13		1		0.036	0.033	0.009
Folate, total mcg	93		0	FLA	4		26	24	6
Folic acid mcg	59		0		4		17	15	4
Folate, food mcg	34	2.353	10		1		10	9	2
Folate, DFE mcg_DFE	134		0	NC	4		38	35	9
Choline, total mg	14.6		0	FLC	4		4.1	3.8	1.0
Betaine mg									
Vitamin B-12 mcg	0.00		0		1		0.00	0.00	0.00
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	0
Retinol mcg	0		0	FLA	4		0	0	0
Carotene, beta mcg	0		0		4		0	0	0
Carotene, alpha mcg	0		0		4		0	0	0
Cryptoxanthin, beta mcg	0		0		4		0	0	0
Vitamin A, IU IU	0		0		1		0	0	0
Lycopene mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin mcg	46		0	FLA	4		13	12	3
Vitamin E (alpha-tocopherol) mg	0.42		0	FLA	4		0.12	0.11	0.03
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	0.8		0	FLA	4		0.2	0.2	0.1
Lipids:									
Fatty acids, total saturated g	0.437		0		4		0.124	0.114	0.031
4:0 g	0.000		0		4		0.000	0.000	0.000
6:0 g	0.000		0		4		0.000	0.000	0.000
8:0 g	0.000		0		4		0.000	0.000	0.000
10:0 g	0.000		0		4		0.000	0.000	0.000

NDB No. 18044
Bread, pumpernickel

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0		4		0.000	0.000	0.000
13:0 g									
14:0 g	0.002		0		4		0.001	0.001	0.000
15:0 g									
16:0 g	0.332		0		4		0.094	0.086	0.023
17:0 g									
18:0 g	0.102		0		4		0.029	0.027	0.007
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.932		0		4		0.264	0.242	0.065
14:1 g									
15:1 g									
16:1 undifferentiated g	0.018		0		4		0.005	0.005	0.001
17:1 g									
18:1 undifferentiated g	0.912		0		4		0.259	0.237	0.064
20:1 g	0.002		0		4		0.001	0.001	0.000
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	1.237		0		4		0.351	0.322	0.087
18:2 undifferentiated g	1.145		0		4		0.325	0.298	0.080
18:3 undifferentiated g	0.092		0		4		0.026	0.024	0.006
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		2		1		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.097		0		1		0.027	0.025	0.007
Threonine g	0.267		0		1		0.076	0.069	0.019
Isoleucine g	0.334		0		1		0.095	0.087	0.023
Leucine g	0.602		0		1		0.171	0.157	0.042
Lysine g	0.248		0		1		0.070	0.064	0.017
Methionine g	0.155		0		1		0.044	0.040	0.011
Cystine g	0.190		0		1		0.054	0.049	0.013
Phenylalanine g	0.422		0		1		0.120	0.110	0.030
Tyrosine g	0.238		0		1		0.067	0.062	0.017
Valine g	0.396		0		1		0.112	0.103	0.028
Arginine g	0.359		0		1		0.102	0.093	0.025
Histidine g	0.196		0		1		0.056	0.051	0.014
Alanine g	0.324		0		1		0.092	0.084	0.023
Aspartic acid g	0.475		0		1		0.135	0.124	0.033
Glutamic acid g	2.721		0		1		0.771	0.707	0.190
Glycine g	0.337		0		1		0.096	0.088	0.024
Proline g	0.950		0		1		0.269	0.247	0.067
Serine g	0.417		0		1		0.118	0.108	0.029
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	FLA	4		0	0	0
Theobromine mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18044
Bread, pumpernickel

Measure 1 = 28.35g: 1 oz
Measure 2 = 26g: 1 slice, regular
Measure 3 = 7.0g: 1 slice, snack-size

Calories Factors: **Protein** 3.7 **Fat** 8.7 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18045
Bread, pumpernickel, toasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	31.80		0		1		9.02	9.22	
Energy kcal	275		0	NC	4		78	80	
Energy kj	1151		0		4		326	334	
Protein (N x 0) g	9.50		0		1		2.69	2.76	
Total lipid (fat) g	3.40		0		1		0.96	0.99	
Ash g	2.80		0		1		0.79	0.81	
Carbohydrate, by difference g	52.20		0	NC	4		14.80	15.14	
Fiber, total dietary g	7.1		0		4		2.0	2.1	
Sugars, total g	0.58		0	RK	4		0.16	0.17	
Starch g									
Minerals:									
Calcium, Ca mg	74		0		1		21	21	
Iron, Fe mg	3.15		0		1		0.89	0.91	
Magnesium, Mg mg	60		0		1		17	17	
Phosphorus, P mg	195		0		1		55	57	
Potassium, K mg	228		0		1		65	66	
Sodium, Na mg	738		0		1		209	214	
Zinc, Zn mg	1.62		0		1		0.46	0.47	
Copper, Cu mg	0.315		0		1		0.089	0.091	
Manganese, Mn mg	1.434		0		1		0.407	0.416	
Selenium, Se mcg	26.9		0	RK	4		7.6	7.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	
Thiamin mg	0.287		0		1		0.081	0.083	
Riboflavin mg	0.301		0		1		0.085	0.087	
Niacin mg	3.057		0		1		0.867	0.887	
Pantothenic acid mg	0.288		0		1		0.082	0.084	
Vitamin B-6 mg	0.124		0		1		0.035	0.036	
Folate, total mcg	87		0	RK	4		25	25	
Folic acid mcg	60		0		4		17	17	
Folate, food mcg	26		0		1		7	8	
Folate, DFE mcg_DFE	128		0	NC	4		36	37	
Choline, total mg	16.1		0	RK	4		4.6	4.7	
Betaine mg									
Vitamin B-12 mcg	0.00		0		1		0.00	0.00	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	RK	4		0	0	
Carotene, beta mcg	0		0	RK	4		0	0	
Carotene, alpha mcg	0		0	RK	4		0	0	
Cryptoxanthin, beta mcg	0		0	RK	4		0	0	
Vitamin A, IU IU	0		0		1		0	0	
Lycopene mcg	0		0	RK	4		0	0	
Lutein + zeaxanthin mcg	48		0	RK	4		14	14	
Vitamin E (alpha-tocopherol) mg	0.46		0	RK	4		0.13	0.13	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	0.9		0	RK	4		0.3	0.3	
Lipids:									
Fatty acids, total saturated g	0.481		0		1		0.136	0.139	
4:0 g	0.000		0		1		0.000	0.000	
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	

NDB No. 18045
Bread, pumpernickel, toasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0		1		0.000	0.000	
13:0 g									
14:0 g	0.003		0		1		0.001	0.001	
15:0 g									
16:0 g	0.365		0		1		0.103	0.106	
17:0 g									
18:0 g	0.112		0		1		0.032	0.032	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.024		0		1		0.290	0.297	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.020		0		1		0.006	0.006	
17:1 g									
18:1 undifferentiated g	1.002		0		1		0.284	0.291	
20:1 g	0.002		0		1		0.001	0.001	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.359		0		1		0.385	0.394	
18:2 undifferentiated g	1.258		0		1		0.357	0.365	
18:3 undifferentiated g	0.101		0		1		0.029	0.029	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 g	0.000		0		1		0.000	0.000	
22:5 n-3 g	0.000		0		1		0.000	0.000	
22:6 n-3 g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.107		0		1		0.030	0.031	
Threonine g	0.293		0		1		0.083	0.085	
Isoleucine g	0.366		0		1		0.104	0.106	
Leucine g	0.661		0		1		0.187	0.192	
Lysine g	0.273		0		1		0.077	0.079	
Methionine g	0.171		0		1		0.048	0.050	
Cystine g	0.209		0		1		0.059	0.061	
Phenylalanine g	0.464		0		1		0.132	0.135	
Tyrosine g	0.261		0		1		0.074	0.076	
Valine g	0.435		0		1		0.123	0.126	
Arginine g	0.395		0		1		0.112	0.115	
Histidine g	0.216		0		1		0.061	0.063	
Alanine g	0.356		0		1		0.101	0.103	
Aspartic acid g	0.522		0		1		0.148	0.151	
Glutamic acid g	2.991		0		1		0.848	0.867	
Glycine g	0.370		0		1		0.105	0.107	
Proline g	1.044		0		1		0.296	0.303	
Serine g	0.459		0		1		0.130	0.133	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	RK	4		0	0	
Theobromine mg	0		0	RK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18045
Bread, pumpernickel, toasted

Measure 1 = 28.35g: 1 oz
Measure 2 = 29g: 1 slice (5" x 4" x 3/8")

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18047
Bread, raisin, enriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	33.60	0.286	47		1		9.53	10.75	8.74
Energy kcal	274		0	NC	4		78	88	71
Energy kj	1146		0		4		325	367	298
Protein (N x 5.8) g	7.90	0.086	55		1		2.24	2.53	2.05
Total lipid (fat) g	4.40	0.144	54		1		1.25	1.41	1.14
Ash g	1.80	0.036	22		1		0.51	0.58	0.47
Carbohydrate, by difference g	52.30		0	NC	4		14.83	16.74	13.60
Fiber, total dietary g	4.3		0		1		1.2	1.4	1.1
Sugars, total g	5.68		0	FLA	4		1.61	1.82	1.48
Starch g									
Minerals:									
Calcium, Ca mg	66	5.711	29		1		19	21	17
Iron, Fe mg	2.90	0.149	24		1		0.82	0.93	0.75
Magnesium, Mg mg	26	1.166	13		1		7	8	7
Phosphorus, P mg	109	5.060	13		1		31	35	28
Potassium, K mg	227	11.006	15		1		64	73	59
Sodium, Na mg	390	9.864	20		1		111	125	101
Zinc, Zn mg	0.72	0.045	13		1		0.20	0.23	0.19
Copper, Cu mg	0.198	0.009	13		1		0.056	0.063	0.051
Manganese, Mn mg	0.501	0.024	13		1		0.142	0.160	0.130
Selenium, Se mcg	20.0		2	A	1		5.7	6.4	5.2
Vitamins:									
Vitamin C, total ascorbic acid mg	0.1		0	FLA	4		0.0	0.0	0.0
Thiamin mg	0.339	0.010	48		1		0.096	0.108	0.088
Riboflavin mg	0.398	0.038	26		1		0.113	0.127	0.103
Niacin mg	3.466	0.143	27		1		0.983	1.109	0.901
Pantothenic acid mg	0.387	0.042	15		1		0.110	0.124	0.101
Vitamin B-6 mg	0.069	0.009	13		1		0.020	0.022	0.018
Folate, total mcg	106		0	FLA	4		30	34	28
Folic acid mcg	72		0		4		20	23	19
Folate, food mcg	34	1.369	11		1		10	11	9
Folate, DFE mcg_DFE	156		0	NC	4		44	50	41
Choline, total mg	14.6		0	FLC	4		4.1	4.7	3.8
Betaine mg									
Vitamin B-12 mcg	0.00		0		1		0.00	0.00	0.00
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	0
Retinol mcg	0		0	FLA	4		0	0	0
Carotene, beta mcg	0		0		4		0	0	0
Carotene, alpha mcg	0		0		4		0	0	0
Cryptoxanthin, beta mcg	0		0		4		0	0	0
Vitamin A, IU IU	0		0	FLA	4		0	0	0
Lycopene mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin mcg	44		0	FLA	4		13	14	12
Vitamin E (alpha-tocopherol) mg	0.28		0	FLA	4		0.08	0.09	0.07
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	1.7		0	FLA	4		0.5	0.6	0.5
Lipids:									
Fatty acids, total saturated g	1.081		0		4		0.306	0.346	0.281
4:0 g	0.000		0		4		0.000	0.000	0.000
6:0 g	0.000		0		4		0.000	0.000	0.000
8:0 g	0.000		0		4		0.000	0.000	0.000
10:0 g	0.000		0		4		0.000	0.000	0.000

NDB No. 18047
Bread, raisin, enriched

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0		4		0.000	0.000	0.000
13:0 g									
14:0 g	0.020		0		4		0.006	0.006	0.005
15:0 g									
16:0 g	0.584		0		4		0.166	0.187	0.152
17:0 g									
18:0 g	0.476		0		4		0.135	0.152	0.124
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.294		0		4		0.650	0.734	0.596
14:1 g									
15:1 g									
16:1 undifferentiated g	0.006		0		4		0.002	0.002	0.002
17:1 g									
18:1 undifferentiated g	2.288		0		4		0.649	0.732	0.595
20:1 g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.679		0		4		0.192	0.217	0.177
18:2 undifferentiated g	0.641		0		4		0.182	0.205	0.167
18:3 undifferentiated g	0.038		0		4		0.011	0.012	0.010
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		2		1		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.083		0		1		0.024	0.027	0.022
Threonine g	0.222		0		1		0.063	0.071	0.058
Isoleucine g	0.287		0		1		0.081	0.092	0.075
Leucine g	0.516		0		1		0.146	0.165	0.134
Lysine g	0.200		0		1		0.057	0.064	0.052
Methionine g	0.128		0		1		0.036	0.041	0.033
Cystine g	0.152		0		1		0.043	0.049	0.040
Phenylalanine g	0.361		0		1		0.102	0.116	0.094
Tyrosine g	0.204		0		1		0.058	0.065	0.053
Valine g	0.329		0		1		0.093	0.105	0.086
Arginine g	0.362		0		1		0.103	0.116	0.094
Histidine g	0.167		0		1		0.047	0.053	0.043
Alanine g	0.267		0		1		0.076	0.085	0.069
Aspartic acid g	0.351		0		1		0.100	0.112	0.091
Glutamic acid g	2.355		0		1		0.668	0.754	0.612
Glycine g	0.269		0		1		0.076	0.086	0.070
Proline g	0.828		0		1		0.235	0.265	0.215
Serine g	0.357		0		1		0.101	0.114	0.093
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	FLA	4		0	0	0
Theobromine mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18047
Bread, raisin, enriched

Measure 1 = 28.35g: 1 oz
Measure 2 = 32g: 1 slice, large
Measure 3 = 26g: 1 slice

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18048
Bread, raisin, toasted, enriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	27.80		0		1		7.88	8.06	6.67
Energy....kcal	297		0	NC	4		84	86	71
Energy....kj	1243		0		4		352	360	298
Protein (N x 0)....g	8.60		0		1		2.44	2.49	2.06
Total lipid (fat)....g	4.80		0		1		1.36	1.39	1.15
Ash....g	1.90		0		1		0.54	0.55	0.46
Carbohydrate, by difference....g	56.90		0	NC	4		16.13	16.50	13.66
Fiber, total dietary....g	4.7		0		4		1.3	1.4	1.1
Sugars, total....g	6.18		0	RK	4		1.75	1.79	1.48
Starch....g									
Minerals:									
Calcium, Ca....mg	72		0		1		20	21	17
Iron, Fe....mg	3.15		0		1		0.89	0.91	0.76
Magnesium, Mg....mg	28		0		1		8	8	7
Phosphorus, P....mg	118		0		1		33	34	28
Potassium, K....mg	246		0		1		70	71	59
Sodium, Na....mg	424		0		1		120	123	102
Zinc, Zn....mg	0.78		0		1		0.22	0.23	0.19
Copper, Cu....mg	0.215		0		1		0.061	0.062	0.052
Manganese, Mn....mg	0.545		0		1		0.155	0.158	0.131
Selenium, Se....mcg	21.7		0	RK	4		6.2	6.3	5.2
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		0		4		0.1	0.1	0.1
Thiamin....mg	0.294		0		1		0.083	0.085	0.071
Riboflavin....mg	0.390		0		1		0.111	0.113	0.094
Niacin....mg	3.391		0		1		0.961	0.983	0.814
Pantothenic acid....mg	0.274		0		1		0.078	0.079	0.066
Vitamin B-6....mg	0.068		0		1		0.019	0.020	0.016
Folate, total....mcg	98		0	RK	4		28	28	24
Folic acid....mcg	72		0		4		20	21	17
Folate, food....mcg	26		0		1		7	8	6
Folate, DFE....mcg_DFE	148		0	NC	4		42	43	36
Choline, total....mg	15.9		0	RK	4		4.5	4.6	3.8
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	0
Retinol....mcg	0		0	RK	4		0	0	0
Carotene, beta....mcg	0		0	RK	4		0	0	0
Carotene, alpha....mcg	0		0	RK	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	RK	4		0	0	0
Vitamin A, IU....IU	0		0	RK	4		0	0	0
Lycopene....mcg	0		0	RK	4		0	0	0
Lutein + zeaxanthin....mcg	46		0	RK	4		13	13	11
Vitamin E (alpha-tocopherol)....mg	0.31		0	RK	4		0.09	0.09	0.07
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.9		0	RK	4		0.5	0.5	0.5
Lipids:									
Fatty acids, total saturated....g	1.175		0		1		0.333	0.341	0.282
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000

NDB No. 18048
Bread, raisin, toasted, enriched

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0		1		0.000	0.000	0.000
13:0 g									
14:0 g	0.022		0		1		0.006	0.006	0.005
15:0 g									
16:0 g	0.635		0		1		0.180	0.184	0.152
17:0 g									
18:0 g	0.518		0		1		0.147	0.150	0.124
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.494		0		1		0.707	0.723	0.599
14:1 g									
15:1 g									
16:1 undifferentiated g	0.007		0		1		0.002	0.002	0.002
17:1 g									
18:1 undifferentiated g	2.487		0		1		0.705	0.721	0.597
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.738		0		1		0.209	0.214	0.177
18:2 undifferentiated g	0.697		0		1		0.198	0.202	0.167
18:3 undifferentiated g	0.041		0		1		0.012	0.012	0.010
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.090		0		1		0.026	0.026	0.022
Threonine g	0.241		0		1		0.068	0.070	0.058
Isoleucine g	0.312		0		1		0.088	0.090	0.075
Leucine g	0.561		0		1		0.159	0.163	0.135
Lysine g	0.217		0		1		0.062	0.063	0.052
Methionine g	0.139		0		1		0.039	0.040	0.033
Cystine g	0.166		0		1		0.047	0.048	0.040
Phenylalanine g	0.392		0		1		0.111	0.114	0.094
Tyrosine g	0.222		0		1		0.063	0.064	0.053
Valine g	0.358		0		1		0.101	0.104	0.086
Arginine g	0.394		0		1		0.112	0.114	0.095
Histidine g	0.182		0		1		0.052	0.053	0.044
Alanine g	0.290		0		1		0.082	0.084	0.070
Aspartic acid g	0.382		0		1		0.108	0.111	0.092
Glutamic acid g	2.559		0		1		0.725	0.742	0.614
Glycine g	0.293		0		1		0.083	0.085	0.070
Proline g	0.899		0		1		0.255	0.261	0.216
Serine g	0.388		0		1		0.110	0.113	0.093
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	RK	4		0	0	0
Theobromine mg	0		0	RK	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18048
Bread, raisin, toasted, enriched

Measure 1 = 28.35g: 1 oz
Measure 2 = 29g: 1 slice, large
Measure 3 = 24g: 1 slice

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18414
Bread, raisin, unenriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	33.60	0.286	47		1		9.53	10.75	8.74
Energy kcal	274		0	NC	4		78	88	71
Energy kj	1146				4		325	367	298
Protein (N x 5.8) g	7.90	0.086	55		1		2.24	2.53	2.05
Total lipid (fat) g	4.40	0.144	54		1		1.25	1.41	1.14
Ash g	1.80	0.036	22		1		0.51	0.58	0.47
Carbohydrate, by difference g	52.30		0		4		14.83	16.74	13.60
Fiber, total dietary g	4.3		0	BFZN	4		1.2	1.4	1.1
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	66	5.711	29		1		19	21	17
Iron, Fe mg	1.83		0	BFZN	4		0.52	0.59	0.48
Magnesium, Mg mg	26	1.166	13		1		7	8	7
Phosphorus, P mg	109	5.060	13		1		31	35	28
Potassium, K mg	227	11.006	15		1		64	73	59
Sodium, Na mg	390	9.864	20		1		111	125	101
Zinc, Zn mg	0.72	0.045	13		1		0.20	0.23	0.19
Copper, Cu mg	0.198	0.009	13		1		0.056	0.063	0.051
Manganese, Mn mg	0.501	0.024	13		1		0.142	0.160	0.130
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.1		0	BFZN	4		0.0	0.0	0.0
Thiamin mg	0.177		0	BFZN	4		0.050	0.057	0.046
Riboflavin mg	0.173		0	BFZN	4		0.049	0.055	0.045
Niacin mg	1.495		0	BFZN	4		0.424	0.478	0.389
Pantothenic acid mg	0.387	0.042	15		1		0.110	0.124	0.101
Vitamin B-6 mg	0.069	0.009	13		1		0.020	0.022	0.018
Folate, total mcg	34	1.369	11		1		10	11	9
Folic acid mcg	0		0	Z	7		0	0	0
Folate, food mcg	34	1.369	11		1		10	11	9
Folate, DFE mcg_DFE	34		0	NC	4		10	11	9
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	0
Retinol mcg	0		0	Z	7		0	0	0
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	0		0	BFZN	4		0	0	0
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	1.081		0		4		0.306	0.346	0.281
4:0 g									
6:0 g									
8:0 g									
10:0 g									
12:0 g	0.000		0		4		0.000	0.000	0.000
13:0 g									

NDB No. 18414
Bread, raisin, unenriched

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0 g	0.020		0		4		0.006	0.006	0.005
15:0 g									
16:0 g	0.584		0		4		0.166	0.187	0.152
17:0 g									
18:0 g	0.476		0		4		0.135	0.152	0.124
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.294		0		4		0.650	0.734	0.596
14:1 g									
15:1 g									
16:1 undifferentiated g	0.006		0		4		0.002	0.002	0.002
17:1 g									
18:1 undifferentiated g	2.288		0		4		0.649	0.732	0.595
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.679		0		4		0.192	0.217	0.177
18:2 undifferentiated g	0.641		0		4		0.182	0.205	0.167
18:3 undifferentiated g	0.038		0		4		0.011	0.012	0.010
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 g									
22:5 n-3 g									
22:6 n-3 g									
Fatty acids, total trans g									
Cholesterol mg	0		2		1		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.083		0		4		0.024	0.027	0.022
Threonine g	0.222		0		4		0.063	0.071	0.058
Isoleucine g	0.287		0		4		0.081	0.092	0.075
Leucine g	0.516		0		4		0.146	0.165	0.134
Lysine g	0.200		0		4		0.057	0.064	0.052
Methionine g	0.128		0		4		0.036	0.041	0.033
Cystine g	0.152		0		4		0.043	0.049	0.040
Phenylalanine g	0.361		0		4		0.102	0.116	0.094
Tyrosine g	0.204		0		4		0.058	0.065	0.053
Valine g	0.329		0		4		0.093	0.105	0.086
Arginine g	0.362		0		4		0.103	0.116	0.094
Histidine g	0.167		0		4		0.047	0.053	0.043
Alanine g	0.267		0		4		0.076	0.085	0.069
Aspartic acid g	0.351		0		4		0.100	0.112	0.091
Glutamic acid g	2.355		0		4		0.668	0.754	0.612
Glycine g	0.269		0		4		0.076	0.086	0.070
Proline g	0.828		0		4		0.235	0.265	0.215
Serine g	0.357		0		4		0.101	0.114	0.093
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 32g: 1 slice, large

Measure 3 = 26g: 1 slice

NDB No. 18414
Bread, raisin, unenriched

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18049
Bread, reduced-calorie, oat bran

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	46.00		2		1		13.04	10.58	
Energy kcal	201		0	NC	4		57	46	
Energy kj	841		0		4		238	193	
Protein (N x 5.8) g	8.00		2		1		2.27	1.84	
Total lipid (fat) g	3.20		2		1		0.91	0.74	
Ash g	1.50		2		1		0.43	0.35	
Carbohydrate, by difference g	41.30		0		4		11.71	9.50	
Fiber, total dietary g	12.0		0		4		3.4	2.8	
Sugars, total g	3.52		0	FLA	4		1.00	0.81	
Starch g									
Minerals:									
Calcium, Ca mg	57		2		1		16	13	
Iron, Fe mg	3.15		2		1		0.89	0.72	
Magnesium, Mg mg	55		0	FLA	4		16	13	
Phosphorus, P mg	139		0	FLA	4		39	32	
Potassium, K mg	102		1		1		29	23	
Sodium, Na mg	351		2		1		100	81	
Zinc, Zn mg	1.05		0	FLA	4		0.30	0.24	
Copper, Cu mg	0.291		0	FLA	4		0.082	0.067	
Manganese, Mn mg	1.101		0	FLA	4		0.312	0.253	
Selenium, Se mcg	20.6		0	FLA	4		5.8	4.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	FLA	4		0.0	0.0	
Thiamin mg	0.354		2		1		0.100	0.081	
Riboflavin mg	0.203		2		1		0.058	0.047	
Niacin mg	3.763		2		1		1.067	0.865	
Pantothenic acid mg	0.492		0	FLA	4		0.139	0.113	
Vitamin B-6 mg	0.103		0	FLA	4		0.029	0.024	
Folate, total mcg	81		0	FLA	4		23	19	
Folic acid mcg	47		0		4		13	11	
Folate, food mcg	34		0		4		10	8	
Folate, DFE mcg_DFE	114		0	NC	4		32	26	
Choline, total mg	14.6		0	BFZN	4		4.1	3.4	
Betaine mg									
Vitamin B-12 mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	FLA	4		0	0	
Carotene, beta mcg	1		0	FLA	4		0	0	
Carotene, alpha mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta mcg	0		0	FLA	4		0	0	
Vitamin A, IU IU	2		0	NC	4		1	1	
Lycopene mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin mcg	42		0	FLA	4		12	10	
Vitamin E (alpha-tocopherol) mg	0.28		0	FLA	4		0.08	0.06	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	1.7		0	FLA	4		0.5	0.4	
Lipids:									
Fatty acids, total saturated g	0.445		0		4		0.126	0.102	
4:0 g	0.000		0		4		0.000	0.000	
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.000		0		4		0.000	0.000	

NDB No. 18049
Bread, reduced-calorie, oat bran

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.002		0		4		0.001	0.000	
13:0 g									
14:0 g	0.002		0		4		0.001	0.000	
15:0 g									
16:0 g	0.369		0		4		0.105	0.085	
17:0 g									
18:0 g	0.068		0		4		0.019	0.016	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.684		0		4		0.194	0.157	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.019		0		4		0.005	0.004	
17:1 g									
18:1 undifferentiated g	0.663		0		4		0.188	0.152	
20:1 g	0.002		0		4		0.001	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.670		0		4		0.473	0.384	
18:2 undifferentiated g	1.567		0		4		0.444	0.360	
18:3 undifferentiated g	0.102		0		4		0.029	0.023	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 g	0.000		0		4		0.000	0.000	
22:5 n-3 g	0.000		0		4		0.000	0.000	
22:6 n-3 g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.103		0		4		0.029	0.024	
Threonine g	0.257		0		4		0.073	0.059	
Isoleucine g	0.321		0		4		0.091	0.074	
Leucine g	0.565		0		4		0.160	0.130	
Lysine g	0.291		0		4		0.082	0.067	
Methionine g	0.140		0		4		0.040	0.032	
Cystine g	0.135		0		4		0.038	0.031	
Phenylalanine g	0.165		0		4		0.047	0.038	
Tyrosine g	0.386		0		4		0.109	0.089	
Valine g	0.364		0		4		0.103	0.084	
Arginine g	0.384		0		4		0.109	0.088	
Histidine g	0.183		0		4		0.052	0.042	
Alanine g	0.312		0		4		0.088	0.072	
Aspartic acid g	0.527		0		4		0.149	0.121	
Glutamic acid g	2.197		0		4		0.623	0.505	
Glycine g	0.318		0		4		0.090	0.073	
Proline g	0.712		0		4		0.202	0.164	
Serine g	0.391		0		4		0.111	0.090	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18049
Bread, reduced-calorie, oat bran

Measure 1 = 28.35g: 1 oz
Measure 2 = 23g: 1 slice

Calories Factors: **Protein** 3.6 **Fat** 8.6 **Carbohydrate** 3.5

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18050
Bread, reduced-calorie, oat bran, toasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	35.70		0		4		10.12	6.78	
Energy kcal	239		0		4		68	45	
Energy kj	1000		0		4		283	190	
Protein (N x 0) g	9.50		0		4		2.69	1.81	
Total lipid (fat) g	3.80		0		4		1.08	0.72	
Ash g	1.80		0		4		0.51	0.34	
Carbohydrate, by difference g	49.20		0		4		13.95	9.35	
Fiber, total dietary g	14.3		0		4		4.1	2.7	
Sugars, total g	4.20		0	RK	4		1.19	0.80	
Starch g									
Minerals:									
Calcium, Ca mg	68		0		4		19	13	
Iron, Fe mg	3.75		0		4		1.06	0.71	
Magnesium, Mg mg	55		0		4		16	10	
Phosphorus, P mg	144		0		4		41	27	
Potassium, K mg	122		0		4		35	23	
Sodium, Na mg	418		0		4		119	79	
Zinc, Zn mg	1.19		0		4		0.34	0.23	
Copper, Cu mg	0.147		0		4		0.042	0.028	
Manganese, Mn mg	1.006		0		4		0.285	0.191	
Selenium, Se mcg	24.5		0	RK	4		6.9	4.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		4		0.0	0.0	
Thiamin mg	0.338		0		4		0.096	0.064	
Riboflavin mg	0.217		0		4		0.062	0.041	
Niacin mg	4.032		0		4		1.143	0.766	
Pantothenic acid mg	0.166		0		4		0.047	0.032	
Vitamin B-6 mg	0.087		0		4		0.025	0.017	
Folate, total mcg	82		0	RK	4		23	16	
Folic acid mcg	48		0	RK	4		13	9	
Folate, food mcg	34		0	RK	4		10	7	
Folate, DFE mcg_DFE	115		0	NC	4		33	22	
Choline, total mg	16.1		0	BFZN	4		4.6	3.1	
Betaine mg									
Vitamin B-12 mcg	0.00		0		4		0.00	0.00	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	RK	4		0	0	
Carotene, beta mcg	2		0	RK	4		0	0	
Carotene, alpha mcg	0		0	RK	4		0	0	
Cryptoxanthin, beta mcg	0		0	RK	4		0	0	
Vitamin A, IU IU	3		0	NC	4		1	1	
Lycopene mcg	0		0	RK	4		0	0	
Lutein + zeaxanthin mcg	48		0	RK	4		14	9	
Vitamin E (alpha-tocopherol) mg	0.33		0	RK	4		0.09	0.06	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	2.0		0	RK	4		0.6	0.4	
Lipids:									
Fatty acids, total saturated g	0.530		0		4		0.150	0.101	
4:0 g	0.000		0		4		0.000	0.000	
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.000		0		4		0.000	0.000	

NDB No. 18050

Bread, reduced-calorie, oat bran, toasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.002		0		4		0.001	0.000	
13:0 g									
14:0 g	0.003		0		4		0.001	0.001	
15:0 g									
16:0 g	0.439		0		4		0.124	0.083	
17:0 g									
18:0 g	0.081		0		4		0.023	0.015	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.814		0		4		0.231	0.155	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.023		0		4		0.007	0.004	
17:1 g									
18:1 undifferentiated g	0.789		0		4		0.224	0.150	
20:1 g	0.002		0		4		0.001	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.988		0		4		0.564	0.378	
18:2 undifferentiated g	1.865		0		4		0.529	0.354	
18:3 undifferentiated g	0.122		0		4		0.035	0.023	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 g	0.000		0		4		0.000	0.000	
22:5 n-3 g	0.000		0		4		0.000	0.000	
22:6 n-3 g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.123		0		4		0.035	0.023	
Threonine g	0.306		0		4		0.087	0.058	
Isoleucine g	0.382		0		4		0.108	0.073	
Leucine g	0.673		0		4		0.191	0.128	
Lysine g	0.346		0		4		0.098	0.066	
Methionine g	0.167		0		4		0.047	0.032	
Cystine g	0.160		0		4		0.045	0.030	
Phenylalanine g	0.196		0		4		0.056	0.037	
Tyrosine g	0.459		0		4		0.130	0.087	
Valine g	0.433		0		4		0.123	0.082	
Arginine g	0.458		0		4		0.130	0.087	
Histidine g	0.217		0		4		0.062	0.041	
Alanine g	0.371		0		4		0.105	0.070	
Aspartic acid g	0.627		0		4		0.178	0.119	
Glutamic acid g	2.616		0		4		0.742	0.497	
Glycine g	0.379		0		4		0.107	0.072	
Proline g	0.848		0		4		0.240	0.161	
Serine g	0.466		0		4		0.132	0.089	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	RK	4		0	0	
Theobromine mg	0		0	RK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18050

Bread, reduced-calorie, oat bran, toasted

Measure 1 = 28.35g: 1 oz

Measure 2 = 19g: 1 slice

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18051
Bread, reduced-calorie, oatmeal

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	44.00		2		1		12.47	10.12	
Energy kcal	210		0	NC	4		60	48	
Energy kj	879				4		249	202	
Protein (N x 5.8) g	7.60		2		1		2.15	1.75	
Total lipid (fat) g	3.50		2		1		0.99	0.81	
Ash g	1.60		2		1		0.45	0.37	
Carbohydrate, by difference g	43.30		0		4		12.28	9.96	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	115		2		1		33	26	
Iron, Fe mg	2.30		2		1		0.65	0.53	
Magnesium, Mg mg	24		0	FLA	4		7	6	
Phosphorus, P mg	100		0	FLA	4		28	23	
Potassium, K mg	124		0	FLA	4		35	29	
Sodium, Na mg	388		2		1		110	89	
Zinc, Zn mg	0.83		0	FLA	4		0.24	0.19	
Copper, Cu mg	0.099		0	FLA	4		0.028	0.023	
Manganese, Mn mg	0.539		0	FLA	4		0.153	0.124	
Selenium, Se mcg	23.0		0	FLA	4		6.5	5.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.2		0	FLA	4		0.1	0.0	
Thiamin mg	0.348		2		1		0.099	0.080	
Riboflavin mg	0.280		2		1		0.079	0.064	
Niacin mg	3.030		2		1		0.859	0.697	
Pantothenic acid mg	0.431		0	FLA	4		0.122	0.099	
Vitamin B-6 mg	0.045		0	FLA	4		0.013	0.010	
Folate, total mcg	55		0	FLA	4		16	13	
Folic acid mcg	21		0	NC	4		6	5	
Folate, food mcg	34		0		4		10	8	
Folate, DFE mcg_DFE	70		0	NC	4		20	16	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.10		0	FLA	4		0.03	0.02	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	6		0	FLA	4		2	1	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	0.599		0		4		0.170	0.138	
4:0 g	0.002		0		4		0.001	0.000	
6:0 g	0.001		0		4		0.000	0.000	
8:0 g	0.001		0		4		0.000	0.000	
10:0 g	0.002		0		4		0.001	0.000	
12:0 g	0.010		0		4		0.003	0.002	
13:0 g									

NDB No. 18051
Bread, reduced-calorie, oatmeal

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0 g	0.011		0		4		0.003	0.003	
15:0 g									
16:0 g	0.504		0		4		0.143	0.116	
17:0 g									
18:0 g	0.041		0		4		0.012	0.009	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.822		0		4		0.233	0.189	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.039		0		4		0.011	0.009	
17:1 g									
18:1 undifferentiated g	0.783		0		4		0.222	0.180	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.351		0		4		0.383	0.311	
18:2 undifferentiated g	1.289		0		4		0.365	0.296	
18:3 undifferentiated g	0.063		0		4		0.018	0.014	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 g									
22:5 n-3 g									
22:6 n-3 g									
Fatty acids, total trans g									
Cholesterol mg	0		1		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.096		0		4		0.027	0.022	
Threonine g	0.234		0		4		0.066	0.054	
Isoleucine g	0.312		0		4		0.088	0.072	
Leucine g	0.562		0		4		0.159	0.129	
Lysine g	0.259		0		4		0.073	0.060	
Methionine g	0.138		0		4		0.039	0.032	
Cystine g	0.161		0		4		0.046	0.037	
Phenylalanine g	0.381		0		4		0.108	0.088	
Tyrosine g	0.251		0		4		0.071	0.058	
Valine g	0.359		0		4		0.102	0.083	
Arginine g	0.327		0		4		0.093	0.075	
Histidine g	0.170		0		4		0.048	0.039	
Alanine g	0.274		0		4		0.078	0.063	
Aspartic acid g	0.431		0		4		0.122	0.099	
Glutamic acid g	2.235		0		4		0.634	0.514	
Glycine g	0.282		0		4		0.080	0.065	
Proline g	0.764		0		4		0.217	0.176	
Serine g	0.376		0		4		0.107	0.086	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 23g: 1 slice

Calories Factors: **Protein** 3.9 **Fat** 8.4 **Carbohydrate** 3.5

NDB No. 18051
Bread, reduced-calorie, oatmeal

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18053
Bread, reduced-calorie, rye

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	46.00		1		1		13.04	10.58	14.72
Energy kcal	203		0	NC	4		58	47	65
Energy kj	849		0		4		241	195	272
Protein (N x 5.8) g	9.10		1		1		2.58	2.09	2.91
Total lipid (fat) g	2.90		1		1		0.82	0.67	0.93
Ash g	1.60		1		1		0.45	0.37	0.51
Carbohydrate, by difference g	40.50		0		4		11.48	9.32	12.96
Fiber, total dietary g	12.0		0		4		3.4	2.8	3.8
Sugars, total g	2.29		0	FLA	4		0.65	0.53	0.73
Starch g									
Minerals:									
Calcium, Ca mg	76		1		1		22	17	24
Iron, Fe mg	3.10		1		1		0.88	0.71	0.99
Magnesium, Mg mg	22		0	FLA	4		6	5	7
Phosphorus, P mg	78		0	FLA	4		22	18	25
Potassium, K mg	98		1		1		28	23	31
Sodium, Na mg	405		1		1		115	93	130
Zinc, Zn mg	0.66		0	FLA	4		0.19	0.15	0.21
Copper, Cu mg	0.133		0	FLA	4		0.038	0.031	0.043
Manganese, Mn mg	0.453		0	FLA	4		0.128	0.104	0.145
Selenium, Se mcg	27.9		0	FLA	4		7.9	6.4	8.9
Vitamins:									
Vitamin C, total ascorbic acid mg	0.4		0	FLA	4		0.1	0.1	0.1
Thiamin mg	0.367		1		1		0.104	0.084	0.117
Riboflavin mg	0.240		1		1		0.068	0.055	0.077
Niacin mg	2.527		1		1		0.716	0.581	0.809
Pantothenic acid mg	0.297		0	FLA	4		0.084	0.068	0.095
Vitamin B-6 mg	0.077		0	FLA	4		0.022	0.018	0.025
Folate, total mcg	58		0	FLA	4		17	13	19
Folic acid mcg	35		0		4		10	8	11
Folate, food mcg	23		0		4		7	5	7
Folate, DFE mcg_DFE	83		0	NC	4		23	19	26
Choline, total mg	14.6		0	BFZN	4		4.1	3.4	4.7
Betaine mg									
Vitamin B-12 mcg	0.04		0	FLA	4		0.01	0.01	0.01
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	0
Retinol mcg	0		0	FLA	4		0	0	0
Carotene, beta mcg	2		0	FLA	4		1	0	1
Carotene, alpha mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta mcg	1		0	FLA	4		0	0	0
Vitamin A, IU IU	4		0	NC	4		1	1	1
Lycopene mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin mcg	37		0	FLA	4		11	9	12
Vitamin E (alpha-tocopherol) mg	0.28		0	FLA	4		0.08	0.06	0.09
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	0.6		0	FLA	4		0.2	0.1	0.2
Lipids:									
Fatty acids, total saturated g	0.368		0		4		0.104	0.085	0.118
4:0 g	0.001		0		4		0.000	0.000	0.000
6:0 g	0.001		0		4		0.000	0.000	0.000
8:0 g	0.001		0		4		0.000	0.000	0.000
10:0 g	0.002		0		4		0.001	0.000	0.001

NDB No. 18053
Bread, reduced-calorie, rye

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.004		0		4		0.001	0.001	0.001
13:0 g									
14:0 g	0.012		0		4		0.003	0.003	0.004
15:0 g									
16:0 g	0.270		0		4		0.077	0.062	0.086
17:0 g									
18:0 g	0.075		0		4		0.021	0.017	0.024
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.672		0		4		0.191	0.155	0.215
14:1 g									
15:1 g									
16:1 undifferentiated g	0.034		0		4		0.010	0.008	0.011
17:1 g									
18:1 undifferentiated g	0.638		0		4		0.181	0.147	0.204
20:1 g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.752		0		4		0.213	0.173	0.241
18:2 undifferentiated g	0.710		0		4		0.201	0.163	0.227
18:3 undifferentiated g	0.041		0		4		0.012	0.009	0.013
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		1		1		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.110		0		4		0.031	0.025	0.035
Threonine g	0.284		0		4		0.081	0.065	0.091
Isoleucine g	0.357		0		4		0.101	0.082	0.114
Leucine g	0.638		0		4		0.181	0.147	0.204
Lysine g	0.321		0		4		0.091	0.074	0.103
Methionine g	0.155		0		4		0.044	0.036	0.050
Cystine g	0.180		0		4		0.051	0.041	0.058
Phenylalanine g	0.457		0		4		0.130	0.105	0.146
Tyrosine g	0.288		0		4		0.082	0.066	0.092
Valine g	0.415		0		4		0.118	0.095	0.133
Arginine g	0.476		0		4		0.135	0.109	0.152
Histidine g	0.208		0		4		0.059	0.048	0.067
Alanine g	0.320		0		4		0.091	0.074	0.102
Aspartic acid g	0.556		0		4		0.158	0.128	0.178
Glutamic acid g	2.629		0		4		0.745	0.605	0.841
Glycine g	0.321		0		4		0.091	0.074	0.103
Proline g	0.860		0		4		0.244	0.198	0.275
Serine g	0.432		0		4		0.122	0.099	0.138
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	FLA	4		0	0	0
Theobromine mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18053
Bread, reduced-calorie, rye

Measure 1 = 28.35g: 1 oz
Measure 2 = 23g: 1 slice
Measure 3 = 32g: 1 slice, thick

Calories Factors: **Protein** 4 **Fat** 8.6 **Carbohydrate** 3.5

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18055
Bread, reduced-calorie, wheat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	43.20	0.656	10		1		12.25	9.94	
Energy kcal	198		0	NC	4		56	46	
Energy kj	828		0		4		235	191	
Protein (N x 5.8) g	9.10	0.462	7		1		2.58	2.09	
Total lipid (fat) g	2.30	0.279	8		1		0.65	0.53	
Ash g	1.90	0.119	6		1		0.54	0.44	
Carbohydrate, by difference g	43.60		0		4		12.36	10.03	
Fiber, total dietary g	12.0		0		1		3.4	2.8	
Sugars, total g	3.07		0	FLA	4		0.87	0.71	
Starch g									
Minerals:									
Calcium, Ca mg	80	17.083	6		1		23	18	
Iron, Fe mg	2.96	0.263	8		1		0.84	0.68	
Magnesium, Mg mg	39		0	FLA	4		11	9	
Phosphorus, P mg	102		0	FLA	4		29	23	
Potassium, K mg	122		0	FLA	4		35	28	
Sodium, Na mg	511	24.634	3		1		145	118	
Zinc, Zn mg	1.12		0	FLA	4		0.32	0.26	
Copper, Cu mg	0.137		0	FLA	4		0.039	0.032	
Manganese, Mn mg	0.853		0	FLA	4		0.242	0.196	
Selenium, Se mcg	30.4		0	FLA	4		8.6	7.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.1		0	FLA	4		0.0	0.0	
Thiamin mg	0.422	0.089	4		1		0.120	0.097	
Riboflavin mg	0.295	0.024	6		1		0.084	0.068	
Niacin mg	3.885	0.138	6		1		1.101	0.894	
Pantothenic acid mg	0.630		1		1		0.179	0.145	
Vitamin B-6 mg	0.126		1		1		0.036	0.029	
Folate, total mcg	91		0	FLA	4		26	21	
Folic acid mcg	63		0	NR	4		18	14	
Folate, food mcg	28		0		4		8	6	
Folate, DFE mcg_DFE	135		0	NC	4		38	31	
Choline, total mg	18.7		0	BFZN	4		5.3	4.3	
Betaine mg									
Vitamin B-12 mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	FLA	4		0	0	
Carotene, beta mcg	0		0		4		0	0	
Carotene, alpha mcg	0		0		4		0	0	
Cryptoxanthin, beta mcg	0		0		4		0	0	
Vitamin A, IU IU	0		0	FLA	4		0	0	
Lycopene mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin mcg	41		0	FLA	4		12	9	
Vitamin E (alpha-tocopherol) mg	0.24		0	FLA	4		0.07	0.06	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	0.2		0	FLA	4		0.1	0.0	
Lipids:									
Fatty acids, total saturated g	0.344		0		4		0.098	0.079	
4:0 g	0.002		0		4		0.001	0.000	
6:0 g	0.001		0		4		0.000	0.000	
8:0 g	0.001		0		4		0.000	0.000	
10:0 g	0.002		0		4		0.001	0.000	

NDB No. 18055
Bread, reduced-calorie, wheat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.003		0		4		0.001	0.001	
13:0 g									
14:0 g	0.008		0		4		0.002	0.002	
15:0 g									
16:0 g	0.297		0		4		0.084	0.068	
17:0 g									
18:0 g	0.027		0		4		0.008	0.006	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.252		0		4		0.071	0.058	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.038		0		4		0.011	0.009	
17:1 g									
18:1 undifferentiated g	0.215		0		4		0.061	0.049	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.969		0		4		0.275	0.223	
18:2 undifferentiated g	0.918		0		4		0.260	0.211	
18:3 undifferentiated g	0.050		0		4		0.014	0.012	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 g	0.000		0		4		0.000	0.000	
22:5 n-3 g	0.000		0		4		0.000	0.000	
22:6 n-3 g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.108		0		4		0.031	0.025	
Threonine g	0.274		0		4		0.078	0.063	
Isoleucine g	0.356		0		4		0.101	0.082	
Leucine g	0.638		0		4		0.181	0.147	
Lysine g	0.261		0		4		0.074	0.060	
Methionine g	0.159		0		4		0.045	0.037	
Cystine g	0.188		0		4		0.053	0.043	
Phenylalanine g	0.442		0		4		0.125	0.102	
Tyrosine g	0.275		0		4		0.078	0.063	
Valine g	0.399		0		4		0.113	0.092	
Arginine g	0.339		0		4		0.096	0.078	
Histidine g	0.197		0		4		0.056	0.045	
Alanine g	0.303		0		4		0.086	0.070	
Aspartic acid g	0.433		0		4		0.123	0.100	
Glutamic acid g	2.861		0		4		0.811	0.658	
Glycine g	0.316		0		4		0.090	0.073	
Proline g	0.982		0		4		0.278	0.226	
Serine g	0.439		0		4		0.124	0.101	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18055
Bread, reduced-calorie, wheat

Measure 1 = 28.35g: 1 oz
Measure 2 = 23g: 1 slice

Calories Factors: **Protein** 3.9 **Fat** 8.4 **Carbohydrate** 3.3

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18057
Bread, reduced-calorie, white

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	42.90	0.458	31		1		12.16	9.87	
Energy kcal	207		0	NC	4		59	48	
Energy kj	866		0		4		246	199	
Protein (N x 5.9) g	8.70	0.162	27		1		2.47	2.00	
Total lipid (fat) g	2.50	0.157	23		1		0.71	0.58	
Ash g	1.70	0.038	25		1		0.48	0.39	
Carbohydrate, by difference g	44.30		0		4		12.56	10.19	
Fiber, total dietary g	9.7		0		1		2.7	2.2	
Sugars, total g	4.76		0	FLA	4		1.35	1.10	
Starch g									
Minerals:									
Calcium, Ca mg	94	9.146	14		1		27	22	
Iron, Fe mg	3.19	0.125	15		1		0.90	0.73	
Magnesium, Mg mg	23		0	FLA	4		7	5	
Phosphorus, P mg	121		0	FLA	4		34	28	
Potassium, K mg	76		1		1		22	17	
Sodium, Na mg	453	52.276	4		1		128	104	
Zinc, Zn mg	1.34		1		1		0.38	0.31	
Copper, Cu mg	0.330		1		1		0.094	0.076	
Manganese, Mn mg	0.391		0	FLA	4		0.111	0.090	
Selenium, Se mcg	21.7		0	FLA	4		6.2	5.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.5		0	FLA	4		0.1	0.1	
Thiamin mg	0.410	0.032	14		1		0.116	0.094	
Riboflavin mg	0.289	0.017	13		1		0.082	0.066	
Niacin mg	3.641	0.207	14		1		1.032	0.837	
Pantothenic acid mg	0.462		1		1		0.131	0.106	
Vitamin B-6 mg	0.042		1		1		0.012	0.010	
Folate, total mcg	95		0	CAZN	4		27	22	
Folic acid mcg	61		0	NC	4		17	14	
Folate, food mcg	34		0		4		10	8	
Folate, DFE mcg_DFE	138		0	NC	4		39	32	
Choline, total mg	14.6		0	BFZN	4		4.1	3.4	
Betaine mg									
Vitamin B-12 mcg	0.28		0	FLA	4		0.08	0.06	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	FLA	4		0	0	
Carotene, beta mcg	1		0	FLA	4		0	0	
Carotene, alpha mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta mcg	0		0	FLA	4		0	0	
Vitamin A, IU IU	3		0	FLA	4		1	1	
Lycopene mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin mcg	32		0	FLA	4		9	7	
Vitamin E (alpha-tocopherol) mg	0.19		0	FLA	4		0.05	0.04	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	0.6		0	FLA	4		0.2	0.1	
Lipids:									
Fatty acids, total saturated g	0.549		0		4		0.156	0.126	
4:0 g	0.000		0		4		0.000	0.000	
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.000		0		4		0.000	0.000	

NDB No. 18057
Bread, reduced-calorie, white

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0		4		0.000	0.000	
13:0 g									
14:0 g	0.009		0		4		0.003	0.002	
15:0 g									
16:0 g	0.325		0		4		0.092	0.075	
17:0 g									
18:0 g	0.214		0		4		0.061	0.049	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.077		0		4		0.305	0.248	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.016		0		4		0.005	0.004	
17:1 g									
18:1 undifferentiated g	1.061		0		4		0.301	0.244	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.559		0		4		0.158	0.129	
18:2 undifferentiated g	0.531		0		4		0.151	0.122	
18:3 undifferentiated g	0.028		0		4		0.008	0.006	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 g	0.000		0		4		0.000	0.000	
22:5 n-3 g	0.000		0		4		0.000	0.000	
22:6 n-3 g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		1		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.104		0		4		0.029	0.024	
Threonine g	0.289		0		4		0.082	0.066	
Isoleucine g	0.381		0		4		0.108	0.088	
Leucine g	0.657		0		4		0.186	0.151	
Lysine g	0.358		0		4		0.101	0.082	
Methionine g	0.160		0		4		0.045	0.037	
Cystine g	0.151		0		4		0.043	0.035	
Phenylalanine g	0.419		0		4		0.119	0.096	
Tyrosine g	0.296		0		4		0.084	0.068	
Valine g	0.418		0		4		0.119	0.096	
Arginine g	0.339		0		4		0.096	0.078	
Histidine g	0.198		0		4		0.056	0.046	
Alanine g	0.293		0		4		0.083	0.067	
Aspartic acid g	0.504		0		4		0.143	0.116	
Glutamic acid g	2.440		0		4		0.692	0.561	
Glycine g	0.276		0		4		0.078	0.063	
Proline g	0.881		0		4		0.250	0.203	
Serine g	0.430		0		4		0.122	0.099	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18057
Bread, reduced-calorie, white

Measure 1 = 28.35g: 1 oz
Measure 2 = 23g: 1 slice

Calories Factors: **Protein** 4 **Fat** 8.7 **Carbohydrate** 3.4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18059
Bread, rice bran

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	41.00		2		1		11.62	11.07	
Energy kcal	243		0	NC	4		69	66	
Energy kj	1015		0	NC	4		288	274	
Protein (N x 5.8) g	8.90	0.468	4		1		2.52	2.40	
Total lipid (fat) g	4.60	0.508	4		1		1.30	1.24	
Ash g	2.00		2		1		0.57	0.54	
Carbohydrate, by difference g	43.50		0		4		12.33	11.75	
Fiber, total dietary g	4.9		0		1		1.4	1.3	
Sugars, total g	4.67		0	FLC	4		1.33	1.26	
Starch g									
Minerals:									
Calcium, Ca mg	69	30.109	4		1		20	19	
Iron, Fe mg	3.61	0.368	4		1		1.02	0.97	
Magnesium, Mg mg	80		0	FLA	4		23	22	
Phosphorus, P mg	178		0	FLA	4		50	48	
Potassium, K mg	215		0	FLA	4		61	58	
Sodium, Na mg	440	10.245	4		1		125	119	
Zinc, Zn mg	1.31		0	FLA	4		0.37	0.35	
Copper, Cu mg	0.184		0	FLA	4		0.052	0.050	
Manganese, Mn mg	1.585		0	FLA	4		0.449	0.428	
Selenium, Se mcg	28.7		0	FLA	4		8.1	7.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	FLA	4		0.0	0.0	
Thiamin mg	0.653	0.058	4		1		0.185	0.176	
Riboflavin mg	0.300	0.010	4		1		0.085	0.081	
Niacin mg	6.810	0.811	4		1		1.931	1.839	
Pantothenic acid mg	0.776		0	FLA	4		0.220	0.210	
Vitamin B-6 mg	0.268		0	FLA	4		0.076	0.072	
Folate, total mcg	86		0	FLC	4		24	23	
Folic acid mcg	56		0		4		16	15	
Folate, food mcg	30		0		4		9	8	
Folate, DFE mcg_DFE	125		0	NC	4		35	34	
Choline, total mg	14.6		0	BFZN	4		4.1	3.9	
Betaine mg									
Vitamin B-12 mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg	0		0	FLC	4		0	0	
Carotene, alpha mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta mcg	0		0	FLC	4		0	0	
Vitamin A, IU IU	1		0	NC	4		0	0	
Lycopene mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin mcg	49		0	FLC	4		14	13	
Vitamin E (alpha-tocopherol) mg	0.65		0	FLC	4		0.19	0.18	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	1.0		0	FLC	4		0.3	0.3	
Lipids:									
Fatty acids, total saturated g	0.709		0		4		0.201	0.191	
4:0 g	0.000		0		4		0.000	0.000	
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.000		0		4		0.000	0.000	

NDB No. 18059
Bread, rice bran

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.001		0		4		0.000	0.000	
13:0 g									
14:0 g	0.006		0		4		0.002	0.002	
15:0 g									
16:0 g	0.530		0		4		0.150	0.143	
17:0 g									
18:0 g	0.165		0		4		0.047	0.045	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.654		0		4		0.469	0.447	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.033		0		4		0.009	0.009	
17:1 g									
18:1 undifferentiated g	1.621		0		4		0.460	0.438	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.760		0		4		0.499	0.475	
18:2 undifferentiated g	1.654		0		4		0.469	0.447	
18:3 undifferentiated g	0.106		0		4		0.030	0.029	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 g	0.000		0		4		0.000	0.000	
22:5 n-3 g	0.000		0		4		0.000	0.000	
22:6 n-3 g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		2		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.106		0		4		0.030	0.029	
Threonine g	0.268		0		4		0.076	0.072	
Isoleucine g	0.347		0		4		0.098	0.094	
Leucine g	0.624		0		4		0.177	0.168	
Lysine g	0.259		0		4		0.073	0.070	
Methionine g	0.156		0		4		0.044	0.042	
Cystine g	0.190		0		4		0.054	0.051	
Phenylalanine g	0.439		0		4		0.124	0.119	
Tyrosine g	0.271		0		4		0.077	0.073	
Valine g	0.402		0		4		0.114	0.109	
Arginine g	0.379		0		4		0.107	0.102	
Histidine g	0.197		0		4		0.056	0.053	
Alanine g	0.328		0		4		0.093	0.089	
Aspartic acid g	0.464		0		4		0.132	0.125	
Glutamic acid g	2.703		0		4		0.766	0.730	
Glycine g	0.344		0		4		0.098	0.093	
Proline g	0.910		0		4		0.258	0.246	
Serine g	0.433		0		4		0.123	0.117	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLC	4		0	0	
Theobromine mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18059
Bread, rice bran

Measure 1 = 28.35g: 1 oz
Measure 2 = 27g: 1 slice

Calories Factors: **Protein** 3.7 **Fat** 8.7 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18384
Bread, rice bran, toasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	35.90		0		1		10.18	8.98	
Energy kcal	264		0	NC	4		75	66	
Energy kj	1105		0		4		313	276	
Protein (N x 0) g	9.70		0		1		2.75	2.43	
Total lipid (fat) g	5.00		0		1		1.42	1.25	
Ash g	2.20		0		1		0.62	0.55	
Carbohydrate, by difference g	47.30		0	NC	4		13.41	11.83	
Fiber, total dietary g	5.3		0		4		1.5	1.3	
Sugars, total g	5.08		0	RA	4		1.44	1.27	
Starch g									
Minerals:									
Calcium, Ca mg	75		0		1		21	19	
Iron, Fe mg	3.92		0		1		1.11	0.98	
Magnesium, Mg mg	76		0		4		22	19	
Phosphorus, P mg	174		0		4		49	44	
Potassium, K mg	212		0		4		60	53	
Sodium, Na mg	478		0		1		136	120	
Zinc, Zn mg	1.38		0		4		0.39	0.35	
Copper, Cu mg	0.182		0		4		0.052	0.046	
Manganese, Mn mg	1.521		0		4		0.431	0.380	
Selenium, Se mcg	31.2		0	RK	4		8.8	7.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		4		0.0	0.0	
Thiamin mg	0.568		0		1		0.161	0.142	
Riboflavin mg	0.293		0		1		0.083	0.073	
Niacin mg	6.662		0		1		1.889	1.666	
Pantothenic acid mg	0.260		0		4		0.074	0.065	
Vitamin B-6 mg	0.208		0		4		0.059	0.052	
Folate, total mcg	79		0	RA	4		22	20	
Folic acid mcg	56		0		4		16	14	
Folate, food mcg	23		0		4		7	6	
Folate, DFE mcg_DFE	118		0	NC	4		34	30	
Choline, total mg	15.9		0	RK	4		4.5	4.0	
Betaine mg									
Vitamin B-12 mcg	0.00		0		1		0.00	0.00	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	RA	4		0	0	
Carotene, beta mcg	0		0	RA	4		0	0	
Carotene, alpha mcg	0		0	RA	4		0	0	
Cryptoxanthin, beta mcg	0		0	RA	4		0	0	
Vitamin A, IU IU	1		0	NC	4		0	0	
Lycopene mcg	0		0	RA	4		0	0	
Lutein + zeaxanthin mcg	51		0	RA	4		14	13	
Vitamin E (alpha-tocopherol) mg	0.71		0	RA	4		0.20	0.18	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	1.1		0	RA	4		0.3	0.3	
Lipids:									
Fatty acids, total saturated g	0.771		0		1		0.219	0.193	
4:0 g	0.000		0		1		0.000	0.000	
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	

NDB No. 18384
Bread, rice bran, toasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.001		0		1		0.000	0.000	
13:0 g									
14:0 g	0.006		0		1		0.002	0.002	
15:0 g									
16:0 g	0.576		0		1		0.163	0.144	
17:0 g									
18:0 g	0.179		0		1		0.051	0.045	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.798		0		1		0.510	0.450	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.036		0		1		0.010	0.009	
17:1 g									
18:1 undifferentiated g	1.762		0		1		0.500	0.441	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.913		0		1		0.542	0.478	
18:2 undifferentiated g	1.797		0		1		0.509	0.449	
18:3 undifferentiated g	0.115		0		1		0.033	0.029	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 g	0.000		0		1		0.000	0.000	
22:5 n-3 g	0.000		0		1		0.000	0.000	
22:6 n-3 g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.116		0		1		0.033	0.029	
Threonine g	0.292		0		1		0.083	0.073	
Isoleucine g	0.377		0		1		0.107	0.094	
Leucine g	0.679		0		1		0.192	0.170	
Lysine g	0.282		0		1		0.080	0.071	
Methionine g	0.169		0		1		0.048	0.042	
Cystine g	0.206		0		1		0.058	0.052	
Phenylalanine g	0.478		0		1		0.136	0.120	
Tyrosine g	0.295		0		1		0.084	0.074	
Valine g	0.437		0		1		0.124	0.109	
Arginine g	0.412		0		1		0.117	0.103	
Histidine g	0.215		0		1		0.061	0.054	
Alanine g	0.357		0		1		0.101	0.089	
Aspartic acid g	0.504		0		1		0.143	0.126	
Glutamic acid g	2.938		0		1		0.833	0.735	
Glycine g	0.374		0		1		0.106	0.094	
Proline g	0.989		0		1		0.280	0.247	
Serine g	0.471		0		1		0.134	0.118	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	RA	4		0	0	
Theobromine mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18384
Bread, rice bran, toasted

Measure 1 = 28.35g: 1 oz
Measure 2 = 25g: 1 slice

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18060
Bread, rye

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	37.30	0.212	54		1		10.57	11.94	2.61
Energy kcal	258		0	NC	4		73	83	18
Energy kj	1079		0	NC	4		306	345	76
Protein (N x 5.8) g	8.50	0.079	76		1		2.41	2.72	0.60
Total lipid (fat) g	3.30	0.084	78		1		0.94	1.06	0.23
Ash g	2.50	0.064	41		1		0.71	0.80	0.18
Carbohydrate, by difference g	48.30		0		4		13.69	15.46	3.38
Fiber, total dietary g	5.8		0		1		1.6	1.9	0.4
Sugars, total g	3.85		0		4		1.09	1.23	0.27
Starch g									
Minerals:									
Calcium, Ca mg	73	2.255	103		1		21	23	5
Iron, Fe mg	2.83	0.047	101		1		0.80	0.91	0.20
Magnesium, Mg mg	40	1.217	38		1		11	13	3
Phosphorus, P mg	125	3.819	37		1		35	40	9
Potassium, K mg	166	3.417	53		1		47	53	12
Sodium, Na mg	660	10.730	59		1		187	211	46
Zinc, Zn mg	1.14	0.032	38		1		0.32	0.36	0.08
Copper, Cu mg	0.186	0.005	34		1		0.053	0.060	0.013
Manganese, Mn mg	0.824	0.031	36		1		0.234	0.264	0.058
Selenium, Se mcg	30.9	0.899	44	A	1		8.8	9.9	2.2
Vitamins:									
Vitamin C, total ascorbic acid mg	0.4		0	FLA	4		0.1	0.1	0.0
Thiamin mg	0.434	0.008	69		1		0.123	0.139	0.030
Riboflavin mg	0.335	0.013	70		1		0.095	0.107	0.023
Niacin mg	3.805	0.070	70		1		1.079	1.218	0.266
Pantothenic acid mg	0.440	0.052	4		1		0.125	0.141	0.031
Vitamin B-6 mg	0.075		2		1		0.021	0.024	0.005
Folate, total mcg	110		0	FLC	4		31	35	8
Folic acid mcg	59		0		4		17	19	4
Folate, food mcg	51	14.848	4		1		14	16	4
Folate, DFE mcg_DFE	151		0	NC	4		43	48	11
Choline, total mg	14.6		0	BFZN	4		4.1	4.7	1.0
Betaine mg									
Vitamin B-12 mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	0
Retinol mcg	0		0	FLC	4		0	0	0
Carotene, beta mcg	4		0	FLC	4		1	1	0
Carotene, alpha mcg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta mcg	1		0	FLC	4		0	0	0
Vitamin A, IU IU	7		0	FLA	4		2	2	0
Lycopene mcg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin mcg	54		0	FLC	4		15	17	4
Vitamin E (alpha-tocopherol) mg	0.33		0	FLC	4		0.09	0.11	0.02
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	1.2		0	FLC	4		0.3	0.4	0.1
Lipids:									
Fatty acids, total saturated g	0.626		0		4		0.177	0.200	0.044
4:0 g	0.000		0		4		0.000	0.000	0.000
6:0 g	0.000		0		4		0.000	0.000	0.000
8:0 g	0.000		0		4		0.000	0.000	0.000
10:0 g	0.000		0		4		0.000	0.000	0.000

NDB No. 18060
Bread, rye

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0		4		0.000	0.000	0.000
13:0 g									
14:0 g	0.011		0		4		0.003	0.004	0.001
15:0 g									
16:0 g	0.385		0		4		0.109	0.123	0.027
17:0 g									
18:0 g	0.230		0		4		0.065	0.074	0.016
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.311		0		4		0.372	0.420	0.092
14:1 g									
15:1 g									
16:1 undifferentiated g	0.012		0		4		0.003	0.004	0.001
17:1 g									
18:1 undifferentiated g	1.296		0		4		0.367	0.415	0.091
20:1 g	0.003		0		4		0.001	0.001	0.000
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.799		0		4		0.227	0.256	0.056
18:2 undifferentiated g	0.739		0		4		0.210	0.236	0.052
18:3 undifferentiated g	0.060		0		4		0.017	0.019	0.004
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0	0.000	7		1		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.096		0		4		0.027	0.031	0.007
Threonine g	0.255		0		4		0.072	0.082	0.018
Isoleucine g	0.319		0		4		0.090	0.102	0.022
Leucine g	0.579		0		4		0.164	0.185	0.041
Lysine g	0.233		0		4		0.066	0.075	0.016
Methionine g	0.139		0		4		0.039	0.044	0.010
Cystine g	0.173		0		4		0.049	0.055	0.012
Phenylalanine g	0.411		0		4		0.117	0.132	0.029
Tyrosine g	0.213		0		4		0.060	0.068	0.015
Valine g	0.379		0		4		0.107	0.121	0.027
Arginine g	0.325		0		4		0.092	0.104	0.023
Histidine g	0.182		0		4		0.052	0.058	0.013
Alanine g	0.299		0		4		0.085	0.096	0.021
Aspartic acid g	0.442		0		4		0.125	0.141	0.031
Glutamic acid g	2.603		0		4		0.738	0.833	0.182
Glycine g	0.302		0		4		0.086	0.097	0.021
Proline g	0.909		0		4		0.258	0.291	0.064
Serine g	0.417		0		4		0.118	0.133	0.029
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	FLC	4		0	0	0
Theobromine mg	0		0	FLC	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18060
Bread, rye

Measure 1 = 28.35g: 1 oz
Measure 2 = 32g: 1 slice
Measure 3 = 7.0g: 1 slice, snack-size

Calories Factors: **Protein** 3.7 **Fat** 8.6 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18061
Bread, rye, toasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	31.00		0		4		8.79	8.99	7.44
Energy kcal	284		0		4		81	82	68
Energy kj	1188		0		4		337	345	285
Protein (N x 0) g	9.40		0		4		2.66	2.73	2.26
Total lipid (fat) g	3.60		0		4		1.02	1.04	0.86
Ash g	2.70		0		4		0.77	0.78	0.65
Carbohydrate, by difference g	53.10		0		4		15.05	15.40	12.74
Fiber, total dietary g	6.4		0		4		1.8	1.9	1.5
Sugars, total g	4.23		0	RK	4		1.20	1.23	1.01
Starch g									
Minerals:									
Calcium, Ca mg	80		0		4		23	23	19
Iron, Fe mg	3.10		0		4		0.88	0.90	0.74
Magnesium, Mg mg	43		0		4		12	12	10
Phosphorus, P mg	138		0		4		39	40	33
Potassium, K mg	183		0		4		52	53	44
Sodium, Na mg	725		0		4		206	210	174
Zinc, Zn mg	1.25		0		4		0.35	0.36	0.30
Copper, Cu mg	0.204		0		4		0.058	0.059	0.049
Manganese, Mn mg	0.905		0		4		0.257	0.262	0.217
Selenium, Se mcg	34.0		0	RK	4		9.6	9.9	8.2
Vitamins:									
Vitamin C, total ascorbic acid mg	0.2		0		4		0.1	0.1	0.0
Thiamin mg	0.382		0		4		0.108	0.111	0.092
Riboflavin mg	0.332		0		4		0.094	0.096	0.080
Niacin mg	3.763		0		4		1.067	1.091	0.903
Pantothenic acid mg	0.314		0		4		0.089	0.091	0.075
Vitamin B-6 mg	0.074		0		4		0.021	0.021	0.018
Folate, total mcg	103		0	RK	4		29	30	25
Folic acid mcg	64		0		4		18	19	15
Folate, food mcg	39		0		4		11	11	9
Folate, DFE mcg_DFE	148		0	NC	4		42	43	35
Choline, total mg	16.1		0	BFZN	4		4.6	4.7	3.9
Betaine mg									
Vitamin B-12 mcg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	0
Retinol mcg	0		0	RK	4		0	0	0
Carotene, beta mcg	4		0	RK	4		1	1	1
Carotene, alpha mcg	0		0	RK	4		0	0	0
Cryptoxanthin, beta mcg	1		0	RK	4		0	0	0
Vitamin A, IU IU	8		0	NC	4		2	2	2
Lycopene mcg	0		0	RK	4		0	0	0
Lutein + zeaxanthin mcg	56		0	RK	4		16	16	13
Vitamin E (alpha-tocopherol) mg	0.37		0	RK	4		0.10	0.11	0.09
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	1.3		0	RK	4		0.4	0.4	0.3
Lipids:									
Fatty acids, total saturated g	0.688		0		4		0.195	0.200	0.165
4:0 g	0.000		0		4		0.000	0.000	0.000
6:0 g	0.000		0		4		0.000	0.000	0.000
8:0 g	0.000		0		4		0.000	0.000	0.000
10:0 g	0.000		0		4		0.000	0.000	0.000

NDB No. 18061
Bread, rye, toasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0		4		0.000	0.000	0.000
13:0 g									
14:0 g	0.012		0		4		0.003	0.003	0.003
15:0 g									
16:0 g	0.423		0		4		0.120	0.123	0.102
17:0 g									
18:0 g	0.253		0		4		0.072	0.073	0.061
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.440		0		4		0.408	0.418	0.346
14:1 g									
15:1 g									
16:1 undifferentiated g	0.013		0		4		0.004	0.004	0.003
17:1 g									
18:1 undifferentiated g	1.425		0		4		0.404	0.413	0.342
20:1 g	0.003		0		4		0.001	0.001	0.001
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.879		0		4		0.249	0.255	0.211
18:2 undifferentiated g	0.812		0		4		0.230	0.235	0.195
18:3 undifferentiated g	0.066		0		4		0.019	0.019	0.016
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.105		0		4		0.030	0.030	0.025
Threonine g	0.281		0		4		0.080	0.081	0.067
Isoleucine g	0.351		0		4		0.100	0.102	0.084
Leucine g	0.637		0		4		0.181	0.185	0.153
Lysine g	0.256		0		4		0.073	0.074	0.061
Methionine g	0.153		0		4		0.043	0.044	0.037
Cystine g	0.190		0		4		0.054	0.055	0.046
Phenylalanine g	0.451		0		4		0.128	0.131	0.108
Tyrosine g	0.235		0		4		0.067	0.068	0.056
Valine g	0.417		0		4		0.118	0.121	0.100
Arginine g	0.358		0		4		0.101	0.104	0.086
Histidine g	0.200		0		4		0.057	0.058	0.048
Alanine g	0.328		0		4		0.093	0.095	0.079
Aspartic acid g	0.486		0		4		0.138	0.141	0.117
Glutamic acid g	2.861		0		4		0.811	0.830	0.687
Glycine g	0.331		0		4		0.094	0.096	0.079
Proline g	0.999		0		4		0.283	0.290	0.240
Serine g	0.458		0		4		0.130	0.133	0.110
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	RK	4		0	0	0
Theobromine mg	0		0	RK	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18061
Bread, rye, toasted

Measure 1 = 28.35g: 1 oz
Measure 2 = 29g: 1 slice, large
Measure 3 = 24g: 1 slice, regular

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18064
Bread, wheat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	35.74	0.106	3	A	1		10.13	8.94	
Energy kcal	266		0	NC	4		76	67	
Energy kj	1115		0	NC	4		316	279	
Protein g	10.91	0.234	3	A	1		3.09	2.73	
Total lipid (fat) g	3.64	0.005	3	A	1		1.03	0.91	
Ash g	2.20	0.045	3	A	1		0.62	0.55	
Carbohydrate, by difference g	47.51		0	NC	4		13.47	11.88	
Fiber, total dietary g	3.6	0.346	3	A	1		1.0	0.9	
Sugars, total g	5.75	0.293	3	A	1		1.63	1.44	
Starch g									
Minerals:									
Calcium, Ca mg	142	4.359	3	A	1		40	36	
Iron, Fe mg	3.46	0.154	3	A	1		0.98	0.86	
Magnesium, Mg mg	48	2.031	3	A	1		14	12	
Phosphorus, P mg	155	2.603	3	A	1		44	39	
Potassium, K mg	184	4.667	3	A	1		52	46	
Sodium, Na mg	521	16.623	3	A	1		148	130	
Zinc, Zn mg	1.21	0.027	3	A	1		0.34	0.30	
Copper, Cu mg	0.159	0.006	3	A	1		0.045	0.040	
Manganese, Mn mg	1.123	0.049	3	A	1		0.318	0.281	
Selenium, Se mcg	28.8	1.368	3	A	1		8.2	7.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.2	0.000	3	A	1		0.0	0.0	
Thiamin mg	0.373	0.020	3	A	1		0.106	0.093	
Riboflavin mg	0.311	0.004	3	A	1		0.088	0.078	
Niacin mg	5.190	0.153	3	A	1		1.471	1.297	
Pantothenic acid mg	0.820	0.057	3	A	1		0.232	0.205	
Vitamin B-6 mg	0.119	0.003	3	A	1		0.034	0.030	
Folate, total mcg	85		0	FLA	4		24	21	
Folic acid mcg	20		0	FLA	4		6	5	
Folate, food mcg	65		0	FLA	4		18	16	
Folate, DFE mcg_DFE	99		0	NC	4		28	25	
Choline, total mg	18.7		0	AS	1		5.3	4.7	
Betaine mg									
Vitamin B-12 mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	FLA	4		0	0	
Retinol mcg	0		0	FLA	4		0	0	
Carotene, beta mcg	0		0	Z	7		0	0	
Carotene, alpha mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta mcg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		1		1		0	0	
Lycopene mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin mcg	44		0	FLA	4		13	11	
Vitamin E (alpha-tocopherol) mg	0.19	0.012	3	A	1		0.05	0.05	
Vitamin E, added mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	4.9	0.265	3	A	1		1.4	1.2	
Lipids:									
Fatty acids, total saturated g	0.803		0	NC	4		0.228	0.201	
4:0 g	0.000		0	FLA	4		0.000	0.000	
6:0 g	0.000		0	FLA	4		0.000	0.000	
8:0 g	0.000	0.000	3	A	1		0.000	0.000	
10:0 g	0.000	0.000	3	A	1		0.000	0.000	

NDB No. 18064
Bread, wheat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000	0.000	3	A	1		0.000	0.000	
13:0 g									
14:0 g	0.006	0.003	3	A	1		0.002	0.001	
15:0 g	0.000	0.000	3	A	1		0.000	0.000	
16:0 g	0.435	0.008	3	A	1		0.123	0.109	
17:0 g	0.001	0.001	3	A	1		0.000	0.000	
18:0 g	0.338	0.020	3	A	1		0.096	0.084	
20:0 g	0.011	0.000	3	A	1		0.003	0.003	
22:0 g	0.012	0.000	3	A	1		0.003	0.003	
24:0 g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total monounsaturated g	0.835		0	NC	4		0.237	0.209	
14:1 g	0.000	0.000	3	A	1		0.000	0.000	
15:1 g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated g	0.016	0.001	3	A	1		0.005	0.004	
17:1 g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated g	0.804	0.077	3	A	1		0.228	0.201	
20:1 g	0.014	0.000	3	A	1		0.004	0.004	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.435		0	NC	4		0.407	0.359	
18:2 undifferentiated g	1.300	0.047	3	A	1		0.368	0.325	
18:3 undifferentiated g	0.135		0	AS	1		0.038	0.034	
18:3 n-3 c,c,c g	0.135	0.011	3	A	1		0.038	0.034	
18:3 n-6 c,c,c g	0.000	0.000	3	A	1		0.000	0.000	
18:3i g									
18:4 g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0	FLA	4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.078		0	FLA	4		0.022	0.019	
Threonine g	0.172		0	FLA	4		0.049	0.043	
Isoleucine g	0.217		0	FLA	4		0.061	0.054	
Leucine g	0.388		0	FLA	4		0.110	0.097	
Lysine g	0.181		0	FLA	4		0.051	0.045	
Methionine g	0.089		0	FLA	4		0.025	0.022	
Cystine g	0.129		0	FLA	4		0.037	0.032	
Phenylalanine g	0.265		0	FLA	4		0.075	0.066	
Tyrosine g	0.138		0	FLA	4		0.039	0.035	
Valine g	0.260		0	FLA	4		0.074	0.065	
Arginine g	0.261		0	FLA	4		0.074	0.065	
Histidine g	0.126		0	FLA	4		0.036	0.031	
Alanine g	0.206		0	FLA	4		0.058	0.052	
Aspartic acid g	0.292		0	FLA	4		0.083	0.073	
Glutamic acid g	1.730		0	FLA	4		0.491	0.433	
Glycine g	0.220		0	FLA	4		0.062	0.055	
Proline g	0.573		0	FLA	4		0.162	0.143	
Serine g	0.260		0	FLA	4		0.074	0.065	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	FLA	4		0.0	0.0	

NDB No. 18064
Bread, wheat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 25g: 1 slice

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18066
Bread, wheat bran

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	37.80	1.046	9		1		10.72	13.61	
Energy kcal	248		0	NC	4		70	89	
Energy kj	1038		0		4		294	374	
Protein (N x 5.8) g	8.80	0.331	7		1		2.49	3.17	
Total lipid (fat) g	3.40	0.138	20		1		0.96	1.22	
Ash g	2.20	0.135	8		1		0.62	0.79	
Carbohydrate, by difference g	47.80		0	NC	4		13.55	17.21	
Fiber, total dietary g	4.0		0		1		1.1	1.4	
Sugars, total g	9.68		0	FLA	4		2.75	3.49	
Starch g									
Minerals:									
Calcium, Ca mg	74	7.446	5		1		21	27	
Iron, Fe mg	3.07	0.112	19		1		0.87	1.11	
Magnesium, Mg mg	81		2		1		23	29	
Phosphorus, P mg	185		2		1		52	67	
Potassium, K mg	227	20.410	6		1		64	82	
Sodium, Na mg	486	17.606	10		1		138	175	
Zinc, Zn mg	1.35		2		1		0.38	0.49	
Copper, Cu mg	0.221		2		1		0.063	0.080	
Manganese, Mn mg	1.668		2		1		0.473	0.600	
Selenium, Se mcg	31.0		0	FLA	4		8.8	11.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	FLA	4		0.0	0.0	
Thiamin mg	0.397	0.011	18		1		0.113	0.143	
Riboflavin mg	0.287	0.009	19		1		0.081	0.103	
Niacin mg	4.402	0.122	18		1		1.248	1.585	
Pantothenic acid mg	0.536	0.059	4		1		0.152	0.193	
Vitamin B-6 mg	0.176		2		1		0.050	0.063	
Folate, total mcg	105		0	FLA	4		30	38	
Folic acid mcg	80		0		4		23	29	
Folate, food mcg	25		0		4		7	9	
Folate, DFE mcg_DFE	161		0	NC	4		46	58	
Choline, total mg	18.7		0	BFZN	4		5.3	6.7	
Betaine mg									
Vitamin B-12 mcg	0.00		0		1		0.00	0.00	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	FLA	4		0	0	
Carotene, beta mcg	0		0		4		0	0	
Carotene, alpha mcg	0		0		4		0	0	
Cryptoxanthin, beta mcg	0		0		4		0	0	
Vitamin A, IU IU	0		1		1		0	0	
Lycopene mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin mcg	54		0	FLA	4		15	19	
Vitamin E (alpha-tocopherol) mg	0.32		0	FLA	4		0.09	0.11	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	1.3		0	FLA	4		0.4	0.5	
Lipids:									
Fatty acids, total saturated g	0.779		0		1		0.221	0.280	
4:0 g	0.000		0		1		0.000	0.000	
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	

NDB No. 18066
Bread, wheat bran

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0		1		0.000	0.000	
13:0 g									
14:0 g	0.014		0		1		0.004	0.005	
15:0 g									
16:0 g	0.438		0		1		0.124	0.158	
17:0 g									
18:0 g	0.326		0		1		0.092	0.117	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.618		0		1		0.459	0.582	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.009		0		1		0.003	0.003	
17:1 g									
18:1 undifferentiated g	1.608		0		1		0.456	0.579	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.649		0		1		0.184	0.234	
18:2 undifferentiated g	0.614		0		1		0.174	0.221	
18:3 undifferentiated g	0.035		0		1		0.010	0.013	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 g	0.000		0		1		0.000	0.000	
22:5 n-3 g	0.000		0		1		0.000	0.000	
22:6 n-3 g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		1		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.111		0		1		0.031	0.040	
Threonine g	0.256		0		1		0.073	0.092	
Isoleucine g	0.332		0		1		0.094	0.120	
Leucine g	0.603		0		1		0.171	0.217	
Lysine g	0.235		0		1		0.067	0.085	
Methionine g	0.152		0		1		0.043	0.055	
Cystine g	0.191		0		1		0.054	0.069	
Phenylalanine g	0.419		0		1		0.119	0.151	
Tyrosine g	0.252		0		1		0.071	0.091	
Valine g	0.385		0		1		0.109	0.139	
Arginine g	0.357		0		1		0.101	0.129	
Histidine g	0.196		0		1		0.056	0.071	
Alanine g	0.311		0		1		0.088	0.112	
Aspartic acid g	0.433		0		1		0.123	0.156	
Glutamic acid g	2.750		0		1		0.780	0.990	
Glycine g	0.334		0		1		0.095	0.120	
Proline g	0.918		0		1		0.260	0.330	
Serine g	0.419		0		1		0.119	0.151	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18066
Bread, wheat bran

Measure 1 = 28.35g: 1 oz
Measure 2 = 36g: 1 slice

Calories Factors: **Protein** 3.7 **Fat** 8.7 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18068
Bread, wheat germ

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	37.10	0.463	5		1		10.52	10.39	
Energy kcal	261		0	NC	4		74	73	
Energy kj	1092		0		4		310	306	
Protein (N x 5.8) g	9.60	0.099	18		1		2.72	2.69	
Total lipid (fat) g	2.90	0.105	18		1		0.82	0.81	
Ash g	2.10	0.163	4		1		0.60	0.59	
Carbohydrate, by difference g	48.30		0	NC	4		13.69	13.52	
Fiber, total dietary g	2.1		0		4		0.6	0.6	
Sugars, total g	3.73		0	FLC	4		1.06	1.04	
Starch g									
Minerals:									
Calcium, Ca mg	89	2.081	18		1		25	25	
Iron, Fe mg	3.45	0.055	18		1		0.98	0.97	
Magnesium, Mg mg	28		0	FLA	4		8	8	
Phosphorus, P mg	121		0	FLA	4		34	34	
Potassium, K mg	254		2		1		72	71	
Sodium, Na mg	553	6.125	9		1		157	155	
Zinc, Zn mg	0.98		0	FLA	4		0.28	0.27	
Copper, Cu mg	0.204		0	FLA	4		0.058	0.057	
Manganese, Mn mg	0.845		0	FLA	4		0.240	0.237	
Selenium, Se mcg	27.2		0	FLA	4		7.7	7.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.2		0	FLA	4		0.1	0.1	
Thiamin mg	0.369	0.009	18		1		0.105	0.103	
Riboflavin mg	0.375	0.008	18		1		0.106	0.105	
Niacin mg	4.498	0.068	18		1		1.275	1.259	
Pantothenic acid mg	0.521		0	FLA	4		0.148	0.146	
Vitamin B-6 mg	0.079		0	FLA	4		0.022	0.022	
Folate, total mcg	118		0	FLC	4		33	33	
Folic acid mcg	63		0		4		18	18	
Folate, food mcg	55		1		1		16	15	
Folate, DFE mcg_DFE	162		0	NC	4		46	45	
Choline, total mg	18.7		0	BFZN	4		5.3	5.2	
Betaine mg									
Vitamin B-12 mcg	0.07		0	FLA	4		0.02	0.02	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	FLC	4		0	0	
Carotene, beta mcg	2		0	FLC	4		0	0	
Carotene, alpha mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta mcg	0		0	FLC	4		0	0	
Vitamin A, IU IU	3		0	NC	4		1	1	
Lycopene mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin mcg	55		0	FLC	4		15	15	
Vitamin E (alpha-tocopherol) mg	0.51		0	FLC	4		0.14	0.14	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	1.1		0	FLC	4		0.3	0.3	
Lipids:									
Fatty acids, total saturated g	0.657		0		1		0.186	0.184	
4:0 g	0.001		0		1		0.000	0.000	
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	

NDB No. 18068
Bread, wheat germ

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.001		0		1		0.000	0.000	
13:0 g									
14:0 g	0.012		0		1		0.003	0.003	
15:0 g									
16:0 g	0.388		0		1		0.110	0.109	
17:0 g									
18:0 g	0.254		0		1		0.072	0.071	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.275		0		1		0.361	0.357	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.009		0		1		0.003	0.003	
17:1 g									
18:1 undifferentiated g	1.265		0		1		0.359	0.354	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.668		0		1		0.189	0.187	
18:2 undifferentiated g	0.623		0		1		0.177	0.174	
18:3 undifferentiated g	0.045		0		1		0.013	0.013	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 g	0.000		0		1		0.000	0.000	
22:5 n-3 g	0.000		0		1		0.000	0.000	
22:6 n-3 g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0	FLA	4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.114		0		1		0.032	0.032	
Threonine g	0.302		0		1		0.086	0.085	
Isoleucine g	0.386		0		1		0.109	0.108	
Leucine g	0.686		0		1		0.194	0.192	
Lysine g	0.326		0		1		0.092	0.091	
Methionine g	0.170		0		1		0.048	0.048	
Cystine g	0.188		0		1		0.053	0.053	
Phenylalanine g	0.458		0		1		0.130	0.128	
Tyrosine g	0.293		0		1		0.083	0.082	
Valine g	0.438		0		1		0.124	0.123	
Arginine g	0.397		0		1		0.113	0.111	
Histidine g	0.216		0		1		0.061	0.060	
Alanine g	0.343		0		1		0.097	0.096	
Aspartic acid g	0.526		0		1		0.149	0.147	
Glutamic acid g	2.843		0		1		0.806	0.796	
Glycine g	0.346		0		1		0.098	0.097	
Proline g	0.971		0		1		0.275	0.272	
Serine g	0.468		0		1		0.133	0.131	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLC	4		0	0	
Theobromine mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18068
Bread, wheat germ

Measure 1 = 28.35g: 1 oz
Measure 2 = 28g: 1 slice

Calories Factors: **Protein** 3.9 **Fat** 8.7 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18385
Bread, wheat germ, toasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	29.30		0		4		8.31	7.33	
Energy kcal	293		0		4		83	73	
Energy kj	1226		0		4		348	306	
Protein (N x 0) g	10.70		0		4		3.03	2.68	
Total lipid (fat) g	3.30		0		4		0.94	0.83	
Ash g	2.40		0		4		0.68	0.60	
Carbohydrate, by difference g	54.30		0		4		15.39	13.58	
Fiber, total dietary g	2.3		0		4		0.7	0.6	
Sugars, total g	4.14		0	RA	4		1.17	1.04	
Starch g									
Minerals:									
Calcium, Ca mg	100		0		4		28	25	
Iron, Fe mg	3.88		0		4		1.10	0.97	
Magnesium, Mg mg	38		0		4		11	10	
Phosphorus, P mg	175		0		4		50	44	
Potassium, K mg	285		0		4		81	71	
Sodium, Na mg	621		0		4		176	155	
Zinc, Zn mg	1.46		0		4		0.41	0.37	
Copper, Cu mg	0.202		0		4		0.057	0.051	
Manganese, Mn mg	1.259		0		4		0.357	0.315	
Selenium, Se mcg	30.5		0	RK	4		8.6	7.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.3		0		4		0.1	0.1	
Thiamin mg	0.332		0		4		0.094	0.083	
Riboflavin mg	0.379		0		4		0.107	0.095	
Niacin mg	4.548		0		4		1.289	1.137	
Pantothenic acid mg	0.340		0		4		0.096	0.085	
Vitamin B-6 mg	0.096		0		4		0.027	0.024	
Folate, total mcg	112		0	RA	4		32	28	
Folic acid mcg	69		0		4		20	17	
Folate, food mcg	43		0		4		12	11	
Folate, DFE mcg_DFE	160		0	NC	4		45	40	
Choline, total mg	22.1		0	BFZN	4		6.3	5.5	
Betaine mg									
Vitamin B-12 mcg	0.07		0		4		0.02	0.02	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	RA	4		0	0	
Carotene, beta mcg	2		0	RA	4		1	0	
Carotene, alpha mcg	0		0	RA	4		0	0	
Cryptoxanthin, beta mcg	0		0	RA	4		0	0	
Vitamin A, IU IU	4		0	NC	4		1	1	
Lycopene mcg	0		0	RA	4		0	0	
Lutein + zeaxanthin mcg	58		0	RA	4		16	14	
Vitamin E (alpha-tocopherol) mg	0.57		0	RA	4		0.16	0.14	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	1.2		0	RA	4		0.3	0.3	
Lipids:									
Fatty acids, total saturated g	0.738		0		4		0.209	0.185	
4:0 g	0.001		0		4		0.000	0.000	
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.000		0		4		0.000	0.000	

NDB No. 18385
Bread, wheat germ, toasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.001		0		4		0.000	0.000	
13:0 g									
14:0 g	0.014		0		4		0.004	0.004	
15:0 g									
16:0 g	0.436		0		4		0.124	0.109	
17:0 g									
18:0 g	0.286		0		4		0.081	0.072	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.432		0		4		0.406	0.358	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.010		0		4		0.003	0.003	
17:1 g									
18:1 undifferentiated g	1.422		0		4		0.403	0.356	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.751		0		4		0.213	0.188	
18:2 undifferentiated g	0.700		0		4		0.198	0.175	
18:3 undifferentiated g	0.051		0		4		0.014	0.013	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 g	0.000		0		4		0.000	0.000	
22:5 n-3 g	0.000		0		4		0.000	0.000	
22:6 n-3 g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	1		0		4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.128		0		4		0.036	0.032	
Threonine g	0.339		0		4		0.096	0.085	
Isoleucine g	0.433		0		4		0.123	0.108	
Leucine g	0.770		0		4		0.218	0.193	
Lysine g	0.367		0		4		0.104	0.092	
Methionine g	0.191		0		4		0.054	0.048	
Cystine g	0.211		0		4		0.060	0.053	
Phenylalanine g	0.515		0		4		0.146	0.129	
Tyrosine g	0.330		0		4		0.094	0.083	
Valine g	0.493		0		4		0.140	0.123	
Arginine g	0.446		0		4		0.126	0.112	
Histidine g	0.243		0		4		0.069	0.061	
Alanine g	0.385		0		4		0.109	0.096	
Aspartic acid g	0.591		0		4		0.168	0.148	
Glutamic acid g	3.195		0		4		0.906	0.799	
Glycine g	0.389		0		4		0.110	0.097	
Proline g	1.091		0		4		0.309	0.273	
Serine g	0.526		0		4		0.149	0.132	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	RA	4		0	0	
Theobromine mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18385
Bread, wheat germ, toasted

Measure 1 = 28.35g: 1 oz
Measure 2 = 25g: 1 slice

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18065
Bread, wheat, toasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	24.23	0.204	3	A	1		6.87	5.82	
Energy....kcal	313		0	NC	4		89	75	
Energy....kj	1311		0	NC	4		372	315	
Protein....g	12.96	0.158	3	A	1		3.67	3.11	
Total lipid (fat)....g	4.27	0.139	3	A	1		1.21	1.03	
Ash....g	2.77	0.085	3	A	1		0.78	0.66	
Carbohydrate, by difference....g	55.77		0	NC	4		15.81	13.39	
Fiber, total dietary....g	4.7	0.378	3	A	1		1.3	1.1	
Sugars, total....g	6.42	0.412	3	A	1		1.82	1.54	
Starch....g									
Minerals:									
Calcium, Ca....mg	165		2	A	1		47	39	
Iron, Fe....mg	4.09	0.105	3	A	1		1.16	0.98	
Magnesium, Mg....mg	59	2.969	3	A	1		17	14	
Phosphorus, P....mg	188	2.082	3	A	1		53	45	
Potassium, K....mg	223	6.173	3	A	1		63	53	
Sodium, Na....mg	611	11.780	3	A	1		173	147	
Zinc, Zn....mg	1.47	0.026	3	A	1		0.42	0.35	
Copper, Cu....mg	0.198	0.008	3	A	1		0.056	0.047	
Manganese, Mn....mg	1.377	0.070	3	A	1		0.390	0.330	
Selenium, Se....mcg	33.4	0.809	3	A	1		9.5	8.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2	0.000	3	A	1		0.0	0.0	
Thiamin....mg	0.439	0.036	3	A	1		0.124	0.105	
Riboflavin....mg	0.382	0.010	3	A	1		0.108	0.092	
Niacin....mg	6.250	0.335	3	A	1		1.772	1.500	
Pantothenic acid....mg	0.456	0.009	3	A	1		0.129	0.110	
Vitamin B-6....mg	0.153	0.002	3	A	1		0.043	0.037	
Folate, total....mcg	86		0	RA	4		24	21	
Folic acid....mcg	20		0	RA	4		6	5	
Folate, food....mcg	65		0	RA	4		19	16	
Folate, DFE....mcg_DFE	100		0	NC	4		28	24	
Choline, total....mg	22.1		0	A	1		6.3	5.3	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	RA	4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	RA	4		0	0	
Retinol....mcg	0		0	RA	4		0	0	
Carotene, beta....mcg	0		0	RA	4		0	0	
Carotene, alpha....mcg	0		0	RA	4		0	0	
Cryptoxanthin, beta....mcg	0		0	RA	4		0	0	
Vitamin A, IU....IU	0		0	RA	4		0	0	
Lycopene....mcg	0		0	RA	4		0	0	
Lutein + zeaxanthin....mcg	50		0	RA	4		14	12	
Vitamin E (alpha-tocopherol)....mg	0.24	0.015	3	A	1		0.07	0.06	
Vitamin E, added....mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	5.7	0.549	3	A	1		1.6	1.4	
Lipids:									
Fatty acids, total saturated....g	0.989		0	NC	4		0.280	0.237	
4:0....g	0.000		0	RA	4		0.000	0.000	
6:0....g	0.000		0	RA	4		0.000	0.000	
8:0....g	0.000	0.000	3	A	1		0.000	0.000	
10:0....g	0.000	0.000	3	A	1		0.000	0.000	

NDB No. 18065
Bread, wheat, toasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000	0.000	3	A	1		0.000	0.000	
13:0 g									
14:0 g	0.008	0.005	3	A	1		0.002	0.002	
15:0 g	0.000	0.000	3	A	1		0.000	0.000	
16:0 g	0.547	0.025	3	A	1		0.155	0.131	
17:0 g	0.002	0.002	3	A	1		0.001	0.000	
18:0 g	0.405	0.033	3	A	1		0.115	0.097	
20:0 g	0.012	0.000	3	A	1		0.003	0.003	
22:0 g	0.014	0.001	3	A	1		0.004	0.003	
24:0 g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total monounsaturated g	1.019		0	NC	4		0.289	0.245	
14:1 g	0.000	0.000	3	A	1		0.000	0.000	
15:1 g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated g	0.021	0.001	3	A	1		0.006	0.005	
17:1 g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated g	0.982	0.088	3	A	1		0.278	0.236	
20:1 g	0.017	0.000	3	A	1		0.005	0.004	
22:1 undifferentiated g	0.000		0	RA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.720		0	NC	4		0.488	0.413	
18:2 undifferentiated g	1.560	0.078	3	A	1		0.442	0.374	
18:3 undifferentiated g	0.161		0	AS	1		0.046	0.039	
18:3 n-3 c,c,c g	0.161	0.015	3	A	1		0.046	0.039	
18:3 n-6 c,c,c g	0.000	0.000	3	A	1		0.000	0.000	
18:3i g									
18:4 g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 g	0.000		0	RA	4		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 g	0.000		0	RA	4		0.000	0.000	
22:6 n-3 g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0	RA	4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.092		0	RA	4		0.026	0.022	
Threonine g	0.299		0		1		0.085	0.072	
Isoleucine g	0.258		0	RA	4		0.073	0.062	
Leucine g	0.461		0	RA	4		0.131	0.111	
Lysine g	0.215		0	RA	4		0.061	0.052	
Methionine g	0.105		0	RA	4		0.030	0.025	
Cystine g	0.154		0	RA	4		0.044	0.037	
Phenylalanine g	0.315		0	RA	4		0.089	0.076	
Tyrosine g	0.165		0	RA	4		0.047	0.040	
Valine g	0.310		0	RA	4		0.088	0.074	
Arginine g	0.311		0	RA	4		0.088	0.075	
Histidine g	0.150		0	RA	4		0.042	0.036	
Alanine g	0.245		0	RA	4		0.070	0.059	
Aspartic acid g	0.348		0	RA	4		0.099	0.083	
Glutamic acid g	2.060		0	RA	4		0.584	0.494	
Glycine g	0.262		0	RA	4		0.074	0.063	
Proline g	0.682		0	RA	4		0.193	0.164	
Serine g	0.310		0	RA	4		0.088	0.074	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	RA	4		0.0	0.0	

NDB No. 18065
Bread, wheat, toasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Caffeine....mg	0		0	RA	4		0	0	
Theobromine....mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 24g: 1 slice

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18069

Bread, white, commercially prepared (includes soft bread crumbs)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	36.44	0.129	8	A	1		16.40	12.75	10.33
Energy kcal	266		0	NC	4		120	93	75
Energy kj	1113		0	NC	4		501	389	315
Protein (N x 6.25) g	7.64	0.034	8	A	1		3.44	2.67	2.16
Total lipid (fat) g	3.29	0.043	8	A	1		1.48	1.15	0.93
Ash g	2.03	0.017	8	A	1		0.91	0.71	0.57
Carbohydrate, by difference g	50.61		0	NC	4		22.78	17.72	14.35
Fiber, total dietary g	2.4	0.047	4	A	1		1.1	0.8	0.7
Sugars, total g	4.31	0.050	4	A	1		1.94	1.51	1.22
Sucrose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Glucose (dextrose) g	1.38	0.024	4	A	1		0.62	0.48	0.39
Fructose g	1.83	0.022	4	A	1		0.82	0.64	0.52
Lactose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose g	1.10	0.028	4	A	1		0.49	0.38	0.31
Galactose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Starch g	40.61	1.286	4	A	1		18.27	14.21	11.51
Minerals:									
Calcium, Ca mg	151	2.678	8	A	1		68	53	43
Iron, Fe mg	3.74	0.123	8	A	1		1.68	1.31	1.06
Magnesium, Mg mg	23	0.521	8	A	1		10	8	6
Phosphorus, P mg	99	1.148	8	A	1		44	35	28
Potassium, K mg	100	3.120	8	A	1		45	35	28
Sodium, Na mg	681	8.561	8	A	1		306	238	193
Zinc, Zn mg	0.74	0.046	8	A	1		0.33	0.26	0.21
Copper, Cu mg	0.253	0.020	8	A	1		0.114	0.088	0.072
Manganese, Mn mg	0.478	0.061	7	A	1		0.215	0.167	0.136
Selenium, Se mcg	17.3	0.667	3	A	1		7.8	6.1	4.9
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		2	A	1		0.0	0.0	0.0
Thiamin mg	0.455	0.020	4	A	1		0.205	0.159	0.129
Riboflavin mg	0.331	0.018	4	A	1		0.149	0.116	0.094
Niacin mg	4.385	0.041	4	A	1		1.973	1.535	1.243
Pantothenic acid mg	0.203		2	A	1		0.091	0.071	0.057
Vitamin B-6 mg	0.084	0.002	4	A	1		0.038	0.029	0.024
Folate, total mcg	111	5.320	7	A	1		50	39	31
Folic acid mcg	86	2.283	7	A	1		39	30	24
Folate, food mcg	25	5.281	7	AS	1		11	9	7
Folate, DFE mcg_DFE	171		0	NC	4		77	60	49
Choline, total mg	14.6		0	A	1		6.6	5.1	4.1
Betaine mg									
Vitamin B-12 mcg	0.00		2	A	1		0.00	0.00	0.00
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	0		1		1		0	0	0
Retinol mcg	0		0	FLC	4		0	0	0
Carotene, beta mcg	0		0	FLC	4		0	0	0
Carotene, alpha mcg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta mcg	0		0	FLC	4		0	0	0
Vitamin A, IU IU	0		1		1		0	0	0
Lycopene mcg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin mcg	44		0	FLC	4		20	15	12
Vitamin E (alpha-tocopherol) mg	0.22		0	FLC	4		0.10	0.08	0.06
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	3.1		2	T	4		1.4	1.1	0.9

NDB No. 18069

Bread, white, commercially prepared (includes soft bread crumbs)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.717		0	NC	4		0.323	0.251	0.203
4:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
6:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
8:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
10:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
12:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:0....g	0.379	0.005	4	A	1		0.170	0.132	0.107
17:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:0....g	0.338	0.004	4	A	1		0.152	0.118	0.096
20:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	0.681		0	NC	4		0.306	0.238	0.193
14:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:1....g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	0.000
17:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	0.681	0.016	4	A	1		0.306	0.238	0.193
20:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.355		0	NC	4		0.610	0.474	0.384
18:2 undifferentiated....g	1.216	0.034	4	A	1		0.547	0.426	0.345
18:3 undifferentiated....g	0.139	0.004	4	A	1		0.063	0.049	0.039
18:4....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:5 n-3....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:5 n-3....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:6 n-3....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		2	A	1		0	0	0
Phytosterols....mg	0		0	FLC	4		0	0	0
Amino Acids:									
Tryptophan....g	0.089		0	FLC	4		0.040	0.031	0.025
Threonine....g	0.225		0	FLC	4		0.101	0.079	0.064
Isoleucine....g	0.298		0	FLC	4		0.134	0.104	0.085
Leucine....g	0.533		0	FLC	4		0.240	0.186	0.151
Lysine....g	0.203		0	FLC	4		0.091	0.071	0.057
Methionine....g	0.135		0	FLC	4		0.061	0.047	0.038
Cystine....g	0.162		0	FLC	4		0.073	0.057	0.046
Phenylalanine....g	0.373		0	FLC	4		0.168	0.130	0.106
Tyrosine....g	0.220		0	FLC	4		0.099	0.077	0.062
Valine....g	0.335		0	FLC	4		0.151	0.117	0.095
Arginine....g	0.281		0	FLC	4		0.127	0.098	0.080
Histidine....g	0.165		0	FLC	4		0.074	0.058	0.047
Alanine....g	0.263		0	FLC	4		0.118	0.092	0.075
Aspartic acid....g	0.361		0	FLC	4		0.163	0.126	0.102
Glutamic acid....g	2.470		0	FLC	4		1.112	0.865	0.700
Glycine....g	0.272		0	FLC	4		0.122	0.095	0.077
Proline....g	0.823		0	FLC	4		0.370	0.288	0.233
Serine....g	0.367		0	FLC	4		0.165	0.129	0.104
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	0.0
Caffeine....mg	0		0	FLC	4		0	0	0
Theobromine....mg	0		0	FLC	4		0	0	0

NDB No. 18069

Bread, white, commercially prepared (includes soft bread crumbs)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 45g: 1 cup, crumbs

Measure 2 = 35g: 1 cup, cubes

Measure 3 = 28.35g: 1 oz

Calories Factors: **Protein** 3.9 **Fat** 8.7 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18416

Bread, white, commercially prepared, low sodium no salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	36.70	0.101	302		1		16.52	12.85	10.40
Energy....kcal	267		0	NC	4		120	93	76
Energy....kj	1117		0		4		503	391	317
Protein (N x 5.7)....g	8.20	0.050	218		1		3.69	2.87	2.32
Total lipid (fat)....g	3.60	0.076	224		1		1.62	1.26	1.02
Ash....g	1.90	0.016	286		1		0.86	0.67	0.54
Carbohydrate, by difference....g	49.50		0		4		22.28	17.33	14.03
Fiber, total dietary....g	2.3		0	BFZN	4		1.0	0.8	0.7
Sugars, total....g	4.31	0.050	4	A	1		1.94	1.51	1.22
Starch....g									
Minerals:									
Calcium, Ca....mg	108	2.643	250		1		49	38	31
Iron, Fe....mg	3.03	0.033	256		1		1.36	1.06	0.86
Magnesium, Mg....mg	24	0.430	108		1		11	8	7
Phosphorus, P....mg	94	1.679	96		1		42	33	27
Potassium, K....mg	119	2.041	105		1		54	42	34
Sodium, Na....mg	27		0		4		12	9	8
Zinc, Zn....mg	0.62	0.015	111		1		0.28	0.22	0.18
Copper, Cu....mg	0.126	0.003	102		1		0.057	0.044	0.036
Manganese, Mn....mg	0.383	0.008	103		1		0.172	0.134	0.109
Selenium, Se....mcg	22.6		0	BFZN	4		10.2	7.9	6.4
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0	0.0	0.0
Thiamin....mg	0.472	0.005	190		1		0.212	0.165	0.134
Riboflavin....mg	0.341	0.006	177		1		0.153	0.119	0.097
Niacin....mg	3.969	0.034	198		1		1.786	1.389	1.125
Pantothenic acid....mg	0.390	0.015	25		1		0.176	0.137	0.111
Vitamin B-6....mg	0.064	0.005	6		1		0.029	0.022	0.018
Folate, total....mcg	111	5.320	7	A	1		50	39	31
Folic acid....mcg	86	2.283	7	A	1		39	30	24
Folate, food....mcg	25	5.281	7	AS	1		11	9	7
Folate, DFE....mcg_DFE	171		0	NC	4		77	60	49
Choline, total....mg	14.6		0	BFZN	4		6.6	5.1	4.1
Betaine....mg									
Vitamin B-12....mcg	0.03		0	BFZN	4		0.01	0.01	0.01
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	0
Retinol....mcg	0		0	FLC	4		0	0	0
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		1		1		0	0	0
Lycopene....mcg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin....mcg	44		0	FLC	4		20	15	12
Vitamin E (alpha-tocopherol)....mg	0.22		0	FLC	4		0.10	0.08	0.06
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	3.1		2		1		1.4	1.1	0.9
Lipids:									
Fatty acids, total saturated....g	0.811		0		4		0.365	0.284	0.230
4:0....g	0.000		0		4		0.000	0.000	0.000
6:0....g	0.000		0		4		0.000	0.000	0.000
8:0....g	0.000		0		4		0.000	0.000	0.000
10:0....g	0.000		0		4		0.000	0.000	0.000

NDB No. 18416

Bread, white, commercially prepared, low sodium no salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.001		0		4		0.000	0.000	0.000
13:0 g									
14:0 g	0.014		0		4		0.006	0.005	0.004
15:0 g									
16:0 g	0.469		0		4		0.211	0.164	0.133
17:0 g									
18:0 g	0.326		0		4		0.147	0.114	0.092
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.612		0		4		0.725	0.564	0.457
14:1 g									
15:1 g									
16:1 undifferentiated g	0.013		0		4		0.006	0.005	0.004
17:1 g									
18:1 undifferentiated g	1.599		0		4		0.720	0.560	0.453
20:1 g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.744		0		4		0.335	0.260	0.211
18:2 undifferentiated g	0.709		0		4		0.319	0.248	0.201
18:3 undifferentiated g	0.035		0		4		0.016	0.012	0.010
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	1	0.281	11		1		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.096		0		4		0.043	0.034	0.027
Threonine g	0.243		0		4		0.109	0.085	0.069
Isoleucine g	0.322		0		4		0.145	0.113	0.091
Leucine g	0.580		0		4		0.261	0.203	0.164
Lysine g	0.223		0		4		0.100	0.078	0.063
Methionine g	0.144		0		4		0.065	0.050	0.041
Cystine g	0.174		0		4		0.078	0.061	0.049
Phenylalanine g	0.404		0		4		0.182	0.141	0.115
Tyrosine g	0.237		0		4		0.107	0.083	0.067
Valine g	0.361		0		4		0.162	0.126	0.102
Arginine g	0.315		0		4		0.142	0.110	0.089
Histidine g	0.178		0		4		0.080	0.062	0.050
Alanine g	0.281		0		4		0.126	0.098	0.080
Aspartic acid g	0.409		0		4		0.184	0.143	0.116
Glutamic acid g	2.657		0		4		1.196	0.930	0.753
Glycine g	0.294		0		4		0.132	0.103	0.083
Proline g	0.882		0		4		0.397	0.309	0.250
Serine g	0.400		0		4		0.180	0.140	0.113
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	FLC	4		0	0	0
Theobromine mg	0		0	FLC	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18416

Bread, white, commercially prepared, low sodium no salt

Measure 1 = 45g: 1 cup, crumbs

Measure 2 = 35g: 1 cup, cubes

Measure 3 = 28.35g: 1 oz

Calories Factors: **Protein** 3.9 **Fat** 8.7 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18070
Bread, white, commercially prepared, toasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	30.40		0		1		13.68	12.77	8.62
Energy kcal	293		0	NC	4		132	123	83
Energy kj	1226		0		4		552	515	348
Protein (N x 0) g	9.00		0		1		4.05	3.78	2.55
Total lipid (fat) g	4.00		0		1		1.80	1.68	1.13
Ash g	2.10		0		1		0.95	0.88	0.60
Carbohydrate, by difference g	54.40		0	NC	4		24.48	22.85	15.42
Fiber, total dietary g	2.5		0		4		1.1	1.1	0.7
Sugars, total g	4.74		0	RK	4		2.13	1.99	1.34
Starch g									
Minerals:									
Calcium, Ca mg	119		0		1		54	50	34
Iron, Fe mg	3.33		0		1		1.50	1.40	0.94
Magnesium, Mg mg	26		0		1		12	11	7
Phosphorus, P mg	103		0		1		46	43	29
Potassium, K mg	131		0		1		59	55	37
Sodium, Na mg	592		0		1		266	249	168
Zinc, Zn mg	0.68		0		1		0.31	0.29	0.19
Copper, Cu mg	0.138		0		1		0.062	0.058	0.039
Manganese, Mn mg	0.421		0		1		0.189	0.177	0.119
Selenium, Se mcg	31.0		0	RK	4		14.0	13.0	8.8
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	0.0
Thiamin mg	0.415		0		1		0.187	0.174	0.118
Riboflavin mg	0.337		0		1		0.152	0.142	0.096
Niacin mg	3.926		0		1		1.767	1.649	1.113
Pantothenic acid mg	0.278		0		1		0.125	0.117	0.079
Vitamin B-6 mg	0.063		0		1		0.028	0.026	0.018
Folate, total mcg	104		0	RK	4		47	43	29
Folic acid mcg	78		0		4		35	33	22
Folate, food mcg	26		0		1		12	11	7
Folate, DFE mcg_DFE	159		0	NC	4		71	67	45
Choline, total mg	16.1		0	RK	4		7.2	6.7	4.6
Betaine mg									
Vitamin B-12 mcg	0.02		0		4		0.01	0.01	0.01
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	0
Retinol mcg	0		0	RK	4		0	0	0
Carotene, beta mcg	0		0	NR	4		0	0	0
Carotene, alpha mcg	0		0	NR	4		0	0	0
Cryptoxanthin, beta mcg	0		0	NR	4		0	0	0
Vitamin A, IU IU	0		0	NC	4		0	0	0
Lycopene mcg	0		0	RK	4		0	0	0
Lutein + zeaxanthin mcg	46		0	RK	4		21	19	13
Vitamin E (alpha-tocopherol) mg	0.24		0	RK	4		0.11	0.10	0.07
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	3.4		0	RK	4		1.5	1.4	1.0
Lipids:									
Fatty acids, total saturated g	0.578		0	RK	4		0.260	0.243	0.164
4:0 g	0.001		0	RK	4		0.000	0.000	0.000
6:0 g	0.000		0		1		0.000	0.000	0.000
8:0 g	0.000		0		1		0.000	0.000	0.000
10:0 g	0.000		0		1		0.000	0.000	0.000

NDB No. 18070

Bread, white, commercially prepared, toasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.001		0		1		0.000	0.000	0.000
13:0 g									
14:0 g	0.005		0	RK	4		0.002	0.002	0.001
15:0 g									
16:0 g	0.437		0	RK	4		0.197	0.184	0.124
17:0 g									
18:0 g	0.119		0	RK	4		0.054	0.050	0.034
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.796		0	RK	4		0.358	0.334	0.226
14:1 g									
15:1 g									
16:1 undifferentiated g	0.032		0	RK	4		0.014	0.013	0.009
17:1 g									
18:1 undifferentiated g	0.755		0	RK	4		0.340	0.317	0.214
20:1 g	0.005		0	RK	4		0.002	0.002	0.001
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	2.090		0	RK	4		0.941	0.878	0.593
18:2 undifferentiated g	1.868		0	RK	4		0.841	0.785	0.530
18:3 undifferentiated g	0.220		0	RK	4		0.099	0.092	0.062
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	1		0		1		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.106		0		1		0.048	0.045	0.030
Threonine g	0.267		0		1		0.120	0.112	0.076
Isoleucine g	0.354		0		1		0.159	0.149	0.100
Leucine g	0.637		0		1		0.287	0.268	0.181
Lysine g	0.245		0		1		0.110	0.103	0.069
Methionine g	0.158		0		1		0.071	0.066	0.045
Cystine g	0.191		0		1		0.086	0.080	0.054
Phenylalanine g	0.444		0		1		0.200	0.186	0.126
Tyrosine g	0.261		0		1		0.117	0.110	0.074
Valine g	0.397		0		1		0.179	0.167	0.113
Arginine g	0.346		0		1		0.156	0.145	0.098
Histidine g	0.196		0		1		0.088	0.082	0.056
Alanine g	0.308		0		1		0.139	0.129	0.087
Aspartic acid g	0.449		0		1		0.202	0.189	0.127
Glutamic acid g	2.920		0		1		1.314	1.226	0.828
Glycine g	0.323		0		1		0.145	0.136	0.092
Proline g	0.970		0		1		0.437	0.407	0.275
Serine g	0.440		0		1		0.198	0.185	0.125
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	RK	4		0	0	0
Theobromine mg	0		0	RK	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18070

Bread, white, commercially prepared, toasted

Measure 1 = 45g: 1 cup, crumbs

Measure 2 = 42g: 1 cup, cubes

Measure 3 = 28.35g: 1 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18432

Bread, white, commercially prepared, toasted, low sodium no salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	30.40		0		4		8.62	6.99	
Energy kcal	293		0		4		83	67	
Energy kj	1226				4		348	282	
Protein (N x 5.7) g	9.00		0		4		2.55	2.07	
Total lipid (fat) g	4.00		0		4		1.13	0.92	
Ash g	2.10		0		4		0.60	0.48	
Carbohydrate, by difference g	54.40		0		4		15.42	12.51	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	119		0		4		34	27	
Iron, Fe mg	3.33		0		4		0.94	0.77	
Magnesium, Mg mg	26		0		4		7	6	
Phosphorus, P mg	103		0		4		29	24	
Potassium, K mg	131		0		4		37	30	
Sodium, Na mg	30		0		4		9	7	
Zinc, Zn mg	0.68		0		4		0.19	0.16	
Copper, Cu mg	0.138		0		4		0.039	0.032	
Manganese, Mn mg	0.421		0		4		0.119	0.097	
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		4		0.0	0.0	
Thiamin mg	0.415		0		4		0.118	0.095	
Riboflavin mg	0.337		0		4		0.096	0.078	
Niacin mg	3.926		0		4		1.113	0.903	
Pantothenic acid mg	0.278		0		4		0.079	0.064	
Vitamin B-6 mg	0.063		0		4		0.018	0.014	
Folate, total mcg	95		0	BFZN	4		27	22	
Folic acid mcg	69		0	NC	4		20	16	
Folate, food mcg	26		0		4		7	6	
Folate, DFE mcg_DFE	143		0	NC	4		41	33	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.02		0		4		0.01	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	0		0		4		0	0	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	0.892		0		4		0.253	0.205	
4:0 g	0.000		0		4		0.000	0.000	
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.000		0		4		0.000	0.000	
12:0 g	0.001		0		4		0.000	0.000	
13:0 g									

NDB No. 18432

Bread, white, commercially prepared, toasted, low sodium no salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.016		0		4		0.005	0.004	
15:0....g									
16:0....g	0.516		0		4		0.146	0.119	
17:0....g									
18:0....g	0.359		0		4		0.102	0.083	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.771		0		4		0.502	0.407	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.014		0		4		0.004	0.003	
17:1....g									
18:1 undifferentiated....g	1.757		0		4		0.498	0.404	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.818		0		4		0.232	0.188	
18:2 undifferentiated....g	0.779		0		4		0.221	0.179	
18:3 undifferentiated....g	0.039		0		4		0.011	0.009	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	1		0		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.106		0		4		0.030	0.024	
Threonine....g	0.267		0		4		0.076	0.061	
Isoleucine....g	0.354		0		4		0.100	0.081	
Leucine....g	0.637		0		4		0.181	0.147	
Lysine....g	0.245		0		4		0.069	0.056	
Methionine....g	0.158		0		4		0.045	0.036	
Cystine....g	0.191		0		4		0.054	0.044	
Phenylalanine....g	0.444		0		4		0.126	0.102	
Tyrosine....g	0.261		0		4		0.074	0.060	
Valine....g	0.397		0		4		0.113	0.091	
Arginine....g	0.346		0		4		0.098	0.080	
Histidine....g	0.196		0		4		0.056	0.045	
Alanine....g	0.308		0		4		0.087	0.071	
Aspartic acid....g	0.449		0		4		0.127	0.103	
Glutamic acid....g	2.920		0		4		0.828	0.672	
Glycine....g	0.323		0		4		0.092	0.074	
Proline....g	0.970		0		4		0.275	0.223	
Serine....g	0.440		0		4		0.125	0.101	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 23g: 1 slice

Calories Factors: **Protein** 3.9 **Fat** 8.7 **Carbohydrate** 4.1

NDB No. 18432
Bread, white, commercially prepared, toasted, low sodium no salt

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18073

Bread, white, prepared from recipe, made with low fat (2%) milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	35.30		0		1		10.01	14.83	11.65
Energy kcal	285		0	NC	4		81	120	94
Energy kj	1192				4		338	501	394
Protein (N x 0) g	7.90		0		1		2.24	3.32	2.61
Total lipid (fat) g	5.70		0		1		1.62	2.39	1.88
Ash g	1.50		0		1		0.43	0.63	0.50
Carbohydrate, by difference g	49.60		0	NC	4		14.06	20.83	16.37
Fiber, total dietary g	2.0		0		4		0.6	0.8	0.7
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	57		0		1		16	24	19
Iron, Fe mg	2.97		0		1		0.84	1.25	0.98
Magnesium, Mg mg	19		0		1		5	8	6
Phosphorus, P mg	115		0		1		33	48	38
Potassium, K mg	146		0		1		41	61	48
Sodium, Na mg	359		0		1		102	151	118
Zinc, Zn mg	0.64		0		1		0.18	0.27	0.21
Copper, Cu mg	0.115		0		1		0.033	0.048	0.038
Manganese, Mn mg	0.416		0		1		0.118	0.175	0.137
Selenium, Se mcg	21.3		0	RK	4		6.0	8.9	7.0
Vitamins:									
Vitamin C, total ascorbic acid mg	0.2		0		1		0.1	0.1	0.1
Thiamin mg	0.405		0		1		0.115	0.170	0.134
Riboflavin mg	0.383		0		1		0.109	0.161	0.126
Niacin mg	3.588		0		1		1.017	1.507	1.184
Pantothenic acid mg	0.374		0		1		0.106	0.157	0.123
Vitamin B-6 mg	0.051		0		1		0.014	0.021	0.017
Folate, total mcg	91		0	RK	4		26	38	30
Folic acid mcg	49		0	NC	4		14	21	16
Folate, food mcg	42		0		1		12	18	14
Folate, DFE mcg_DFE	125		0	NC	4		36	53	41
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.08		0		1		0.02	0.03	0.03
Vitamin A, RAE mcg_RAE	22		0	NC	4		6	9	7
Retinol mcg	21		0	NC	4		6	9	7
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	79		0		1		22	33	26
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	1.178		0		1		0.334	0.495	0.389
4:0 g	0.025		0		1		0.007	0.011	0.008
6:0 g	0.015		0		1		0.004	0.006	0.005
8:0 g	0.008		0		1		0.002	0.003	0.003
10:0 g	0.019		0		1		0.005	0.008	0.006
12:0 g	0.022		0		1		0.006	0.009	0.007
13:0 g									

NDB No. 18073

Bread, white, prepared from recipe, made with low fat (2%) milk

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.082		0		1		0.023	0.034	0.027
15:0....g									
16:0....g	0.742		0		1		0.210	0.312	0.245
17:0....g									
18:0....g	0.264		0		1		0.075	0.111	0.087
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.298		0		1		0.368	0.545	0.428
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.041		0		1		0.012	0.017	0.014
17:1....g									
18:1 undifferentiated....g	1.247		0		1		0.354	0.524	0.412
20:1....g	0.009		0		1		0.003	0.004	0.003
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.781		0		1		0.788	1.168	0.918
18:2 undifferentiated....g	2.461		0		1		0.698	1.034	0.812
18:3 undifferentiated....g	0.319		0		1		0.090	0.134	0.105
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	3		0		1		1	1	1
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.098		0		1		0.028	0.041	0.032
Threonine....g	0.244		0		1		0.069	0.102	0.081
Isoleucine....g	0.311		0		1		0.088	0.131	0.103
Leucine....g	0.576		0		1		0.163	0.242	0.190
Lysine....g	0.268		0		1		0.076	0.113	0.088
Methionine....g	0.148		0		1		0.042	0.062	0.049
Cystine....g	0.147		0		1		0.042	0.062	0.049
Phenylalanine....g	0.389		0		1		0.110	0.163	0.128
Tyrosine....g	0.262		0		1		0.074	0.110	0.086
Valine....g	0.355		0		1		0.101	0.149	0.117
Arginine....g	0.316		0		1		0.090	0.133	0.104
Histidine....g	0.181		0		1		0.051	0.076	0.060
Alanine....g	0.267		0		1		0.076	0.112	0.088
Aspartic acid....g	0.395		0		1		0.112	0.166	0.130
Glutamic acid....g	2.387		0		1		0.677	1.003	0.788
Glycine....g	0.267		0		1		0.076	0.112	0.088
Proline....g	0.849		0		1		0.241	0.357	0.280
Serine....g	0.394		0		1		0.112	0.165	0.130
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18073

Bread, white, prepared from recipe, made with low fat (2%) milk

Measure 2 = 42g: 1 slice

Measure 3 = 33g: 1 slice, thin (3-3/4" x 5" x 3/8")

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18071

Bread, white, prepared from recipe, made with nonfat dry milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	34.80		0		1		9.87	15.31	
Energy kcal	274		0	NC	4		78	121	
Energy kj	1146				4		325	504	
Protein (N x 0) g	7.70		0		1		2.18	3.39	
Total lipid (fat) g	2.60		0		1		0.74	1.14	
Ash g	1.40		0		1		0.40	0.62	
Carbohydrate, by difference g	53.60		0	NC	4		15.20	23.58	
Fiber, total dietary g	2.0		0	RC	4		0.6	0.9	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	32		0		1		9	14	
Iron, Fe mg	3.18		0		1		0.90	1.40	
Magnesium, Mg mg	17		0		1		5	7	
Phosphorus, P mg	96		0		1		27	42	
Potassium, K mg	111		0		1		31	49	
Sodium, Na mg	336		0		1		95	148	
Zinc, Zn mg	0.59		0		1		0.17	0.26	
Copper, Cu mg	0.112		0		1		0.032	0.049	
Manganese, Mn mg	0.460		0		1		0.130	0.202	
Selenium, Se mcg	23.1		0	RK	4		6.5	10.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	
Thiamin mg	0.431		0		1		0.122	0.190	
Riboflavin mg	0.352		0		1		0.100	0.155	
Niacin mg	3.731		0		1		1.058	1.642	
Pantothenic acid mg	0.284		0		1		0.081	0.125	
Vitamin B-6 mg	0.037		0		1		0.010	0.016	
Folate, total mcg	85		0	RK	4		24	37	
Folic acid mcg	58		0	NC	4		16	26	
Folate, food mcg	27		0		1		8	12	
Folate, DFE mcg_DFE	126		0	NC	4		36	55	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.02		0		1		0.01	0.01	
Vitamin A, RAE mcg_RAE	12		0	NC	4		3	5	
Retinol mcg	12		0	NC	4		3	5	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	41		0		1		12	18	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	0.391		0		1		0.111	0.172	
4:0 g	0.000		0		1		0.000	0.000	
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.000		0		1		0.000	0.000	
13:0 g									

NDB No. 18071

Bread, white, prepared from recipe, made with nonfat dry milk

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0 g	0.003		0		1		0.001	0.001	
15:0 g									
16:0 g	0.305		0		1		0.086	0.134	
17:0 g									
18:0 g	0.081		0		1		0.023	0.036	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.527		0		1		0.149	0.232	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.011		0		1		0.003	0.005	
17:1 g									
18:1 undifferentiated g	0.511		0		1		0.145	0.225	
20:1 g	0.004		0		1		0.001	0.002	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.401		0		1		0.397	0.616	
18:2 undifferentiated g	1.254		0		1		0.356	0.552	
18:3 undifferentiated g	0.147		0		1		0.042	0.065	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 g	0.000		0		1		0.000	0.000	
22:5 n-3 g	0.000		0		1		0.000	0.000	
22:6 n-3 g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.095		0		1		0.027	0.042	
Threonine g	0.223		0		1		0.063	0.098	
Isoleucine g	0.283		0		1		0.080	0.125	
Leucine g	0.544		0		1		0.154	0.239	
Lysine g	0.214		0		1		0.061	0.094	
Methionine g	0.140		0		1		0.040	0.062	
Cystine g	0.154		0		1		0.044	0.068	
Phenylalanine g	0.383		0		1		0.109	0.169	
Tyrosine g	0.243		0		1		0.069	0.107	
Valine g	0.327		0		1		0.093	0.144	
Arginine g	0.309		0		1		0.088	0.136	
Histidine g	0.174		0		1		0.049	0.077	
Alanine g	0.253		0		1		0.072	0.111	
Aspartic acid g	0.353		0		1		0.100	0.155	
Glutamic acid g	2.459		0		1		0.697	1.082	
Glycine g	0.269		0		1		0.076	0.118	
Proline g	0.859		0		1		0.244	0.378	
Serine g	0.384		0		1		0.109	0.169	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18071

Bread, white, prepared from recipe, made with nonfat dry milk

Measure 2 = 44g: 1 slice

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18075
Bread, whole-wheat, commercially prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	38.58	0.261	6	A	1		10.94	10.80	
Energy kcal	247		0	NC	4		70	69	
Energy kj	1034		0	NC	4		293	290	
Protein g	12.95	0.096	6	A	1		3.67	3.63	
Total lipid (fat) g	3.35	0.040	6	A	1		0.95	0.94	
Ash g	3.82	0.134	5	A	1		1.08	1.07	
Carbohydrate, by difference g	41.29		0	NC	4		11.71	11.56	
Fiber, total dietary g	6.8	0.832	6	A	1		1.9	1.9	
Sugars, total g	5.57	0.521	3	A	1		1.58	1.56	
Starch g									
Minerals:									
Calcium, Ca mg	107	3.525	6	A	1		30	30	
Iron, Fe mg	2.43	0.165	5	A	1		0.69	0.68	
Magnesium, Mg mg	82	0.484	6	A	1		23	23	
Phosphorus, P mg	202	10.249	5	A	1		57	57	
Potassium, K mg	248	8.530	6	A	1		70	69	
Sodium, Na mg	472	12.427	6	A	1		134	132	
Zinc, Zn mg	1.80	0.046	6	A	1		0.51	0.50	
Copper, Cu mg	0.377	0.041	6	A	1		0.107	0.105	
Manganese, Mn mg	2.135	0.028	6	A	1		0.605	0.598	
Selenium, Se mcg	40.3	0.603	3	A	1		11.4	11.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	FLA	4		0.0	0.0	
Thiamin mg	0.353	0.032	6	A	1		0.100	0.099	
Riboflavin mg	0.216	0.009	6	A	1		0.061	0.060	
Niacin mg	4.714	0.268	6	A	1		1.337	1.320	
Pantothenic acid mg	0.686	0.093	3	A	1		0.194	0.192	
Vitamin B-6 mg	0.209	0.004	3	A	1		0.059	0.059	
Folate, total mcg	50	1.621	14		1		14	14	
Folic acid mcg	0		0	FLA	4		0	0	
Folate, food mcg	50		0	FLA	4		14	14	
Folate, DFE mcg_DFE	50		0	NC	4		14	14	
Choline, total mg	26.5		0	AS	1		7.5	7.4	
Betaine mg									
Vitamin B-12 mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	FLA	4		0	0	
Retinol mcg	0		0	FLA	4		0	0	
Carotene, beta mcg	2		0	FLA	4		1	1	
Carotene, alpha mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta mcg	0		0	FLA	4		0	0	
Vitamin A, IU IU	3		0	FLA	4		1	1	
Lycopene mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin mcg	76		0	FLA	4		22	21	
Vitamin E (alpha-tocopherol) mg	0.51		0	FLA	4		0.15	0.14	
Vitamin E, added mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	7.8		2	A	1		2.2	2.2	
Lipids:									
Fatty acids, total saturated g	0.747		0	FLA	4		0.212	0.209	
4:0 g	0.000		0	FLA	4		0.000	0.000	
6:0 g	0.000		0	FLA	4		0.000	0.000	
8:0 g	0.007		0	FLA	4		0.002	0.002	
10:0 g	0.000		0	FLA	4		0.000	0.000	

NDB No. 18075
Bread, whole-wheat, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0	FLA	4		0.000	0.000	
13:0 g									
14:0 g	0.004		0	FLA	4		0.001	0.001	
15:0 g	0.001		0	FLA	4		0.000	0.000	
16:0 g	0.402		0	FLA	4		0.114	0.113	
17:0 g	0.003		0	FLA	4		0.001	0.001	
18:0 g	0.313		0	FLA	4		0.089	0.088	
20:0 g	0.009		0	FLA	4		0.002	0.002	
22:0 g	0.009		0	FLA	4		0.003	0.002	
24:0 g									
Fatty acids, total monounsaturated g	1.597		0	FLA	4		0.453	0.447	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.009		0	FLA	4		0.003	0.003	
17:1 g									
18:1 undifferentiated g	1.587		0	FLA	4		0.450	0.444	
20:1 g	0.001		0	FLA	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.600		0	FLA	4		0.170	0.168	
18:2 undifferentiated g	0.574		0	FLA	4		0.163	0.161	
18:3 undifferentiated g	0.025		0	FLA	4		0.007	0.007	
18:4 g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.001		0	FLA	4		0.000	0.000	
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans g	0.830		0	FLA	4		0.235	0.232	
Cholesterol mg	0		0	FLA	4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.082		0	FLA	4		0.023	0.023	
Threonine g	0.153		0	FLA	4		0.044	0.043	
Isoleucine g	0.197		0	FLA	4		0.056	0.055	
Leucine g	0.358		0	FLA	4		0.102	0.100	
Lysine g	0.148		0	FLA	4		0.042	0.041	
Methionine g	0.082		0	FLA	4		0.023	0.023	
Cystine g	0.123		0	FLA	4		0.035	0.034	
Phenylalanine g	0.250		0	FLA	4		0.071	0.070	
Tyrosine g	0.155		0	FLA	4		0.044	0.043	
Valine g	0.240		0	FLA	4		0.068	0.067	
Arginine g	0.250		0	FLA	4		0.071	0.070	
Histidine g	0.123		0	FLA	4		0.035	0.034	
Alanine g	0.190		0	FLA	4		0.054	0.053	
Aspartic acid g	0.274		0	FLA	4		0.078	0.077	
Glutamic acid g	1.665		0	FLA	4		0.472	0.466	
Glycine g	0.214		0	FLA	4		0.061	0.060	
Proline g	0.548		0	FLA	4		0.155	0.153	
Serine g	0.250		0	FLA	4		0.071	0.070	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	FLA	4		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18075
Bread, whole-wheat, commercially prepared

Measure 1 = 28.35g: 1 oz
Measure 2 = 28g: 1 slice

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18076
Bread, whole-wheat, commercially prepared, toasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	24.25		2	A	1		6.88	6.06	
Energy kcal	306		0	NC	4		87	77	
Energy kj	1282		0	NC	4		363	320	
Protein g	16.27		2	A	1		4.61	4.07	
Total lipid (fat) g	4.07		2	A	1		1.15	1.02	
Ash g	4.25		2	A	1		1.20	1.06	
Carbohydrate, by difference g	51.16		0	NC	4		14.51	12.79	
Fiber, total dietary g	9.2		2	A	1		2.6	2.3	
Sugars, total g	5.77		2	A	1		1.64	1.44	
Starch g									
Minerals:									
Calcium, Ca mg	130		2	A	1		37	33	
Iron, Fe mg	2.96		2	A	1		0.84	0.74	
Magnesium, Mg mg	99		2	A	1		28	25	
Phosphorus, P mg	303		2	A	1		86	76	
Potassium, K mg	326		2	A	1		92	81	
Sodium, Na mg	583		2	A	1		165	146	
Zinc, Zn mg	2.15		2	A	1		0.61	0.54	
Copper, Cu mg	0.670		2	A	1		0.190	0.167	
Manganese, Mn mg	2.545		2	A	1		0.722	0.636	
Selenium, Se mcg	52.6		2	A	1		14.9	13.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	RA	4		0.0	0.0	
Thiamin mg	0.376		2	A	1		0.107	0.094	
Riboflavin mg	0.284		2	A	1		0.081	0.071	
Niacin mg	5.732		2	A	1		1.625	1.433	
Pantothenic acid mg	0.722		2	A	1		0.205	0.181	
Vitamin B-6 mg	0.237		2	A	1		0.067	0.059	
Folate, total mcg	52		0	RA	4		15	13	
Folic acid mcg	0		0	RA	4		0	0	
Folate, food mcg	52		0	RA	4		15	13	
Folate, DFE mcg_DFE	52		0	NC	4		15	13	
Choline, total mg	32.8		0	RA	4		9.3	8.2	
Betaine mg									
Vitamin B-12 mcg	0.00		0	RA	4		0.00	0.00	
Vitamin B-12, added mcg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	RA	4		0	0	
Retinol mcg	0		0	RA	4		0	0	
Carotene, beta mcg	2		0	RA	4		1	1	
Carotene, alpha mcg	0		0	RA	4		0	0	
Cryptoxanthin, beta mcg	0		0	RA	4		0	0	
Vitamin A, IU IU	4		0	RA	4		1	1	
Lycopene mcg	0		0	RA	4		0	0	
Lutein + zeaxanthin mcg	89		0	RA	4		25	22	
Vitamin E (alpha-tocopherol) mg	0.63		0	RA	4		0.18	0.16	
Vitamin E, added mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	9.0		1	A	1		2.6	2.3	
Lipids:									
Fatty acids, total saturated g	0.922		0	RA	4		0.261	0.231	
4:0 g	0.000		0	RA	4		0.000	0.000	
6:0 g	0.000		0	RA	4		0.000	0.000	
8:0 g	0.009		0	RA	4		0.002	0.002	
10:0 g	0.000		0	RA	4		0.000	0.000	

NDB No. 18076

Bread, whole-wheat, commercially prepared, toasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0	RA	4		0.000	0.000	
13:0 g									
14:0 g	0.005		0	RA	4		0.001	0.001	
15:0 g	0.001		0	RA	4		0.000	0.000	
16:0 g	0.496		0	RA	4		0.141	0.124	
17:0 g	0.004		0	RA	4		0.001	0.001	
18:0 g	0.386		0	RA	4		0.110	0.097	
20:0 g	0.011		0	RA	4		0.003	0.003	
22:0 g	0.011		0	RA	4		0.003	0.003	
24:0 g									
Fatty acids, total monounsaturated g	1.972		0	RA	4		0.559	0.493	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.011		0	RA	4		0.003	0.003	
17:1 g									
18:1 undifferentiated g	1.960		0	RA	4		0.556	0.490	
20:1 g	0.001		0	RA	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	RA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.740		0	RA	4		0.210	0.185	
18:2 undifferentiated g	0.709		0	RA	4		0.201	0.177	
18:3 undifferentiated g	0.031		0	RA	4		0.009	0.008	
18:4 g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.001		0	RA	4		0.000	0.000	
20:5 n-3 g	0.000		0	RA	4		0.000	0.000	
22:5 n-3 g	0.000		0	RA	4		0.000	0.000	
22:6 n-3 g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0	RA	4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.101		0	RA	4		0.029	0.025	
Threonine g	0.189		0	RA	4		0.054	0.047	
Isoleucine g	0.243		0	RA	4		0.069	0.061	
Leucine g	0.442		0	RA	4		0.125	0.111	
Lysine g	0.183		0	RA	4		0.052	0.046	
Methionine g	0.101		0	RA	4		0.029	0.025	
Cystine g	0.151		0	RA	4		0.043	0.038	
Phenylalanine g	0.308		0	RA	4		0.087	0.077	
Tyrosine g	0.191		0	RA	4		0.054	0.048	
Valine g	0.296		0	RA	4		0.084	0.074	
Arginine g	0.308		0	RA	4		0.087	0.077	
Histidine g	0.152		0	RA	4		0.043	0.038	
Alanine g	0.234		0	RA	4		0.066	0.059	
Aspartic acid g	0.339		0	RA	4		0.096	0.085	
Glutamic acid g	2.055		0	RA	4		0.583	0.514	
Glycine g	0.265		0	RA	4		0.075	0.066	
Proline g	0.677		0	RA	4		0.192	0.169	
Serine g	0.309		0	RA	4		0.087	0.077	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	RA	4		0.0	0.0	
Caffeine mg	0		0	RA	4		0	0	
Theobromine mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18076

Bread, whole-wheat, commercially prepared, toasted

Measure 1 = 28.35g: 1 oz

Measure 2 = 25g: 1 slice

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18077
Bread, whole-wheat, prepared from recipe

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	32.70		0		1		9.27	15.04	10.79
Energy kcal	278		0	NC	4		79	128	92
Energy kj	1163		0		4		330	535	384
Protein (N x 0) g	8.40		0		1		2.38	3.86	2.77
Total lipid (fat) g	5.40		0		1		1.53	2.48	1.78
Ash g	2.00		0		1		0.57	0.92	0.66
Carbohydrate, by difference g	51.40		0	NC	4		14.57	23.64	16.96
Fiber, total dietary g	6.0		0		4		1.7	2.8	2.0
Sugars, total g	3.84		0	RA	4		1.09	1.76	1.27
Starch g									
Minerals:									
Calcium, Ca mg	33		0		1		9	15	11
Iron, Fe mg	3.10		0		1		0.88	1.43	1.02
Magnesium, Mg mg	81		0		1		23	37	27
Phosphorus, P mg	187		0		1		53	86	62
Potassium, K mg	314		0		1		89	144	104
Sodium, Na mg	346		0		1		98	159	114
Zinc, Zn mg	1.50		0		1		0.43	0.69	0.50
Copper, Cu mg	0.253		0		1		0.072	0.116	0.083
Manganese, Mn mg	1.881		0		1		0.533	0.865	0.621
Selenium, Se mcg	38.6		0	RK	4		10.9	17.8	12.7
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	0.0
Thiamin mg	0.303		0		1		0.086	0.139	0.100
Riboflavin mg	0.227		0		1		0.064	0.104	0.075
Niacin mg	3.985		0		1		1.130	1.833	1.315
Pantothenic acid mg	0.473		0		1		0.134	0.218	0.156
Vitamin B-6 mg	0.199		0		1		0.056	0.092	0.066
Folate, total mcg	65		0	RA	4		18	30	21
Folic acid mcg	18		0		4		5	8	6
Folate, food mcg	47		0		1		13	22	16
Folate, DFE mcg_DFE	78		0	NC	4		22	36	26
Choline, total mg	26.5		0	BFZN	4		7.5	12.2	8.8
Betaine mg									
Vitamin B-12 mcg	0.00		0		1		0.00	0.00	0.00
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	0
Retinol mcg	0		0	RA	4		0	0	0
Carotene, beta mcg	2		0	RA	4		1	1	1
Carotene, alpha mcg	0		0	RA	4		0	0	0
Cryptoxanthin, beta mcg	0		0	RA	4		0	0	0
Vitamin A, IU IU	3		0	NC	4		1	2	1
Lycopene mcg	0		0	RA	4		0	0	0
Lutein + zeaxanthin mcg	89		0	RA	4		25	41	29
Vitamin E (alpha-tocopherol) mg	0.76		0	RA	4		0.22	0.35	0.25
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	9.4		0	RA	4		2.7	4.3	3.1
Lipids:									
Fatty acids, total saturated g	0.796		0		1		0.226	0.366	0.263
4:0 g	0.000		0		1		0.000	0.000	0.000
6:0 g	0.000		0		1		0.000	0.000	0.000
8:0 g	0.008		0		1		0.002	0.004	0.003
10:0 g	0.000		0		1		0.000	0.000	0.000

NDB No. 18077
Bread, whole-wheat, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.001		0		1		0.000	0.000	0.000
13:0 g									
14:0 g	0.006		0		1		0.002	0.003	0.002
15:0 g									
16:0 g	0.600		0		1		0.170	0.276	0.198
17:0 g									
18:0 g	0.175		0		1		0.050	0.081	0.058
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.158		0		1		0.328	0.533	0.382
14:1 g									
15:1 g									
16:1 undifferentiated g	0.029		0		1		0.008	0.013	0.010
17:1 g									
18:1 undifferentiated g	1.120		0		1		0.318	0.515	0.370
20:1 g	0.009		0		1		0.003	0.004	0.003
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	2.939		0		1		0.833	1.352	0.970
18:2 undifferentiated g	2.621		0		1		0.743	1.206	0.865
18:3 undifferentiated g	0.317		0		1		0.090	0.146	0.105
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.001		0		1		0.000	0.000	0.000
20:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.122		0		1		0.035	0.056	0.040
Threonine g	0.248		0		1		0.070	0.114	0.082
Isoleucine g	0.314		0		1		0.089	0.144	0.104
Leucine g	0.574		0		1		0.163	0.264	0.189
Lysine g	0.244		0		1		0.069	0.112	0.081
Methionine g	0.136		0		1		0.039	0.063	0.045
Cystine g	0.186		0		1		0.053	0.086	0.061
Phenylalanine g	0.403		0		1		0.114	0.185	0.133
Tyrosine g	0.252		0		1		0.071	0.116	0.083
Valine g	0.375		0		1		0.106	0.173	0.124
Arginine g	0.383		0		1		0.109	0.176	0.126
Histidine g	0.194		0		1		0.055	0.089	0.064
Alanine g	0.304		0		1		0.086	0.140	0.100
Aspartic acid g	0.433		0		1		0.123	0.199	0.143
Glutamic acid g	2.618		0		1		0.742	1.204	0.864
Glycine g	0.333		0		1		0.094	0.153	0.110
Proline g	0.869		0		1		0.246	0.400	0.287
Serine g	0.402		0		1		0.114	0.185	0.133
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	RA	4		0	0	0
Theobromine mg	0		0	RA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18077

Bread, whole-wheat, prepared from recipe

Measure 1 = 28.35g: 1 oz

Measure 2 = 46g: 1 slice

Measure 3 = 33g: 1 slice, thin (3-3/4" x 5" x 3/8")

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18078

Bread, whole-wheat, prepared from recipe, toasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	26.00		0		1		7.37	10.92	7.80
Energy kcal	305		0	NC	4		86	128	92
Energy kj	1276		0		4		362	536	383
Protein (N x 0) g	9.20		0		1		2.61	3.86	2.76
Total lipid (fat) g	5.90		0		1		1.67	2.48	1.77
Ash g	2.20		0		1		0.62	0.92	0.66
Carbohydrate, by difference g	56.40		0	NC	4		15.99	23.69	16.92
Fiber, total dietary g	6.7		0		4		1.9	2.8	2.0
Sugars, total g	4.22		0	RA	4		1.20	1.77	1.26
Starch g									
Minerals:									
Calcium, Ca mg	36		0		1		10	15	11
Iron, Fe mg	3.40		0		1		0.96	1.43	1.02
Magnesium, Mg mg	89		0		1		25	37	27
Phosphorus, P mg	205		0		1		58	86	62
Potassium, K mg	345		0		1		98	145	104
Sodium, Na mg	381		0		1		108	160	114
Zinc, Zn mg	1.65		0		1		0.47	0.69	0.50
Copper, Cu mg	0.278		0		1		0.079	0.117	0.083
Manganese, Mn mg	2.067		0		1		0.586	0.868	0.620
Selenium, Se mcg	42.5		0	RK	4		12.0	17.9	12.8
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	0.0
Thiamin mg	0.266		0		1		0.075	0.112	0.080
Riboflavin mg	0.225		0		1		0.064	0.095	0.068
Niacin mg	3.941		0		1		1.117	1.655	1.182
Pantothenic acid mg	0.338		0		1		0.096	0.142	0.101
Vitamin B-6 mg	0.197		0		1		0.056	0.083	0.059
Folate, total mcg	67		0	RA	4		19	28	20
Folic acid mcg	31		0		4		9	13	9
Folate, food mcg	36		0		1		10	15	11
Folate, DFE mcg_DFE	89		0	NC	4		25	37	27
Choline, total mg	29.2		0	RK	4		8.3	12.2	8.7
Betaine mg									
Vitamin B-12 mcg	0.00		0		1		0.00	0.00	0.00
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	0
Retinol mcg	0		0	RA	4		0	0	0
Carotene, beta mcg	2		0	RA	4		1	1	1
Carotene, alpha mcg	0		0	RA	4		0	0	0
Cryptoxanthin, beta mcg	0		0	RA	4		0	0	0
Vitamin A, IU IU	4		0	NC	4		1	2	1
Lycopene mcg	0		0	RA	4		0	0	0
Lutein + zeaxanthin mcg	97		0	RA	4		28	41	29
Vitamin E (alpha-tocopherol) mg	0.84		0	RA	4		0.24	0.35	0.25
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	10.4		0	RA	4		2.9	4.4	3.1
Lipids:									
Fatty acids, total saturated g	0.874		0		1		0.248	0.367	0.262
4:0 g	0.000		0		1		0.000	0.000	0.000
6:0 g	0.000		0		1		0.000	0.000	0.000
8:0 g	0.009		0		1		0.003	0.004	0.003
10:0 g	0.000		0		1		0.000	0.000	0.000

NDB No. 18078

Bread, whole-wheat, prepared from recipe, toasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.001		0		1		0.000	0.000	0.000
13:0 g									
14:0 g	0.006		0		1		0.002	0.003	0.002
15:0 g									
16:0 g	0.660		0		1		0.187	0.277	0.198
17:0 g									
18:0 g	0.192		0		1		0.054	0.081	0.058
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.272		0		1		0.361	0.534	0.382
14:1 g									
15:1 g									
16:1 undifferentiated g	0.032		0		1		0.009	0.013	0.010
17:1 g									
18:1 undifferentiated g	1.230		0		1		0.349	0.517	0.369
20:1 g	0.010		0		1		0.003	0.004	0.003
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	3.230		0		1		0.916	1.357	0.969
18:2 undifferentiated g	2.880		0		1		0.816	1.210	0.864
18:3 undifferentiated g	0.349		0		1		0.099	0.147	0.105
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.001		0		1		0.000	0.000	0.000
20:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.134		0		1		0.038	0.056	0.040
Threonine g	0.273		0		1		0.077	0.115	0.082
Isoleucine g	0.345		0		1		0.098	0.145	0.104
Leucine g	0.631		0		1		0.179	0.265	0.189
Lysine g	0.268		0		1		0.076	0.113	0.080
Methionine g	0.149		0		1		0.042	0.063	0.045
Cystine g	0.204		0		1		0.058	0.086	0.061
Phenylalanine g	0.442		0		1		0.125	0.186	0.133
Tyrosine g	0.277		0		1		0.079	0.116	0.083
Valine g	0.412		0		1		0.117	0.173	0.124
Arginine g	0.421		0		1		0.119	0.177	0.126
Histidine g	0.213		0		1		0.060	0.089	0.064
Alanine g	0.334		0		1		0.095	0.140	0.100
Aspartic acid g	0.476		0		1		0.135	0.200	0.143
Glutamic acid g	2.877		0		1		0.816	1.208	0.863
Glycine g	0.365		0		1		0.103	0.153	0.110
Proline g	0.955		0		1		0.271	0.401	0.287
Serine g	0.442		0		1		0.125	0.186	0.133
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0		4		0	0	0
Theobromine mg	0		0		4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18078

Bread, whole-wheat, prepared from recipe, toasted

Measure 1 = 28.35g: 1 oz

Measure 2 = 42g: 1 slice

Measure 3 = 30g: 1 slice, thin (3-3/4" x 5" x 3/8")

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18459
Breakfast tart, low fat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	12.04		0	FLC	4				
Energy kcal	372		0	FLC	4				
Energy kj	1556		0		4				
Protein g	3.99		0	FLC	4				
Total lipid (fat) g	5.99		0	FLC	4				
Ash g	1.18		0		4				
Carbohydrate, by difference g	76.80		0	FLC	4				
Fiber, total dietary g	1.5		0	FLC	4				
Sugars, total g	4.87		0	FLM	4				
Starch g									
Minerals:									
Calcium, Ca mg	44		0	FLC	4				
Iron, Fe mg	3.42		1	LC	8				
Magnesium, Mg mg	44		0	FLC	4				
Phosphorus, P mg	93		0	FLC	4				
Potassium, K mg	66		0	FLC	4				
Sodium, Na mg	252		0	FLC	4				
Zinc, Zn mg	0.28		0	FLC	4				
Copper, Cu mg	0.073		0	FLC	4				
Manganese, Mn mg									
Selenium, Se mcg	12.9		0	FLC	4				
Vitamins:									
Vitamin C, total ascorbic acid mg	3.8		0	FLC	4				
Thiamin mg	0.285		1	LC	8				
Riboflavin mg	0.549		1	LC	8				
Niacin mg	3.800		1	LC	8				
Pantothenic acid mg									
Vitamin B-6 mg	0.380		1	LC	8				
Folate, total mcg	100		1	MC	9				
Folic acid mcg	47		0		4				
Folate, food mcg	53		0	O	4				
Folate, DFE mcg_DFE	133		0	NC	4				
Choline, total mg	7.8		0	BFZN	4				
Betaine mg									
Vitamin B-12 mcg	0.00		0	FLC	4				
Vitamin B-12, added mcg	0.00		0	Z	7				
Vitamin A, RAE mcg_RAE	285		0	NC	4				
Retinol mcg	285		0	FLM	4				
Carotene, beta mcg	3		0	FLM	4				
Carotene, alpha mcg	0		0	FLM	4				
Cryptoxanthin, beta mcg	1		0	FLM	4				
Vitamin A, IU IU	950		1	LC	8				
Lycopene mcg	0		0	FLM	4				
Lutein + zeaxanthin mcg	4		0	FLM	4				
Vitamin E (alpha-tocopherol) mg	0.53		0	FLM	4				
Vitamin E, added mg	0.00		0	Z	7				
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	0.4		0	FLM	4				
Lipids:									
Fatty acids, total saturated g	1.393		0	FLC	4				
4:0 g	0.000		0	FLC	4				
6:0 g	0.000		0	FLC	4				
8:0 g	0.000		0	FLC	4				
10:0 g	0.000		0	FLC	4				

NDB No. 18459
Breakfast tart, low fat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.005		0	FLC	4				
13:0 g									
14:0 g	0.002		0	FLC	4				
15:0 g									
16:0 g	0.681		0	FLC	4				
17:0 g									
18:0 g	0.676		0	FLC	4				
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.338		0	FLC	4				
14:1 g									
15:1 g									
16:1 undifferentiated g	0.003		0	FLC	4				
17:1 g									
18:1 undifferentiated g	3.332		0	FLC	4				
20:1 g	0.007		0	FLC	4				
22:1 undifferentiated g	0.000		0	FLC	4				
24:1 c g									
Fatty acids, total polyunsaturated g	0.878		0	FLC	4				
18:2 undifferentiated g	0.856		0	FLC	4				
18:3 undifferentiated g	0.023		0	FLC	4				
18:4 g	0.000		0	FLC	4				
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLC	4				
20:5 n-3 g	0.000		0	FLC	4				
22:5 n-3 g	0.000		0	FLC	4				
22:6 n-3 g	0.000		0	FLC	4				
Fatty acids, total trans g									
Cholesterol mg	0		0	FLC	4				
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	7				
Caffeine mg	0		0	FLM	4				
Theobromine mg	0		0	FLM	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18610

CONTINENTAL MILLS, KRUSTEAZ Almond Poppyseed Muffin Mix, Artificially Flavored, dry

Continental Mills, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	5.70		1	A	1		2.28		
Energy....kcal	418		1	NC	4		167		
Energy....kj	1747		0	NC	4		699		
Protein (N x 6.25)....g	5.60		1		9		2.24		
Total lipid (fat)....g	10.30		1		9		4.12		
Ash....g	1.90		0	MC	9		0.76		
Carbohydrate, by difference....g	75.60		1		9		30.24		
Fiber, total dietary....g	1.7		1		9		0.7		
Sugars, total....g	40.00		1		9		16.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	82		1		9		33		
Iron, Fe....mg	2.47		1		9		0.99		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	590		1		9		236		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g	2.100		1		9		0.840		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	2.700		1		9		1.080		
Cholesterol....mg									
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 40g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18086
Cake, angelfood, commercially prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	33.20	0.911	3		1		9.30	112.88	
Energy kcal	258		0	NC	4		72	876	
Energy kj	1077		0	NC	4		302	3663	
Protein (N x 6.1) g	5.90	0.071	3		1		1.65	20.06	
Total lipid (fat) g	0.80		2		1		0.22	2.72	
Ash g	2.30		1		1		0.64	7.82	
Carbohydrate, by difference g	57.80		0		4		16.18	196.52	
Fiber, total dietary g	1.5		0		4		0.4	5.1	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	140	16.532	6		1		39	476	
Iron, Fe mg	0.52	0.055	3		1		0.15	1.77	
Magnesium, Mg mg	12		2		1		3	41	
Phosphorus, P mg	324		1	A	1		91	1102	
Potassium, K mg	93		2		1		26	316	
Sodium, Na mg	749	54.994	3		1		210	2547	
Zinc, Zn mg	0.07	0.010	5		1		0.02	0.24	
Copper, Cu mg	0.078		2		1		0.022	0.265	
Manganese, Mn mg	0.085		2		1		0.024	0.289	
Selenium, Se mcg	7.3		0	FLA	4		2.0	24.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	FLA	4		0.0	0.0	
Thiamin mg	0.102	0.030	3		1		0.029	0.347	
Riboflavin mg	0.491	0.169	3		1		0.137	1.669	
Niacin mg	0.883	0.120	3		1		0.247	3.002	
Pantothenic acid mg	0.198	0.034	4		1		0.055	0.673	
Vitamin B-6 mg	0.031		2		1		0.009	0.105	
Folate, total mcg	35		0	FLA	4		10	119	
Folic acid mcg	32		0	NC	4		9	109	
Folate, food mcg	3		0		4		1	10	
Folate, DFE mcg_DFE	57		0	NC	4		16	195	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.06		0	FLA	4		0.02	0.20	
Vitamin A, RAE mcg_RAE	0		0	AS	1		0	0	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	0		0	FLA	4		0	0	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	0.121		0		4		0.034	0.411	
4:0 g									
6:0 g									
8:0 g									
10:0 g									
12:0 g									
13:0 g									

NDB No. 18086
Cake, angelfood, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.001		0		4		0.000	0.003	
15:0....g									
16:0....g	0.110		0		4		0.031	0.374	
17:0....g									
18:0....g	0.005		0		4		0.001	0.017	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.071		0		4		0.020	0.241	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		4		0.001	0.007	
17:1....g									
18:1 undifferentiated....g	0.068		0		4		0.019	0.231	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.367		0		4		0.103	1.248	
18:2 undifferentiated....g	0.346		0		4		0.097	1.176	
18:3 undifferentiated....g	0.021		0		4		0.006	0.071	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.075		0		4		0.021	0.255	
Threonine....g	0.248		0		4		0.069	0.843	
Isoleucine....g	0.312		0		4		0.087	1.061	
Leucine....g	0.481		0		4		0.135	1.635	
Lysine....g	0.364		0		4		0.102	1.238	
Methionine....g	0.183		0		4		0.051	0.622	
Cystine....g	0.149		0		4		0.042	0.507	
Phenylalanine....g	0.334		0		4		0.094	1.136	
Tyrosine....g	0.218		0		4		0.061	0.741	
Valine....g	0.354		0		4		0.099	1.204	
Arginine....g	0.303		0		4		0.085	1.030	
Histidine....g	0.131		0		4		0.037	0.445	
Alanine....g	0.310		0		4		0.087	1.054	
Aspartic acid....g	0.532		0		4		0.149	1.809	
Glutamic acid....g	1.025		0		4		0.287	3.485	
Glycine....g	0.206		0		4		0.058	0.700	
Proline....g	0.317		0		4		0.089	1.078	
Serine....g	0.389		0		4		0.109	1.323	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 piece (1/12 of 12 oz cake)

Measure 2 = 340g: 1 cake (9" dia x 4")

Calories Factors: **Protein** 4.3 **Fat** 8.4 **Carbohydrate** 3.9

NDB No. 18086
Cake, angelfood, commercially prepared

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18087
Cake, angelfood, dry mix

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	2.80	0.058	37		1		0.79	11.51	
Energy kcal	373		0	NC	4		106	1533	
Energy kj	1561		0		4		442	6414	
Protein (N x 6.2) g	8.90	0.141	37		1		2.52	36.58	
Total lipid (fat) g	0.40	0.076	32		1		0.11	1.64	
Ash g	2.80	0.148	27		1		0.79	11.51	
Carbohydrate, by difference g	85.10		0		4		24.13	349.76	
Fiber, total dietary g	0.3		0		4		0.1	1.3	
Sugars, total g	44.20		0	FLA	4		12.53	181.68	
Starch g									
Minerals:									
Calcium, Ca mg	121	6.169	33		1		34	497	
Iron, Fe mg	0.32	0.016	5		1		0.09	1.32	
Magnesium, Mg mg	11	0.377	13		1		3	45	
Phosphorus, P mg	337	39.519	21		1		96	1385	
Potassium, K mg	197	8.987	26		1		56	810	
Sodium, Na mg	737	29.053	34		1		209	3029	
Zinc, Zn mg	0.16	0.008	12		1		0.05	0.66	
Copper, Cu mg	0.094	0.007	12		1		0.027	0.386	
Manganese, Mn mg	0.142		0	FLA	4		0.040	0.584	
Selenium, Se mcg	12.6		0	FLA	4		3.6	51.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	FLA	4		0.0	0.0	
Thiamin mg	0.167	0.019	15		1		0.047	0.686	
Riboflavin mg	0.325	0.016	29		1		0.092	1.336	
Niacin mg	0.275	0.015	11		1		0.078	1.130	
Pantothenic acid mg	0.264		0	FLA	4		0.075	1.085	
Vitamin B-6 mg	0.009		0	FLA	4		0.003	0.037	
Folate, total mcg	92		0	FLA	4		26	376	
Folic acid mcg	81		0		4		23	333	
Folate, food mcg	11		0		4		3	45	
Folate, DFE mcg_DFE	149		0	NC	4		42	611	
Choline, total mg	2.0		0	FLC	4		0.6	8.2	
Betaine mg									
Vitamin B-12 mcg	0.05		0	FLA	4		0.01	0.21	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	FLA	4		0	0	
Carotene, beta mcg	0		0	FLA	4		0	0	
Carotene, alpha mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta mcg	0		0	FLA	4		0	0	
Vitamin A, IU IU	0		0	NC	4		0	1	
Lycopene mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin mcg	1		0	FLA	4		0	5	
Vitamin E (alpha-tocopherol) mg	0.01		0	FLA	4		0.00	0.03	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	0.1		0	FLA	4		0.0	0.6	
Lipids:									
Fatty acids, total saturated g	0.063		0		4		0.018	0.259	
4:0 g	0.000		0		4		0.000	0.000	
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.000		0		4		0.000	0.000	

NDB No. 18087
Cake, angelfood, dry mix

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0		4		0.000	0.000	
13:0 g									
14:0 g	0.000		0		4		0.000	0.000	
15:0 g									
16:0 g	0.057		0		4		0.016	0.234	
17:0 g									
18:0 g	0.003		0		4		0.001	0.012	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.038		0		4		0.011	0.156	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.001		0		4		0.000	0.004	
17:1 g									
18:1 undifferentiated g	0.037		0		4		0.010	0.152	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.180		0		4		0.051	0.740	
18:2 undifferentiated g	0.170		0		4		0.048	0.699	
18:3 undifferentiated g	0.010		0		4		0.003	0.041	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 g	0.000		0		4		0.000	0.000	
22:5 n-3 g	0.000		0		4		0.000	0.000	
22:6 n-3 g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.112		0		4		0.032	0.460	
Threonine g	0.376		0		4		0.107	1.545	
Isoleucine g	0.470		0		4		0.133	1.932	
Leucine g	0.721		0		4		0.204	2.963	
Lysine g	0.552		0		4		0.156	2.269	
Methionine g	0.279		0		4		0.079	1.147	
Cystine g	0.223		0		4		0.063	0.917	
Phenylalanine g	0.497		0		4		0.141	2.043	
Tyrosine g	0.327		0		4		0.093	1.344	
Valine g	0.533		0		4		0.151	2.191	
Arginine g	0.457		0		4		0.130	1.878	
Histidine g	0.194		0		4		0.055	0.797	
Alanine g	0.470		0		4		0.133	1.932	
Aspartic acid g	0.813		0		4		0.230	3.341	
Glutamic acid g	1.441		0		4		0.409	5.923	
Glycine g	0.306		0		4		0.087	1.258	
Proline g	0.443		0		4		0.126	1.821	
Serine g	0.583		0		4		0.165	2.396	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18087
Cake, angelfood, dry mix

Measure 1 = 28.35g: 1 oz
Measure 2 = 411g: 1 package (14.5 oz)

Calories Factors: **Protein** 4.3 **Fat** 8.4 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18088
Cake, angelfood, dry mix, prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	32.90		0		4		16.45	196.08	
Energy kcal	257		0		4		129	1532	
Energy kj	1075		0		4		538	6409	
Protein (N x 0) g	6.10		0		4		3.05	36.36	
Total lipid (fat) g	0.30		0		4		0.15	1.79	
Ash g	2.00		0		4		1.00	11.92	
Carbohydrate, by difference g	58.70		0		4		29.35	349.85	
Fiber, total dietary g	0.2		0		4		0.1	1.3	
Sugars, total g	30.51		0	RA	4		15.26	181.85	
Starch g									
Minerals:									
Calcium, Ca mg	84		0		4		42	501	
Iron, Fe mg	0.23		0		4		0.12	1.37	
Magnesium, Mg mg	8		0		4		4	48	
Phosphorus, P mg	232		0		4		116	1383	
Potassium, K mg	135		0		4		68	805	
Sodium, Na mg	509		0		4		255	3034	
Zinc, Zn mg	0.13		0		4		0.07	0.77	
Copper, Cu mg	0.068		0		4		0.034	0.405	
Manganese, Mn mg	0.063		0		4		0.032	0.375	
Selenium, Se mcg	15.3		0	RK	4		7.7	91.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		4		0.0	0.0	
Thiamin mg	0.092		0		4		0.046	0.548	
Riboflavin mg	0.202		0		4		0.101	1.204	
Niacin mg	0.171		0		4		0.086	1.019	
Pantothenic acid mg	0.110		0		4		0.055	0.656	
Vitamin B-6 mg	0.006		0		4		0.003	0.036	
Folate, total mcg	19		0	RA	4		9	112	
Folic acid mcg	14		0		4		7	83	
Folate, food mcg	5		0		4		3	30	
Folate, DFE mcg_DFE	29		0	NC	4		14	172	
Choline, total mg	1.3		0	RK	4		0.7	7.8	
Betaine mg									
Vitamin B-12 mcg	0.03		0		4		0.02	0.18	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg	0		0		4		0	0	
Carotene, alpha mcg	0		0		4		0	0	
Cryptoxanthin, beta mcg	0		0		4		0	0	
Vitamin A, IU IU	0		0	NC	4		0	0	
Lycopene mcg	0		0	RA	4		0	0	
Lutein + zeaxanthin mcg	1		0	RA	4		0	4	
Vitamin E (alpha-tocopherol) mg	0.01		0	RA	4		0.00	0.03	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	0.1		0	RA	4		0.0	0.6	
Lipids:									
Fatty acids, total saturated g	0.043		0		4		0.022	0.256	
4:0 g	0.000		0		4		0.000	0.000	
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.000		0		4		0.000	0.000	

NDB No. 18088
Cake, angelfood, dry mix, prepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0		4		0.000	0.000	
13:0 g									
14:0 g	0.000		0		4		0.000	0.000	
15:0 g									
16:0 g	0.039		0		4		0.020	0.232	
17:0 g									
18:0 g	0.002		0		4		0.001	0.012	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.026		0		4		0.013	0.155	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.001		0		4		0.001	0.006	
17:1 g									
18:1 undifferentiated g	0.025		0		4		0.013	0.149	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.124		0		4		0.062	0.739	
18:2 undifferentiated g	0.117		0		4		0.059	0.697	
18:3 undifferentiated g	0.007		0		4		0.004	0.042	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 g	0.000		0		4		0.000	0.000	
22:5 n-3 g	0.000		0		4		0.000	0.000	
22:6 n-3 g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.077		0		4		0.039	0.459	
Threonine g	0.259		0		4		0.130	1.544	
Isoleucine g	0.324		0		4		0.162	1.931	
Leucine g	0.497		0		4		0.249	2.962	
Lysine g	0.380		0		4		0.190	2.265	
Methionine g	0.192		0		4		0.096	1.144	
Cystine g	0.154		0		4		0.077	0.918	
Phenylalanine g	0.343		0		4		0.172	2.044	
Tyrosine g	0.226		0		4		0.113	1.347	
Valine g	0.368		0		4		0.184	2.193	
Arginine g	0.315		0		4		0.158	1.877	
Histidine g	0.134		0		4		0.067	0.799	
Alanine g	0.324		0		4		0.162	1.931	
Aspartic acid g	0.561		0		4		0.281	3.344	
Glutamic acid g	0.994		0		4		0.497	5.924	
Glycine g	0.211		0		4		0.106	1.258	
Proline g	0.306		0		4		0.153	1.824	
Serine g	0.402		0		4		0.201	2.396	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	RA	4		0	0	
Theobromine mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18088

Cake, angelfood, dry mix, prepared

Measure 1 = 50g: 1 piece (1/12 of 10" dia)

Measure 2 = 596g: 1 tube cake (10" dia, 4-3/8" high)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18090
Cake, boston cream pie, commercially prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	45.40	2.184	3		1		12.87	41.77	
Energy kcal	252		0		4		71	232	
Energy kj	1054		0		4		299	970	
Protein (N x 6) g	2.40	0.278	3		1		0.68	2.21	
Total lipid (fat) g	8.50	0.513	4		1		2.41	7.82	
Ash g	0.70	0.038	5		1		0.20	0.64	
Carbohydrate, by difference g	42.90		0	NC	4		12.16	39.47	
Fiber, total dietary g	1.4		0		1		0.4	1.3	
Sugars, total g	36.11		0	FLA	4		10.24	33.22	
Starch g									
Minerals:									
Calcium, Ca mg	23	0.953	3		1		7	21	
Iron, Fe mg	0.38	0.063	3		1		0.11	0.35	
Magnesium, Mg mg	6		2		1		2	6	
Phosphorus, P mg	49		2		1		14	45	
Potassium, K mg	39	4.650	3		1		11	36	
Sodium, Na mg	144	20.814	3		1		41	132	
Zinc, Zn mg	0.16		2		1		0.05	0.15	
Copper, Cu mg	0.042		0	FLA	4		0.012	0.039	
Manganese, Mn mg	0.050		2		1		0.014	0.046	
Selenium, Se mcg	4.1		0	FLA	4		1.2	3.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.2		0	FLA	4		0.1	0.2	
Thiamin mg	0.408	0.051	9		1		0.116	0.375	
Riboflavin mg	0.270	0.016	9		1		0.077	0.248	
Niacin mg	0.191	0.052	9		1		0.054	0.176	
Pantothenic acid mg	0.301	0.012	8		1		0.085	0.277	
Vitamin B-6 mg	0.026	0.000	8		1		0.007	0.024	
Folate, total mcg	14		0	FLA	4		4	13	
Folic acid mcg	6		0		4		2	6	
Folate, food mcg	8	0.605	8		1		2	7	
Folate, DFE mcg_DFE	18		0	NC	4		5	17	
Choline, total mg	17.4		0	FLC	4		4.9	16.0	
Betaine mg									
Vitamin B-12 mcg	0.16	0.004	8		1		0.05	0.15	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	24		0	NC	4		7	22	
Retinol mcg	23		0	FLA	4		7	22	
Carotene, beta mcg	2		0	FLA	4		1	2	
Carotene, alpha mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta mcg	1		0	FLA	4		0	1	
Vitamin A, IU IU	82		0	NC	4		23	75	
Lycopene mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin mcg	27		0	FLA	4		8	25	
Vitamin E (alpha-tocopherol) mg	0.15		0	FLA	4		0.04	0.14	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	3.1		0	FLA	4		0.9	2.8	
Lipids:									
Fatty acids, total saturated g	2.445		0	FLA	4		0.693	2.249	
4:0 g	0.020		0	FLA	4		0.006	0.018	
6:0 g	0.012		0	FLA	4		0.003	0.011	
8:0 g	0.007		0	FLA	4		0.002	0.006	
10:0 g	0.005		0	FLA	4		0.001	0.005	

NDB No. 18090

Cake, boston cream pie, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.013		0	FLA	4		0.004	0.012	
13:0 g									
14:0 g	0.093		0	FLA	4		0.026	0.086	
15:0 g									
16:0 g	1.265		0	FLA	4		0.359	1.164	
17:0 g									
18:0 g	1.006		0	FLA	4		0.285	0.926	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.544		0	FLA	4		1.288	4.180	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.031		0	FLA	4		0.009	0.029	
17:1 g									
18:1 undifferentiated g	4.504		0	FLA	4		1.277	4.144	
20:1 g	0.002		0	FLA	4		0.001	0.002	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.009		0	FLA	4		0.286	0.928	
18:2 undifferentiated g	0.941		0	FLA	4		0.267	0.866	
18:3 undifferentiated g	0.055		0	FLA	4		0.016	0.051	
18:4 g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.010		0	FLA	4		0.003	0.009	
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 g	0.003		0	FLA	4		0.001	0.003	
Fatty acids, total trans g									
Cholesterol mg	37		1		1		10	34	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.034		0		1		0.010	0.031	
Threonine g	0.093		0		1		0.026	0.086	
Isoleucine g	0.115		0		1		0.033	0.106	
Leucine g	0.190		0		1		0.054	0.175	
Lysine g	0.136		0		1		0.039	0.125	
Methionine g	0.054		0		1		0.015	0.050	
Cystine g	0.046		0		1		0.013	0.042	
Phenylalanine g	0.119		0		1		0.034	0.109	
Tyrosine g	0.089		0		1		0.025	0.082	
Valine g	0.132		0		1		0.037	0.121	
Arginine g	0.113		0		1		0.032	0.104	
Histidine g	0.054		0		1		0.015	0.050	
Alanine g	0.098		0		1		0.028	0.090	
Aspartic acid g	0.175		0		1		0.050	0.161	
Glutamic acid g	0.546		0		1		0.155	0.502	
Glycine g	0.078		0		1		0.022	0.072	
Proline g	0.191		0		1		0.054	0.176	
Serine g	0.143		0		1		0.041	0.132	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	6		0	FLA	4		2	6	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18090

Cake, boston cream pie, commercially prepared

Measure 1 = 28.35g: 1 oz

Measure 2 = 92g: 1 piece (1/6 of pie)

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18092
Cake, carrot, dry mix, pudding-type

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	3.60		2		1		1.02	18.36	
Energy kcal	415		0	NC	4		118	2117	
Energy kj	1736				4		492	8855	
Protein (N x 5.8) g	5.10		2		1		1.45	26.01	
Total lipid (fat) g	9.80		2		1		2.78	49.98	
Ash g	2.40		2		1		0.68	12.24	
Carbohydrate, by difference g	79.20		0	NC	4		22.45	403.92	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	172		2		1		49	877	
Iron, Fe mg	1.80		2		1		0.51	9.18	
Magnesium, Mg mg	8		1		1		2	41	
Phosphorus, P mg	247		2		1		70	1260	
Potassium, K mg	169		2		1		48	862	
Sodium, Na mg	567		2		1		161	2892	
Zinc, Zn mg	0.20		1		1		0.06	1.02	
Copper, Cu mg	0.050		1		1		0.014	0.255	
Manganese, Mn mg	0.528		0	FLA	4		0.150	2.693	
Selenium, Se mcg	14.9		0	FLA	4		4.2	76.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	1.2		0	FLA	4		0.3	6.1	
Thiamin mg	0.265		2		1		0.075	1.352	
Riboflavin mg	0.170		2		1		0.048	0.867	
Niacin mg	2.205		2		1		0.625	11.246	
Pantothenic acid mg	0.294		0	FLA	4		0.083	1.499	
Vitamin B-6 mg	0.079		0	FLA	4		0.022	0.403	
Folate, total mcg	67		0	FLA	4		19	342	
Folic acid mcg	53		0	NC	4		15	270	
Folate, food mcg	14		0		4		4	71	
Folate, DFE mcg_DFE	104		0	NC	4		30	531	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.04		0	FLA	4		0.01	0.20	
Vitamin A, RAE mcg_RAE	97		0	NC	4		27	492	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	1930		2		1		547	9843	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	1.472		0	FLA	4		0.417	7.507	
4:0 g	0.000		0	FLA	4		0.000	0.000	
6:0 g	0.000		0	FLA	4		0.000	0.000	
8:0 g	0.000		0	FLA	4		0.000	0.000	
10:0 g	0.000		0	FLA	4		0.000	0.000	
12:0 g	0.001		0	FLA	4		0.000	0.005	
13:0 g									

NDB No. 18092
Cake, carrot, dry mix, pudding-type

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.012		0	FLA	4		0.003	0.061	
15:0....g									
16:0....g	0.988		0	FLA	4		0.280	5.039	
17:0....g									
18:0....g	0.470		0	FLA	4		0.133	2.397	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.036		0	FLA	4		1.144	20.584	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.039		0	FLA	4		0.011	0.199	
17:1....g									
18:1 undifferentiated....g	3.988		0	FLA	4		1.131	20.339	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.702		0	FLA	4		1.050	18.880	
18:2 undifferentiated....g	3.437		0	FLA	4		0.974	17.529	
18:3 undifferentiated....g	0.255		0	FLA	4		0.072	1.301	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.061		0		1		0.017	0.311	
Threonine....g	0.149		0		1		0.042	0.760	
Isoleucine....g	0.186		0		1		0.053	0.949	
Leucine....g	0.336		0		1		0.095	1.714	
Lysine....g	0.142		0		1		0.040	0.724	
Methionine....g	0.083		0		1		0.024	0.423	
Cystine....g	0.093		0		1		0.026	0.474	
Phenylalanine....g	0.238		0		1		0.067	1.214	
Tyrosine....g	0.150		0		1		0.043	0.765	
Valine....g	0.212		0		1		0.060	1.081	
Arginine....g	0.201		0		1		0.057	1.025	
Histidine....g	0.109		0		1		0.031	0.556	
Alanine....g	0.180		0		1		0.051	0.918	
Aspartic acid....g	0.286		0		1		0.081	1.459	
Glutamic acid....g	1.546		0		1		0.438	7.885	
Glycine....g	0.170		0		1		0.048	0.867	
Proline....g	0.513		0		1		0.145	2.616	
Serine....g	0.240		0		1		0.068	1.224	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 510g: 1 package (18 oz)

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 3.9

NDB No. 18092
Cake, carrot, dry mix, pudding-type

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18095
Cake, cherry fudge with chocolate frosting

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	46.10		1		1		13.07	32.73	
Energy kcal	264		0	NC	4		75	187	
Energy kj	1105		0		4		313	784	
Protein (N x 6.1) g	2.40		1		1		0.68	1.70	
Total lipid (fat) g	12.50		1		1		3.54	8.88	
Ash g	1.00		1		1		0.28	0.71	
Carbohydrate, by difference g	38.00		0		4		10.77	26.98	
Fiber, total dietary g	1.2		0		4		0.3	0.9	
Sugars, total g	32.94		0	FLC	4		9.34	23.39	
Starch g									
Minerals:									
Calcium, Ca mg	48		1		1		14	34	
Iron, Fe mg	1.10		1		1		0.31	0.78	
Magnesium, Mg mg	19		1		1		5	13	
Phosphorus, P mg	105		1		1		30	75	
Potassium, K mg	166		1		1		47	118	
Sodium, Na mg	225		1		1		64	160	
Zinc, Zn mg	0.28		0	FLA	4		0.08	0.20	
Copper, Cu mg	0.057		0	FLA	4		0.016	0.040	
Manganese, Mn mg	0.067		0	FLA	4		0.019	0.048	
Selenium, Se mcg	3.4		0	FLA	4		1.0	2.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	13.6		1		1		3.9	9.7	
Thiamin mg	0.030		1		1		0.009	0.021	
Riboflavin mg	0.190		1		1		0.054	0.135	
Niacin mg	0.700		1		1		0.198	0.497	
Pantothenic acid mg	0.463		0	FLA	4		0.131	0.329	
Vitamin B-6 mg	0.060		0	FLA	4		0.017	0.043	
Folate, total mcg	11		0	FLC	4		3	8	
Folic acid mcg	3		0		4		1	2	
Folate, food mcg	8		0		4		2	6	
Folate, DFE mcg_DFE	13		0	NC	4		4	9	
Choline, total mg	25.1		0	NR	4		7.1	17.8	
Betaine mg									
Vitamin B-12 mcg	0.21		0	FLA	4		0.06	0.15	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	77		0	NC	4		22	55	
Retinol mcg	66		0	FLC	4		19	47	
Carotene, beta mcg	131		0	FLC	4		37	93	
Carotene, alpha mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta mcg	0		0	FLC	4		0	0	
Vitamin A, IU IU	440		0	NC	4		125	313	
Lycopene mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin mcg	33		0	FLC	4		9	23	
Vitamin E (alpha-tocopherol) mg	0.75		0	FLC	4		0.21	0.53	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	2.4		0	FLC	4		0.7	1.7	
Lipids:									
Fatty acids, total saturated g	5.066		0	FLA	4		1.436	3.597	
4:0 g	0.212		0	FLA	4		0.060	0.151	
6:0 g	0.124		0	FLA	4		0.035	0.088	
8:0 g	0.073		0	FLA	4		0.021	0.052	
10:0 g	0.163		0	FLA	4		0.046	0.116	

NDB No. 18095

Cake, cherry fudge with chocolate frosting

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.181		0	FLA	4		0.051	0.129	
13:0 g									
14:0 g	0.660		0	FLA	4		0.187	0.469	
15:0 g									
16:0 g	2.384		0	FLA	4		0.676	1.693	
17:0 g									
18:0 g	1.123		0	FLA	4		0.318	0.797	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.400		0	FLA	4		1.247	3.124	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.183		0	FLA	4		0.052	0.130	
17:1 g									
18:1 undifferentiated g	4.113		0	FLA	4		1.166	2.920	
20:1 g	0.001		0	FLA	4		0.000	0.001	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	2.340		0	FLA	4		0.663	1.661	
18:2 undifferentiated g	2.084		0	FLA	4		0.591	1.480	
18:3 undifferentiated g	0.240		0	FLA	4		0.068	0.170	
18:4 g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.008		0	FLA	4		0.002	0.006	
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 g	0.002		0	FLA	4		0.001	0.001	
Fatty acids, total trans g									
Cholesterol mg	42		0	FLA	4		12	30	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.030		0		4		0.009	0.021	
Threonine g	0.104		0		4		0.029	0.074	
Isoleucine g	0.109		0		4		0.031	0.077	
Leucine g	0.180		0		4		0.051	0.128	
Lysine g	0.148		0		4		0.042	0.105	
Methionine g	0.047		0		4		0.013	0.033	
Cystine g	0.040		0		4		0.011	0.028	
Phenylalanine g	0.098		0		4		0.028	0.070	
Tyrosine g	0.074		0		4		0.021	0.053	
Valine g	0.124		0		4		0.035	0.088	
Arginine g	0.111		0		4		0.031	0.079	
Histidine g	0.046		0		4		0.013	0.033	
Alanine g	0.118		0		4		0.033	0.084	
Aspartic acid g	0.232		0		4		0.066	0.165	
Glutamic acid g	0.420		0		4		0.119	0.298	
Glycine g	0.116		0		4		0.033	0.082	
Proline g	0.170		0		4		0.048	0.121	
Serine g	0.126		0		4		0.036	0.089	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLC	4		0	0	
Theobromine mg	5		0	FLC	4		1	4	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18095

Cake, cherry fudge with chocolate frosting

Measure 1 = 28.35g: 1 oz

Measure 2 = 71g: 1 piece (1/8 cake)

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18096

Cake, chocolate, commercially prepared with chocolate frosting

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	22.90	0.421	4		1		6.49	14.66	
Energy kcal	367		0	NC	4		104	235	
Energy kj	1536				4		435	983	
Protein (N x 5.9) g	4.10	0.315	3		1		1.16	2.62	
Total lipid (fat) g	16.40	1.286	3		1		4.65	10.50	
Ash g	1.70	0.033	3		1		0.48	1.09	
Carbohydrate, by difference g	54.60		0		4		15.48	34.94	
Fiber, total dietary g	2.8		0		4		0.8	1.8	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	43	2.924	30		1		12	28	
Iron, Fe mg	2.20	0.099	31		1		0.62	1.41	
Magnesium, Mg mg	34	1.248	31		1		10	22	
Phosphorus, P mg	122	3.892	30		1		35	78	
Potassium, K mg	200	8.357	29		1		57	128	
Sodium, Na mg	334	8.742	31		1		95	214	
Zinc, Zn mg	0.69	0.030	32		1		0.20	0.44	
Copper, Cu mg	0.242	0.009	30		1		0.069	0.155	
Manganese, Mn mg	0.321	0.012	30		1		0.091	0.205	
Selenium, Se mcg	3.3	0.283	12	A	1		0.9	2.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.1		0	FLA	4		0.0	0.1	
Thiamin mg	0.027	0.007	3		1		0.008	0.017	
Riboflavin mg	0.133	0.038	3		1		0.038	0.085	
Niacin mg	0.577	0.162	3		1		0.164	0.369	
Pantothenic acid mg	0.202		0	FLA	4		0.057	0.129	
Vitamin B-6 mg	0.040		0	FLA	4		0.011	0.026	
Folate, total mcg	17		0	FLA	4		5	11	
Folic acid mcg	9		0	NC	4		3	6	
Folate, food mcg	8		0		4		2	5	
Folate, DFE mcg_DFE	23		0	NC	4		7	15	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.14		0	FLA	4		0.04	0.09	
Vitamin A, RAE mcg_RAE	26		0	NC	4		7	16	
Retinol mcg	26		0	NC	4		7	16	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	85		0	FLA	4		24	54	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	4.771		0	FLA	4		1.353	3.053	
4:0 g	0.001		0	FLA	4		0.000	0.001	
6:0 g	0.000		0	FLA	4		0.000	0.000	
8:0 g	0.000		0	FLA	4		0.000	0.000	
10:0 g	0.001		0	FLA	4		0.000	0.001	
12:0 g	0.001		0	FLA	4		0.000	0.001	
13:0 g									

NDB No. 18096

Cake, chocolate, commercially prepared with chocolate frosting

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.074		0	FLA	4		0.021	0.047	
15:0....g									
16:0....g	2.441		0	FLA	4		0.692	1.562	
17:0....g									
18:0....g	2.236		0	FLA	4		0.634	1.431	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.760		0	FLA	4		2.483	5.606	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.031		0	FLA	4		0.009	0.020	
17:1....g									
18:1 undifferentiated....g	8.726		0	FLA	4		2.474	5.585	
20:1....g	0.003		0	FLA	4		0.001	0.002	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.845		0	FLA	4		0.523	1.181	
18:2 undifferentiated....g	1.741		0	FLA	4		0.494	1.114	
18:3 undifferentiated....g	0.086		0	FLA	4		0.024	0.055	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.014		0	FLA	4		0.004	0.009	
20:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3....g	0.004		0	FLA	4		0.001	0.003	
Fatty acids, total trans....g									
Cholesterol....mg	42		0	FLA	4		12	27	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.056		0		4		0.016	0.036	
Threonine....g	0.166		0		4		0.047	0.106	
Isoleucine....g	0.192		0		4		0.054	0.123	
Leucine....g	0.310		0		4		0.088	0.198	
Lysine....g	0.236		0		4		0.067	0.151	
Methionine....g	0.085		0		4		0.024	0.054	
Cystine....g	0.073		0		4		0.021	0.047	
Phenylalanine....g	0.203		0		4		0.058	0.130	
Tyrosine....g	0.155		0		4		0.044	0.099	
Valine....g	0.236		0		4		0.067	0.151	
Arginine....g	0.208		0		4		0.059	0.133	
Histidine....g	0.088		0		4		0.025	0.056	
Alanine....g	0.180		0		4		0.051	0.115	
Aspartic acid....g	0.341		0		4		0.097	0.218	
Glutamic acid....g	0.799		0		4		0.227	0.511	
Glycine....g	0.145		0		4		0.041	0.093	
Proline....g	0.268		0		4		0.076	0.172	
Serine....g	0.235		0		4		0.067	0.150	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 64g: 1 piece (1/8 of 18 oz cake)

Calories Factors: **Protein** 3.5 **Fat** 8.8 **Carbohydrate** 3.8

NDB No. 18096

Cake, chocolate, commercially prepared with chocolate frosting

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18097
Cake, chocolate, dry mix, pudding-type

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	3.90	0.107	48		1		1.11	20.16	
Energy kcal	396		0	NC	4		112	2047	
Energy kj	1657		0		4		470	8566	
Protein (N x 5.8) g	4.60	0.058	50		1		1.30	23.78	
Total lipid (fat) g	9.20	0.401	48		1		2.61	47.56	
Ash g	3.20	0.039	45		1		0.91	16.54	
Carbohydrate, by difference g	78.70		0		4		22.31	406.88	
Fiber, total dietary g	3.5		0		4		1.0	18.0	
Sugars, total g	46.01		0	FLC	4		13.05	237.89	
Starch g									
Minerals:									
Calcium, Ca mg	133	6.803	44		1		38	688	
Iron, Fe mg	2.92	0.083	44		1		0.83	15.10	
Magnesium, Mg mg	41	0.922	36		1		12	212	
Phosphorus, P mg	286	2.213	32		1		81	1479	
Potassium, K mg	337	24.241	40		1		96	1742	
Sodium, Na mg	893	16.109	40		1		253	4617	
Zinc, Zn mg	0.78	0.034	36		1		0.22	4.03	
Copper, Cu mg	0.272	0.008	36		1		0.077	1.406	
Manganese, Mn mg	0.213		0	FLA	4		0.060	1.101	
Selenium, Se mcg	3.3		0	FLA	4		0.9	17.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.1		0	FLA	4		0.0	0.5	
Thiamin mg	0.210	0.009	44		1		0.060	1.086	
Riboflavin mg	0.170	0.009	44		1		0.048	0.879	
Niacin mg	2.417	0.059	44		1		0.685	12.496	
Pantothenic acid mg	0.211		0	FLA	4		0.060	1.091	
Vitamin B-6 mg	0.031		0	FLA	4		0.009	0.160	
Folate, total mcg	46		0	FLC	4		13	237	
Folic acid mcg	36		0		4		10	186	
Folate, food mcg	10		0		4		3	52	
Folate, DFE mcg_DFE	71		0	NC	4		20	368	
Choline, total mg	4.2		0	BFZN	4		1.2	21.9	
Betaine mg									
Vitamin B-12 mcg	0.50	0.000	6		1		0.14	2.59	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	1		0	NC	4		0	4	
Retinol mcg	1		0	FLC	4		0	4	
Carotene, beta mcg	0		0	FLC	4		0	0	
Carotene, alpha mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta mcg	0		0	FLC	4		0	0	
Vitamin A, IU IU	2		0	NC	4		1	12	
Lycopene mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin mcg	4		0	FLC	4		1	19	
Vitamin E (alpha-tocopherol) mg	0.65		0	FLC	4		0.18	3.37	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	2.2		0	FLC	4		0.6	11.6	
Lipids:									
Fatty acids, total saturated g	1.923		0	FLA	4		0.545	9.942	
4:0 g	0.000		0	FLA	4		0.000	0.000	
6:0 g	0.000		0	FLA	4		0.000	0.000	
8:0 g	0.000		0	FLA	4		0.000	0.000	
10:0 g	0.000		0	FLA	4		0.000	0.000	

NDB No. 18097

Cake, chocolate, dry mix, pudding-type

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0	FLA	4		0.000	0.000	
13:0 g									
14:0 g	0.011		0	FLA	4		0.003	0.057	
15:0 g									
16:0 g	1.122		0	FLA	4		0.318	5.801	
17:0 g									
18:0 g	0.779		0	FLA	4		0.221	4.027	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.688		0	FLA	4		1.046	19.067	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.031		0	FLA	4		0.009	0.160	
17:1 g									
18:1 undifferentiated g	3.649		0	FLA	4		1.034	18.865	
20:1 g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	2.985		0	FLA	4		0.846	15.432	
18:2 undifferentiated g	2.775		0	FLA	4		0.787	14.347	
18:3 undifferentiated g	0.202		0	FLA	4		0.057	1.044	
18:4 g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 g	0.000		0		4		0.000	0.000	
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0	FLA	4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.066		0		4		0.019	0.341	
Threonine g	0.156		0		4		0.044	0.807	
Isoleucine g	0.188		0		4		0.053	0.972	
Leucine g	0.315		0		4		0.089	1.629	
Lysine g	0.208		0		4		0.059	1.075	
Methionine g	0.071		0		4		0.020	0.367	
Cystine g	0.077		0		4		0.022	0.398	
Phenylalanine g	0.218		0		4		0.062	1.127	
Tyrosine g	0.156		0		4		0.044	0.807	
Valine g	0.240		0		4		0.068	1.241	
Arginine g	0.204		0		4		0.058	1.055	
Histidine g	0.092		0		4		0.026	0.476	
Alanine g	0.167		0		4		0.047	0.863	
Aspartic acid g	0.303		0		4		0.086	1.567	
Glutamic acid g	1.151		0		4		0.326	5.951	
Glycine g	0.165		0		4		0.047	0.853	
Proline g	0.390		0		4		0.111	2.016	
Serine g	0.227		0		4		0.064	1.174	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	6		0	FLA	4		2	31	
Theobromine mg	207		0	FLA	4		59	1070	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18097

Cake, chocolate, dry mix, pudding-type

Measure 1 = 28.35g: 1 oz

Measure 2 = 517g: 1 package (18.25 oz)

Calories Factors: **Protein** 3.3 **Fat** 8.7 **Carbohydrate** 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18099
Cake, chocolate, dry mix, regular

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	3.10	0.448	5		1		0.88	16.24	
Energy kcal	428		0	NC	4		121	2243	
Energy kj	1791		0		4		508	9384	
Protein (N x 5.7) g	5.90	0.402	5		1		1.67	30.92	
Total lipid (fat) g	15.60	1.563	5		1		4.42	81.74	
Ash g	1.90	0.179	5		1		0.54	9.96	
Carbohydrate, by difference g	73.00		0		4		20.70	382.52	
Fiber, total dietary g	2.4		0		1		0.7	12.6	
Sugars, total g	38.30		0	FLC	4		10.86	200.71	
Starch g									
Minerals:									
Calcium, Ca mg	150		1		1		43	786	
Iron, Fe mg	4.50		1		1		1.28	23.58	
Magnesium, Mg mg	47		1		1		13	246	
Phosphorus, P mg	270		1		1		77	1415	
Potassium, K mg	330		1		1		94	1729	
Sodium, Na mg	825		1		1		234	4323	
Zinc, Zn mg	0.80		1		1		0.23	4.19	
Copper, Cu mg	0.400		1		1		0.113	2.096	
Manganese, Mn mg	0.223		0	FLA	4		0.063	1.169	
Selenium, Se mcg	12.4		0	FLA	4		3.5	65.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	FLA	4		0.0	0.0	
Thiamin mg	0.170		1		1		0.048	0.891	
Riboflavin mg	0.160		1		1		0.045	0.838	
Niacin mg	1.600		1		1		0.454	8.384	
Pantothenic acid mg	0.136		0	FLA	4		0.039	0.713	
Vitamin B-6 mg	0.039		0	FLA	4		0.011	0.204	
Folate, total mcg	62		0	FLC	4		17	323	
Folic acid mcg	47		0		4		13	246	
Folate, food mcg	15		0		4		4	79	
Folate, DFE mcg_DFE	95		0	NC	4		27	497	
Choline, total mg	4.2		0	FLC	4		1.2	22.2	
Betaine mg									
Vitamin B-12 mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	1		0	NC	4		0	5	
Retinol mcg	1		0	FLC	4		0	5	
Carotene, beta mcg	0		0	FLC	4		0	0	
Carotene, alpha mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta mcg	0		0	FLC	4		0	0	
Vitamin A, IU IU	3		0	NC	4		1	16	
Lycopene mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin mcg	11		0	FLC	4		3	59	
Vitamin E (alpha-tocopherol) mg	1.11		0	FLC	4		0.32	5.84	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	3.8		0	FLC	4		1.1	19.7	
Lipids:									
Fatty acids, total saturated g	3.264		0	FLA	4		0.925	17.103	
4:0 g	0.000		0	FLA	4		0.000	0.000	
6:0 g	0.000		0	FLA	4		0.000	0.000	
8:0 g	0.000		0	FLA	4		0.000	0.000	
10:0 g	0.000		0	FLA	4		0.000	0.000	

NDB No. 18099
Cake, chocolate, dry mix, regular

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0	FLA	4		0.000	0.000	
13:0 g									
14:0 g	0.016		0	FLA	4		0.005	0.084	
15:0 g									
16:0 g	1.901		0	FLA	4		0.539	9.961	
17:0 g									
18:0 g	1.334		0	FLA	4		0.378	6.990	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.310		0	FLA	4		1.789	33.064	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.051		0	FLA	4		0.014	0.267	
17:1 g									
18:1 undifferentiated g	6.246		0	FLA	4		1.771	32.729	
20:1 g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	5.044		0	FLA	4		1.430	26.431	
18:2 undifferentiated g	4.689		0	FLA	4		1.329	24.570	
18:3 undifferentiated g	0.342		0	FLA	4		0.097	1.792	
18:4 g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		2		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.080		0		4		0.023	0.419	
Threonine g	0.195		0		4		0.055	1.022	
Isoleucine g	0.227		0		4		0.064	1.189	
Leucine g	0.402		0		4		0.114	2.106	
Lysine g	0.225		0		4		0.064	1.179	
Methionine g	0.086		0		4		0.024	0.451	
Cystine g	0.101		0		4		0.029	0.529	
Phenylalanine g	0.297		0		4		0.084	1.556	
Tyrosine g	0.201		0		4		0.057	1.053	
Valine g	0.288		0		4		0.082	1.509	
Arginine g	0.307		0		4		0.087	1.609	
Histidine g	0.127		0		4		0.036	0.665	
Alanine g	0.229		0		4		0.065	1.200	
Aspartic acid g	0.439		0		4		0.124	2.300	
Glutamic acid g	1.499		0		4		0.425	7.855	
Glycine g	0.239		0		4		0.068	1.252	
Proline g	0.487		0		4		0.138	2.552	
Serine g	0.287		0		4		0.081	1.504	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	11		0	FLA	4		3	58	
Theobromine mg	356		0	FLA	4		101	1865	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18099

Cake, chocolate, dry mix, regular

Measure 1 = 28.35g: 1 oz

Measure 2 = 524g: 1 package (18.50 oz)

Calories Factors: **Protein** 3.2 **Fat** 8.8 **Carbohydrate** 3.7

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18101
Cake, chocolate, prepared from recipe without frosting

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	24.40		0		4		277.43	23.18	
Energy kcal	371		0	NC	4		4215	352	
Energy kj	1551		0	NC	4		17635	1473	
Protein (N x 0) g	5.30		0		4		60.26	5.04	
Total lipid (fat) g	15.10		0		4		171.69	14.35	
Ash g	1.30		0		4		14.78	1.24	
Carbohydrate, by difference g	53.40		0		4		607.16	50.73	
Fiber, total dietary g	1.6		0		4		18.2	1.5	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	60		0		4		682	57	
Iron, Fe mg	1.61		0		4		18.31	1.53	
Magnesium, Mg mg	32		0		4		364	30	
Phosphorus, P mg	106		0		4		1205	101	
Potassium, K mg	140		0		4		1592	133	
Sodium, Na mg	315		0		4		3582	299	
Zinc, Zn mg	0.69		0		4		7.85	0.66	
Copper, Cu mg	0.207		0		4		2.354	0.197	
Manganese, Mn mg	0.280		0		4		3.184	0.266	
Selenium, Se mcg	11.9		0	RK	4		135.3	11.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.2		0		4		2.3	0.2	
Thiamin mg	0.141		0		4		1.603	0.134	
Riboflavin mg	0.213		0		4		2.422	0.202	
Niacin mg	1.137		0		4		12.928	1.080	
Pantothenic acid mg	0.304		0		4		3.456	0.289	
Vitamin B-6 mg	0.041		0		4		0.466	0.039	
Folate, total mcg	27		0	RK	4		307	26	
Folic acid mcg	17		0	NC	4		193	16	
Folate, food mcg	10		0		4		114	10	
Folate, DFE mcg_DFE	39		0	NC	4		442	37	
Choline, total mg	128.4		0	AS	1		1459.6	122.0	
Betaine mg	47.7		1	A	1		542.1	45.3	
Vitamin B-12 mcg	0.16		0		4		1.82	0.15	
Vitamin A, RAE mcg_RAE									
Retinol mcg									
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	140		0		4		1592	133	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	5.430		0		4		61.739	5.159	
4:0 g	0.017		0		4		0.193	0.016	
6:0 g	0.010		0		4		0.114	0.010	
8:0 g	0.006		0		4		0.068	0.006	
10:0 g	0.014		0		4		0.159	0.013	
12:0 g	0.015		0		4		0.171	0.014	
13:0 g									

NDB No. 18101

Cake, chocolate, prepared from recipe without frosting

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0 g	0.101		0		4		1.148	0.096	
15:0 g									
16:0 g	2.836		0		4		32.245	2.694	
17:0 g									
18:0 g	2.392		0		4		27.197	2.272	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.039		0		4		68.663	5.737	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.051		0		4		0.580	0.048	
17:1 g									
18:1 undifferentiated g	5.982		0		4		68.015	5.683	
20:1 g	0.004		0		4		0.045	0.004	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	2.761		0		4		31.393	2.623	
18:2 undifferentiated g	2.576		0		4		29.289	2.447	
18:3 undifferentiated g	0.161		0		4		1.831	0.153	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.019		0		4		0.216	0.018	
20:5 n-3 g	0.000		0		4		0.000	0.000	
22:5 n-3 g	0.000		0		4		0.000	0.000	
22:6 n-3 g	0.005		0		4		0.057	0.005	
Fatty acids, total trans g									
Cholesterol mg	58		0		4		659	55	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.068		0		4		0.773	0.065	
Threonine g	0.202		0		4		2.297	0.192	
Isoleucine g	0.240		0		4		2.729	0.228	
Leucine g	0.407		0		4		4.628	0.387	
Lysine g	0.268		0		4		3.047	0.255	
Methionine g	0.116		0		4		1.319	0.110	
Cystine g	0.098		0		4		1.114	0.093	
Phenylalanine g	0.265		0		4		3.013	0.252	
Tyrosine g	0.197		0		4		2.240	0.187	
Valine g	0.283		0		4		3.218	0.269	
Arginine g	0.253		0		4		2.877	0.240	
Histidine g	0.120		0		4		1.364	0.114	
Alanine g	0.220		0		4		2.501	0.209	
Aspartic acid g	0.390		0		4		4.434	0.371	
Glutamic acid g	1.177		0		4		13.382	1.118	
Glycine g	0.179		0		4		2.035	0.170	
Proline g	0.411		0		4		4.673	0.390	
Serine g	0.301		0		4		3.422	0.286	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 1137g: 1 cake, 2-layer (8" or 9" dia)

NDB No. 18101

Cake, chocolate, prepared from recipe without frosting

Measure 2 = 95g: 1 piece (1/12 of 9" dia)

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18110
Cake, fruitcake, commercially prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	25.30	1.764	3		1		7.17	10.88	
Energy kcal	324		0	NC	4		92	139	
Energy kj	1356		0		4		384	583	
Protein (N x 5.6) g	2.90		2		1		0.82	1.25	
Total lipid (fat) g	9.10	1.072	4		1		2.58	3.91	
Ash g	1.00	0.010	4		1		0.28	0.43	
Carbohydrate, by difference g	61.60		0	NC	4		17.46	26.49	
Fiber, total dietary g	3.7		0		1		1.0	1.6	
Sugars, total g	29.84		0	FLA	4		8.46	12.83	
Starch g									
Minerals:									
Calcium, Ca mg	33	4.905	3		1		9	14	
Iron, Fe mg	2.07	0.433	3		1		0.59	0.89	
Magnesium, Mg mg	16		2		1		5	7	
Phosphorus, P mg	52		2		1		15	22	
Potassium, K mg	153		2		1		43	66	
Sodium, Na mg	270	50.964	3		1		77	116	
Zinc, Zn mg	0.27		2		1		0.08	0.12	
Copper, Cu mg	0.050		2		1		0.014	0.022	
Manganese, Mn mg	0.220		2		1		0.062	0.095	
Selenium, Se mcg	2.0		0	FLA	4		0.6	0.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.5		0	FLA	4		0.1	0.2	
Thiamin mg	0.050	0.013	9		1		0.014	0.022	
Riboflavin mg	0.099	0.002	9		1		0.028	0.043	
Niacin mg	0.791	0.052	9		1		0.224	0.340	
Pantothenic acid mg	0.226	0.006	8		1		0.064	0.097	
Vitamin B-6 mg	0.046	0.002	8		1		0.013	0.020	
Folate, total mcg	20		0	FLA	4		6	9	
Folic acid mcg	17		0		4		5	7	
Folate, food mcg	3	0.138	8		1		1	1	
Folate, DFE mcg_DFE	32		0	NC	4		9	14	
Choline, total mg	8.8		0	FLC	4		2.5	3.8	
Betaine mg									
Vitamin B-12 mcg	0.01		0	FLA	4		0.00	0.00	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	7		0	NC	4		2	3	
Retinol mcg	7		0	FLA	4		2	3	
Carotene, beta mcg	3		0	FLA	4		1	1	
Carotene, alpha mcg	1		0	FLA	4		0	0	
Cryptoxanthin, beta mcg	1		0	FLA	4		0	0	
Vitamin A, IU IU	29		0	NC	4		8	13	
Lycopene mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin mcg	21		0	FLA	4		6	9	
Vitamin E (alpha-tocopherol) mg	0.90		0	FLA	4		0.26	0.39	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	1.5		0	FLA	4		0.4	0.7	
Lipids:									
Fatty acids, total saturated g	1.048		0	FLA	4		0.297	0.451	
4:0 g	0.000		0	FLA	4		0.000	0.000	
6:0 g	0.000		0	FLA	4		0.000	0.000	
8:0 g	0.000		0	FLA	4		0.000	0.000	
10:0 g	0.000		0	FLA	4		0.000	0.000	

NDB No. 18110
Cake, fruitcake, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0	FLA	4		0.000	0.000	
13:0 g									
14:0 g	0.020		0	FLA	4		0.006	0.009	
15:0 g									
16:0 g	0.743		0	FLA	4		0.211	0.319	
17:0 g									
18:0 g	0.267		0	FLA	4		0.076	0.115	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.200		0	FLA	4		1.191	1.806	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.044		0	FLA	4		0.012	0.019	
17:1 g									
18:1 undifferentiated g	4.100		0	FLA	4		1.162	1.763	
20:1 g	0.032		0	FLA	4		0.009	0.014	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	3.323		0	FLA	4		0.942	1.429	
18:2 undifferentiated g	2.959		0	FLA	4		0.839	1.272	
18:3 undifferentiated g	0.336		0	FLA	4		0.095	0.144	
18:4 g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.003		0	FLA	4		0.001	0.001	
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 g	0.001		0	FLA	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	5		1		1		1	2	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.042		0		1		0.012	0.018	
Threonine g	0.102		0		1		0.029	0.044	
Isoleucine g	0.121		0		1		0.034	0.052	
Leucine g	0.206		0		1		0.058	0.089	
Lysine g	0.121		0		1		0.034	0.052	
Methionine g	0.059		0		1		0.017	0.025	
Cystine g	0.062		0		1		0.018	0.027	
Phenylalanine g	0.140		0		1		0.040	0.060	
Tyrosine g	0.095		0		1		0.027	0.041	
Valine g	0.144		0		1		0.041	0.062	
Arginine g	0.262		0		1		0.074	0.113	
Histidine g	0.071		0		1		0.020	0.031	
Alanine g	0.125		0		1		0.035	0.054	
Aspartic acid g	0.270		0		1		0.077	0.116	
Glutamic acid g	0.639		0		1		0.181	0.275	
Glycine g	0.124		0		1		0.035	0.053	
Proline g	0.167		0		1		0.047	0.072	
Serine g	0.159		0		1		0.045	0.068	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18110
Cake, fruitcake, commercially prepared

Measure 1 = 28.35g: 1 oz
Measure 2 = 43g: 1 piece

Calories Factors: **Protein** 3.8 **Fat** 8.6 **Carbohydrate** 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18112
Cake, german chocolate, dry mix, pudding-type

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	3.60	0.093	16		1		1.02	18.61	
Energy kcal	401		0		4		114	2073	
Energy kj	1678		0		4		476	8674	
Protein (N x 5.7) g	4.00	0.078	23		1		1.13	20.68	
Total lipid (fat) g	9.50	0.140	18		1		2.69	49.12	
Ash g	2.50	0.048	15		1		0.71	12.93	
Carbohydrate, by difference g	80.10		0	NC	4		22.71	414.12	
Fiber, total dietary g	3.5		0	RA	4		1.0	18.1	
Sugars, total g	49.54		0	FLC	4		14.04	256.12	
Starch g									
Minerals:									
Calcium, Ca mg	97	2.723	16		1		27	501	
Iron, Fe mg	1.93	0.127	10		1		0.55	9.98	
Magnesium, Mg mg	22	0.397	14		1		6	114	
Phosphorus, P mg	294	7.648	14		1		83	1520	
Potassium, K mg	149	6.466	12		1		42	770	
Sodium, Na mg	643	85.059	16		1		182	3324	
Zinc, Zn mg	0.42	0.010	14		1		0.12	2.17	
Copper, Cu mg	0.156	0.004	14		1		0.044	0.807	
Manganese, Mn mg	0.105		0	FLA	4		0.030	0.543	
Selenium, Se mcg	3.1		0	FLA	4		0.9	16.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	
Thiamin mg	0.255	0.020	16		1		0.072	1.318	
Riboflavin mg	0.176	0.008	16		1		0.050	0.910	
Niacin mg	2.605	0.139	16		1		0.739	13.468	
Pantothenic acid mg	0.072		0	FLA	4		0.020	0.372	
Vitamin B-6 mg	0.035		0	FLA	4		0.010	0.181	
Folate, total mcg	56		0	FLC	4		16	289	
Folic acid mcg	46		0		4		13	238	
Folate, food mcg	10		0		4		3	52	
Folate, DFE mcg_DFE	88		0	NC	4		25	456	
Choline, total mg	3.9		0	FLC	4		1.1	19.9	
Betaine mg									
Vitamin B-12 mcg	0.00		0		1		0.00	0.00	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	1		0	NC	4		0	5	
Retinol mcg	1		0	FLC	4		0	5	
Carotene, beta mcg	0		0	FLC	4		0	0	
Carotene, alpha mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta mcg	0		0	FLC	4		0	0	
Vitamin A, IU IU	3		0	NC	4		1	16	
Lycopene mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin mcg	4		0	FLC	4		1	22	
Vitamin E (alpha-tocopherol) mg	0.08		0	FLC	4		0.02	0.41	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	3.8		0	FLC	4		1.1	19.5	
Lipids:									
Fatty acids, total saturated g	3.205		0	FLA	4		0.909	16.570	
4:0 g	0.000		0	FLA	4		0.000	0.000	
6:0 g	0.000		0	FLA	4		0.000	0.000	
8:0 g	0.000		0	FLA	4		0.000	0.000	
10:0 g	0.000		0	FLA	4		0.000	0.000	

NDB No. 18112

Cake, german chocolate, dry mix, pudding-type

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0	FLA	4		0.000	0.000	
13:0 g									
14:0 g	0.029		0	FLA	4		0.008	0.150	
15:0 g									
16:0 g	1.646		0	FLA	4		0.467	8.510	
17:0 g									
18:0 g	1.520		0	FLA	4		0.431	7.858	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.781		0	FLA	4		1.072	19.548	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
17:1 g									
18:1 undifferentiated g	3.780		0	FLA	4		1.072	19.543	
20:1 g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.823		0	FLA	4		0.517	9.425	
18:2 undifferentiated g	1.717		0	FLA	4		0.487	8.877	
18:3 undifferentiated g	0.106		0	FLA	4		0.030	0.548	
18:4 g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.058		0		1		0.016	0.300	
Threonine g	0.128		0		1		0.036	0.662	
Isoleucine g	0.151		0		1		0.043	0.781	
Leucine g	0.258		0		1		0.073	1.334	
Lysine g	0.162		0		1		0.046	0.838	
Methionine g	0.056		0		1		0.016	0.290	
Cystine g	0.071		0		1		0.020	0.367	
Phenylalanine g	0.188		0		1		0.053	0.972	
Tyrosine g	0.127		0		1		0.036	0.657	
Valine g	0.199		0		1		0.056	1.029	
Arginine g	0.180		0		1		0.051	0.931	
Histidine g	0.076		0		1		0.022	0.393	
Alanine g	0.144		0		1		0.041	0.744	
Aspartic acid g	0.255		0		1		0.072	1.318	
Glutamic acid g	1.029		0		1		0.292	5.320	
Glycine g	0.151		0		1		0.043	0.781	
Proline g	0.335		0		1		0.095	1.732	
Serine g	0.193		0		1		0.055	0.998	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	RA	4		0.0	0.0	
Caffeine mg	7		0	FLA	4		2	36	
Theobromine mg	242		0	FLA	4		69	1251	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18112

Cake, german chocolate, dry mix, pudding-type

Measure 1 = 28.35g: 1 oz

Measure 2 = 517g: 1 package (18.25 oz)

Calories Factors: **Protein** 3.2 **Fat** 8.7 **Carbohydrate** 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18114
Cake, gingerbread, dry mix

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.40		1		1		1.25	18.08	
Energy....kcal	437		0	NC	4		124	1796	
Energy....kj	1828		0		4		518	7515	
Protein (N x 5.7)....g	4.40		1		1		1.25	18.08	
Total lipid (fat)....g	13.80		1		1		3.91	56.72	
Ash....g	2.80		1		1		0.79	11.51	
Carbohydrate, by difference....g	74.60		0	NC	4		21.15	306.61	
Fiber, total dietary....g	1.7		0	RA	4		0.5	7.0	
Sugars, total....g	46.62		0	FLC	4		13.22	191.63	
Starch....g									
Minerals:									
Calcium, Ca....mg	94		1		1		27	386	
Iron, Fe....mg	4.70		1		1		1.33	19.32	
Magnesium, Mg....mg	21		0	FLA	4		6	86	
Phosphorus, P....mg	226		1		1		64	929	
Potassium, K....mg	341		1		1		97	1402	
Sodium, Na....mg	657		1		1		186	2700	
Zinc, Zn....mg	0.36		0	FLA	4		0.10	1.48	
Copper, Cu....mg	0.246		0	FLA	4		0.070	1.011	
Manganese, Mn....mg	0.556		0	FLA	4		0.158	2.285	
Selenium, Se....mcg	2.1		0	FLA	4		0.6	8.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0	FLA	4		0.1	0.8	
Thiamin....mg	0.340		1		1		0.096	1.397	
Riboflavin....mg	0.240		1		1		0.068	0.986	
Niacin....mg	2.550		1		1		0.723	10.481	
Pantothenic acid....mg	0.235		0	FLA	4		0.067	0.966	
Vitamin B-6....mg	0.041		0	FLA	4		0.012	0.169	
Folate, total....mcg	51		0	FLC	4		14	208	
Folic acid....mcg	37		0		4		10	152	
Folate, food....mcg	14		0		4		4	58	
Folate, DFE....mcg_DFE	77		0	NC	4		22	316	
Choline, total....mg	10.7		0	FLC	4		3.0	44.1	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	1	
Retinol....mcg	0		0	FLC	4		0	0	
Carotene, beta....mcg	1		0	FLC	4		0	5	
Carotene, alpha....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....mcg	1		0	FLC	4		0	6	
Vitamin A, IU....IU	3		0	NC	4		1	14	
Lycopene....mcg	0		0	FLC	4		0	1	
Lutein + zeaxanthin....mcg	3		0	FLC	4		1	12	
Vitamin E (alpha-tocopherol)....mg	0.20		0	FLC	4		0.06	0.81	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	6.4		0	FLC	4		1.8	26.5	
Lipids:									
Fatty acids, total saturated....g	3.460		0		1		0.981	14.221	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.001		0	FLA	4		0.000	0.004	

NDB No. 18114
Cake, gingerbread, dry mix

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.001		0	FLA	4		0.000	0.004	
13:0 g									
14:0 g	0.069		0	FLA	4		0.020	0.284	
15:0 g									
16:0 g	1.792		0	FLA	4		0.508	7.365	
17:0 g									
18:0 g	1.632		0	FLA	4		0.463	6.708	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.791		0		1		2.209	32.021	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.001		0	FLA	4		0.000	0.004	
17:1 g									
18:1 undifferentiated g	7.820		0	FLA	4		2.217	32.140	
20:1 g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.804		0		1		0.511	7.414	
18:2 undifferentiated g	1.675		0	FLA	4		0.475	6.884	
18:3 undifferentiated g	0.091		0	FLA	4		0.026	0.374	
18:4 g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.062		0		1		0.018	0.255	
Threonine g	0.138		0		1		0.039	0.567	
Isoleucine g	0.175		0		1		0.050	0.719	
Leucine g	0.309		0		1		0.088	1.270	
Lysine g	0.187		0		1		0.053	0.769	
Methionine g	0.068		0		1		0.019	0.279	
Cystine g	0.087		0		1		0.025	0.358	
Phenylalanine g	0.209		0		1		0.059	0.859	
Tyrosine g	0.134		0		1		0.038	0.551	
Valine g	0.196		0		1		0.056	0.806	
Arginine g	0.211		0		1		0.060	0.867	
Histidine g	0.096		0		1		0.027	0.395	
Alanine g	0.150		0		1		0.043	0.617	
Aspartic acid g	0.282		0		1		0.080	1.159	
Glutamic acid g	1.256		0		1		0.356	5.162	
Glycine g	0.161		0		1		0.046	0.662	
Proline g	0.415		0		1		0.118	1.706	
Serine g	0.233		0		1		0.066	0.958	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	RA	4		0.0	0.0	
Caffeine mg	0		0	FLC	4		0	0	
Theobromine mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18114
Cake, gingerbread, dry mix

Measure 1 = 28.35g: 1 oz
Measure 2 = 411g: 1 package (14.5 oz)

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18116
Cake, gingerbread, prepared from recipe

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	28.00		0		1		7.94	20.72	
Energy kcal	356		0	NC	4		101	263	
Energy kj	1490				4		422	1102	
Protein (N x 0) g	3.90		0		1		1.11	2.89	
Total lipid (fat) g	16.40		0		1		4.65	12.14	
Ash g	1.80		0		1		0.51	1.33	
Carbohydrate, by difference g	49.20		0	NC	4		13.95	36.41	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	71		0		1		20	53	
Iron, Fe mg	2.88		0		1		0.82	2.13	
Magnesium, Mg mg	70		0		1		20	52	
Phosphorus, P mg	54		0		1		15	40	
Potassium, K mg	439		0		1		124	325	
Sodium, Na mg	327		0		1		93	242	
Zinc, Zn mg	0.39		0		1		0.11	0.29	
Copper, Cu mg	0.195		0		1		0.055	0.144	
Manganese, Mn mg	0.683		0		1		0.194	0.505	
Selenium, Se mcg	16.3		0	RK	4		4.6	12.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.1		0		1		0.0	0.1	
Thiamin mg	0.190		0		1		0.054	0.141	
Riboflavin mg	0.162		0		1		0.046	0.120	
Niacin mg	1.738		0		1		0.493	1.286	
Pantothenic acid mg	0.375		0		1		0.106	0.278	
Vitamin B-6 mg	0.190		0		1		0.054	0.141	
Folate, total mcg	33		0	RK	4		9	24	
Folic acid mcg	25		0	NC	4		7	19	
Folate, food mcg	8		0		1		2	6	
Folate, DFE mcg_DFE	51		0	NC	4		14	37	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.06		0		1		0.02	0.04	
Vitamin A, RAE mcg_RAE	14		0	NC	4		4	11	
Retinol mcg	14		0	NC	4		4	11	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	48		0		1		14	36	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	4.122		0		1		1.169	3.050	
4:0 g	0.000		0		1		0.000	0.000	
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.001		0		1		0.000	0.001	
13:0 g									

NDB No. 18116
Cake, gingerbread, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.064		0		1		0.018	0.047	
15:0....g									
16:0....g	2.369		0		1		0.672	1.753	
17:0....g									
18:0....g	1.684		0		1		0.477	1.246	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.124		0		1		2.020	5.272	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.022		0		1		0.006	0.016	
17:1....g									
18:1 undifferentiated....g	7.099		0		1		2.013	5.253	
20:1....g	0.002		0		1		0.001	0.001	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.216		0		1		1.195	3.120	
18:2 undifferentiated....g	3.948		0		1		1.119	2.922	
18:3 undifferentiated....g	0.254		0		1		0.072	0.188	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.011		0		1		0.003	0.008	
20:5 n-3....g	0.000		0		1		0.000	0.000	
22:5 n-3....g	0.000		0		1		0.000	0.000	
22:6 n-3....g	0.003		0		1		0.001	0.002	
Fatty acids, total trans....g									
Cholesterol....mg	32		0		1		9	24	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.047		0		1		0.013	0.035	
Threonine....g	0.124		0		1		0.035	0.092	
Isoleucine....g	0.151		0		1		0.043	0.112	
Leucine....g	0.279		0		1		0.079	0.206	
Lysine....g	0.131		0		1		0.037	0.097	
Methionine....g	0.080		0		1		0.023	0.059	
Cystine....g	0.083		0		1		0.024	0.061	
Phenylalanine....g	0.195		0		1		0.055	0.144	
Tyrosine....g	0.125		0		1		0.035	0.093	
Valine....g	0.173		0		1		0.049	0.128	
Arginine....g	0.173		0		1		0.049	0.128	
Histidine....g	0.087		0		1		0.025	0.064	
Alanine....g	0.145		0		1		0.041	0.107	
Aspartic acid....g	0.217		0		1		0.062	0.161	
Glutamic acid....g	1.096		0		1		0.311	0.811	
Glycine....g	0.136		0		1		0.039	0.101	
Proline....g	0.372		0		1		0.105	0.275	
Serine....g	0.214		0		1		0.061	0.158	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 74g: 1 piece (1/9 of 8" square)

Calories Factors: Protein Fat Carbohydrate

NDB No. 18116
Cake, gingerbread, prepared from recipe

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18117
Cake, marble, dry mix, pudding-type

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.10	0.048	13		1		0.88	16.03	
Energy....kcal	416		0		4		118	2151	
Energy....kj	1741		0		4		493	8999	
Protein (N x 5.7)....g	3.40	0.090	13		1		0.96	17.58	
Total lipid (fat)....g	11.70	0.205	13		1		3.32	60.49	
Ash....g	2.30	0.030	13		1		0.65	11.89	
Carbohydrate, by difference....g	79.30		0	NC	4		22.48	409.98	
Fiber, total dietary....g	2.9		0		4		0.8	15.0	
Sugars, total....g	57.59		0	FLA	4		16.33	297.74	
Starch....g									
Minerals:									
Calcium, Ca....mg	76	6.469	13		1		22	393	
Iron, Fe....mg	1.62	0.097	13		1		0.46	8.38	
Magnesium, Mg....mg	18	2.648	12		1		5	93	
Phosphorus, P....mg	275	5.217	13		1		78	1422	
Potassium, K....mg	123	6.400	8		1		35	636	
Sodium, Na....mg	519	63.557	13		1		147	2683	
Zinc, Zn....mg	0.35	0.027	12		1		0.10	1.81	
Copper, Cu....mg	0.135	0.038	12		1		0.038	0.698	
Manganese, Mn....mg	0.139		0	FLA	4		0.039	0.719	
Selenium, Se....mcg	2.6		0	FLA	4		0.7	13.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.181	0.010	7		1		0.051	0.936	
Riboflavin....mg	0.130	0.004	4		1		0.037	0.672	
Niacin....mg	1.546	0.206	7		1		0.438	7.993	
Pantothenic acid....mg	0.096		0	FLA	4		0.027	0.496	
Vitamin B-6....mg	0.025		0	FLA	4		0.007	0.129	
Folate, total....mcg	36		0	FLA	4		10	186	
Folic acid....mcg	27		0	NC	4		8	140	
Folate, food....mcg	9		0		4		3	47	
Folate, DFE....mcg_DFE	55		0	NC	4		16	284	
Choline, total....mg	3.3		0	FLC	4		0.9	17.0	
Betaine....mg									
Vitamin B-12....mcg	0.00		1		1		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	1		0	NC	4		0	3	
Retinol....mcg	1		0	FLA	4		0	3	
Carotene, beta....mcg	0		0	FLA	4		0	0	
Carotene, alpha....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	2		0	FLA	4		1	10	
Lycopene....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....mcg	4		0	FLA	4		1	20	
Vitamin E (alpha-tocopherol)....mg	0.85		0	FLA	4		0.24	4.39	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	2.8		0	FLA	4		0.8	14.7	
Lipids:									
Fatty acids, total saturated....g	2.450		0	FLA	4		0.695	12.667	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 18117
Cake, marble, dry mix, pudding-type

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0	FLA	4		0.000	0.000	
13:0 g									
14:0 g	0.012		0	FLA	4		0.003	0.062	
15:0 g									
16:0 g	1.422		0	FLA	4		0.403	7.352	
17:0 g									
18:0 g	1.005		0	FLA	4		0.285	5.196	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.750		0	FLA	4		1.347	24.558	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.039		0	FLA	4		0.011	0.202	
17:1 g									
18:1 undifferentiated g	4.701		0	FLA	4		1.333	24.304	
20:1 g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	3.779		0	FLA	4		1.071	19.537	
18:2 undifferentiated g	3.513		0	FLA	4		0.996	18.162	
18:3 undifferentiated g	0.256		0	FLA	4		0.073	1.324	
18:4 g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.049		0		1		0.014	0.253	
Threonine g	0.105		0		1		0.030	0.543	
Isoleucine g	0.127		0		1		0.036	0.657	
Leucine g	0.220		0		1		0.062	1.137	
Lysine g	0.133		0		1		0.038	0.688	
Methionine g	0.049		0		1		0.014	0.253	
Cystine g	0.062		0		1		0.018	0.321	
Phenylalanine g	0.158		0		1		0.045	0.817	
Tyrosine g	0.105		0		1		0.030	0.543	
Valine g	0.164		0		1		0.046	0.848	
Arginine g	0.147		0		1		0.042	0.760	
Histidine g	0.065		0		1		0.018	0.336	
Alanine g	0.118		0		1		0.033	0.610	
Aspartic acid g	0.201		0		1		0.057	1.039	
Glutamic acid g	0.909		0		1		0.258	4.700	
Glycine g	0.125		0		1		0.035	0.646	
Proline g	0.298		0		1		0.084	1.541	
Serine g	0.166		0		1		0.047	0.858	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	7		0	FLA	4		2	37	
Theobromine mg	240		0	FLA	4		68	1242	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18117
Cake, marble, dry mix, pudding-type

Measure 1 = 28.35g: 1 oz
Measure 2 = 517g: 1 package (18.25 oz)

Calories Factors: **Protein** 3.3 **Fat** 8.8 **Carbohydrate** 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18119
Cake, pineapple upside-down, prepared from recipe

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	32.30		0		1		9.16	37.15	
Energy kcal	319		0	NC	4		90	367	
Energy kj	1335				4		378	1535	
Protein (N x 0) g	3.50		0		1		0.99	4.03	
Total lipid (fat) g	12.10		0		1		3.43	13.92	
Ash g	1.70		0		1		0.48	1.96	
Carbohydrate, by difference g	50.50		0	NC	4		14.32	58.08	
Fiber, total dietary g	0.8		0		4		0.2	0.9	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	120		0		1		34	138	
Iron, Fe mg	1.48		0		1		0.42	1.70	
Magnesium, Mg mg	13		0		1		4	15	
Phosphorus, P mg	82		0		1		23	94	
Potassium, K mg	112		0		1		32	129	
Sodium, Na mg	319		0		1		90	367	
Zinc, Zn mg	0.31		0		1		0.09	0.36	
Copper, Cu mg	0.087		0		1		0.025	0.100	
Manganese, Mn mg	0.350		0		1		0.099	0.403	
Selenium, Se mcg	9.4		0	RK	4		2.7	10.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	1.2		0		1		0.3	1.4	
Thiamin mg	0.153		0		1		0.043	0.176	
Riboflavin mg	0.156		0		1		0.044	0.179	
Niacin mg	1.190		0		1		0.337	1.369	
Pantothenic acid mg	0.202		0		1		0.057	0.232	
Vitamin B-6 mg	0.034		0		1		0.010	0.039	
Folate, total mcg	26		0	RK	4		7	30	
Folic acid mcg	19		0	NC	4		5	22	
Folate, food mcg	7		0		1		2	8	
Folate, DFE mcg_DFE	39		0	NC	4		11	45	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.08		0		1		0.02	0.09	
Vitamin A, RAE mcg_RAE	62		0	NC	4		18	71	
Retinol mcg	59		0	NC	4		17	68	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	253		0		1		72	291	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	2.915		0		1		0.826	3.352	
4:0 g	0.011		0		1		0.003	0.013	
6:0 g	0.007		0		1		0.002	0.008	
8:0 g	0.004		0		1		0.001	0.005	
10:0 g	0.009		0		1		0.003	0.010	
12:0 g	0.010		0		1		0.003	0.012	
13:0 g									

NDB No. 18119

Cake, pineapple upside-down, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0....g	0.074		0		1		0.021	0.085	
15:0....g									
16:0....g	1.692		0		1		0.480	1.946	
17:0....g									
18:0....g	1.104		0		1		0.313	1.270	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.194		0		1		1.472	5.973	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.022		0		1		0.006	0.025	
17:1....g									
18:1 undifferentiated....g	5.169		0		1		1.465	5.944	
20:1....g	0.001		0		1		0.000	0.001	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.282		0		1		0.930	3.774	
18:2 undifferentiated....g	3.094		0		1		0.877	3.558	
18:3 undifferentiated....g	0.179		0		1		0.051	0.206	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.007		0		1		0.002	0.008	
20:5 n-3....g	0.000		0		1		0.000	0.000	
22:5 n-3....g	0.000		0		1		0.000	0.000	
22:6 n-3....g	0.002		0		1		0.001	0.002	
Fatty acids, total trans....g									
Cholesterol....mg	22		0		1		6	25	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.043		0		1		0.012	0.049	
Threonine....g	0.117		0		1		0.033	0.135	
Isoleucine....g	0.147		0		1		0.042	0.169	
Leucine....g	0.264		0		1		0.075	0.304	
Lysine....g	0.143		0		1		0.041	0.164	
Methionine....g	0.074		0		1		0.021	0.085	
Cystine....g	0.066		0		1		0.019	0.076	
Phenylalanine....g	0.173		0		1		0.049	0.199	
Tyrosine....g	0.121		0		1		0.034	0.139	
Valine....g	0.167		0		1		0.047	0.192	
Arginine....g	0.148		0		1		0.042	0.170	
Histidine....g	0.081		0		1		0.023	0.093	
Alanine....g	0.128		0		1		0.036	0.147	
Aspartic acid....g	0.216		0		1		0.061	0.248	
Glutamic acid....g	0.949		0		1		0.269	1.091	
Glycine....g	0.114		0		1		0.032	0.131	
Proline....g	0.338		0		1		0.096	0.389	
Serine....g	0.190		0		1		0.054	0.219	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18119

Cake, pineapple upside-down, prepared from recipe

Measure 2 = 115g: 1 piece (1/9 of 8" square)

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18120
Cake, pound, commercially prepared, butter

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	24.60	0.778	11		1		7.38	6.89	
Energy kcal	388		0	NC	4		116	109	
Energy kj	1623				4		487	455	
Protein (N x 6) g	5.50	0.164	11		1		1.65	1.54	
Total lipid (fat) g	19.90	0.854	9		1		5.97	5.57	
Ash g	1.20	0.069	11		1		0.36	0.34	
Carbohydrate, by difference g	48.80		0	NC	4		14.64	13.66	
Fiber, total dietary g	0.5		0		4		0.1	0.1	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	35	3.868	7		1		11	10	
Iron, Fe mg	1.38	0.156	7		1		0.41	0.39	
Magnesium, Mg mg	11	2.063	7		1		3	3	
Phosphorus, P mg	137	14.172	7		1		41	38	
Potassium, K mg	119	18.629	5		1		36	33	
Sodium, Na mg	398	32.824	7		1		119	111	
Zinc, Zn mg	0.46		2		1		0.14	0.13	
Copper, Cu mg	0.035		2		1		0.011	0.010	
Manganese, Mn mg	0.090		2		1		0.027	0.025	
Selenium, Se mcg	8.8		0	FLA	4		2.6	2.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	FLA	4		0.0	0.0	
Thiamin mg	0.137	0.027	7		1		0.041	0.038	
Riboflavin mg	0.229	0.021	7		1		0.069	0.064	
Niacin mg	1.311	0.276	7		1		0.393	0.367	
Pantothenic acid mg	0.445		0	FLA	4		0.134	0.125	
Vitamin B-6 mg	0.042		0	FLA	4		0.013	0.012	
Folate, total mcg	41		0	FLA	4		12	11	
Folic acid mcg	30		0	NC	4		9	8	
Folate, food mcg	11		0		4		3	3	
Folate, DFE mcg_DFE	62		0	NC	4		19	17	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.25		0	FLA	4		0.08	0.07	
Vitamin A, RAE mcg_RAE	149		0	NC	4		45	42	
Retinol mcg	142		0	NC	4		43	40	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	606	66.576	5		1		182	170	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	11.559		0	FLA	4		3.468	3.237	
4:0 g	0.564		0	FLA	4		0.169	0.158	
6:0 g	0.334		0	FLA	4		0.100	0.094	
8:0 g	0.195		0	FLA	4		0.059	0.055	
10:0 g	0.437		0	FLA	4		0.131	0.122	
12:0 g	0.489		0	FLA	4		0.147	0.137	
13:0 g									

NDB No. 18120

Cake, pound, commercially prepared, butter

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0 g	1.757		0	FLA	4		0.527	0.492	
15:0 g									
16:0 g	5.108		0	FLA	4		1.532	1.430	
17:0 g									
18:0 g	2.285		0	FLA	4		0.686	0.640	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.900		0	FLA	4		1.770	1.652	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.457		0	FLA	4		0.137	0.128	
17:1 g									
18:1 undifferentiated g	5.176		0	FLA	4		1.553	1.449	
20:1 g	0.006		0	FLA	4		0.002	0.002	
22:1 undifferentiated g	0.001		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.067		0	FLA	4		0.320	0.299	
18:2 undifferentiated g	0.759		0	FLA	4		0.228	0.213	
18:3 undifferentiated g	0.267		0	FLA	4		0.080	0.075	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.032		0	FLA	4		0.010	0.009	
20:5 n-3 g	0.001		0	FLA	4		0.000	0.000	
22:5 n-3 g									
22:6 n-3 g	0.008		0	FLA	4		0.002	0.002	
Fatty acids, total trans g									
Cholesterol mg	221		2		1		66	62	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.072		0		1		0.022	0.020	
Threonine g	0.211		0		1		0.063	0.059	
Isoleucine g	0.261		0		1		0.078	0.073	
Leucine g	0.430		0		1		0.129	0.120	
Lysine g	0.307		0		1		0.092	0.086	
Methionine g	0.133		0		1		0.040	0.037	
Cystine g	0.115		0		1		0.035	0.032	
Phenylalanine g	0.274		0		1		0.082	0.077	
Tyrosine g	0.197		0		1		0.059	0.055	
Valine g	0.296		0		1		0.089	0.083	
Arginine g	0.260		0		1		0.078	0.073	
Histidine g	0.123		0		1		0.037	0.034	
Alanine g	0.231		0		1		0.069	0.065	
Aspartic acid g	0.393		0		1		0.118	0.110	
Glutamic acid g	1.229		0		1		0.369	0.344	
Glycine g	0.176		0		1		0.053	0.049	
Proline g	0.418		0		1		0.125	0.117	
Serine g	0.341		0		1		0.102	0.095	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 piece (1/10 of cake)

Measure 2 = 28g: 1 piece (1/12 of 12 oz cake)

Calories Factors: **Protein** 4.2 **Fat** 8.8 **Carbohydrate** 3.9

NDB No. 18120
Cake, pound, commercially prepared, butter

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18451
Cake, pound, commercially prepared, fat-free

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	31.00		2		1		8.79	105.40	
Energy kcal	283		0	NC	4		80	962	
Energy kj	1184		0		4		336	4026	
Protein (N x 6.1) g	5.40		2		1		1.53	18.36	
Total lipid (fat) g	1.20		2		1		0.34	4.08	
Ash g	1.50		2		1		0.43	5.10	
Carbohydrate, by difference g	61.00		0	NC	4		17.29	207.40	
Fiber, total dietary g	1.1		2		1		0.3	3.7	
Sugars, total g	34.34		0	FLA	4		9.74	116.76	
Starch g									
Minerals:									
Calcium, Ca mg	43		2		1		12	146	
Iron, Fe mg	2.06		2		1		0.58	7.00	
Magnesium, Mg mg	10		2		1		3	34	
Phosphorus, P mg	146		2		1		41	496	
Potassium, K mg	110		2		1		31	374	
Sodium, Na mg	341		2		1		97	1159	
Zinc, Zn mg	0.31		2		1		0.09	1.05	
Copper, Cu mg	0.058		2		1		0.016	0.197	
Manganese, Mn mg	0.137		2		1		0.039	0.466	
Selenium, Se mcg	5.3		0	FLA	4		1.5	18.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		2		1		0.0	0.0	
Thiamin mg	0.125		2		1		0.035	0.425	
Riboflavin mg	0.302		2		1		0.086	1.027	
Niacin mg	0.686		2		1		0.194	2.332	
Pantothenic acid mg	0.346		2		1		0.098	1.176	
Vitamin B-6 mg	0.012		2		1		0.003	0.041	
Folate, total mcg	43		0	FLA	4		12	145	
Folic acid mcg	39		0		4		11	133	
Folate, food mcg	4		2		1		1	14	
Folate, DFE mcg_DFE	70		0	NC	4		20	239	
Choline, total mg	6.8		0	FLC	4		1.9	23.2	
Betaine mg									
Vitamin B-12 mcg	0.00		2		1		0.00	0.00	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	29		0	NC	4		8	97	
Retinol mcg	29		0	FLA	4		8	97	
Carotene, beta mcg	0		0	FLA	4		0	0	
Carotene, alpha mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta mcg	0		0	FLA	4		0	0	
Vitamin A, IU IU	95		0	NC	4		27	324	
Lycopene mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin mcg	2		0	FLA	4		1	6	
Vitamin E (alpha-tocopherol) mg	0.01		0	FLA	4		0.00	0.05	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	0.1		0	FLA	4		0.0	0.4	
Lipids:									
Fatty acids, total saturated g	0.259		0		1		0.073	0.881	
4:0 g	0.006		0		1		0.002	0.020	
6:0 g	0.004		0		1		0.001	0.014	
8:0 g	0.002		0		1		0.001	0.007	
10:0 g	0.005		0		1		0.001	0.017	

NDB No. 18451

Cake, pound, commercially prepared, fat-free

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.006		0		1		0.002	0.020	
13:0 g									
14:0 g	0.020		0		1		0.006	0.068	
15:0 g									
16:0 g	0.180		0		1		0.051	0.612	
17:0 g									
18:0 g	0.029		0		1		0.008	0.099	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.166		0		1		0.047	0.564	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.007		0		1		0.002	0.024	
17:1 g									
18:1 undifferentiated g	0.159		0		1		0.045	0.541	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.424		0		1		0.120	1.442	
18:2 undifferentiated g	0.398		0		1		0.113	1.353	
18:3 undifferentiated g	0.026		0		1		0.007	0.088	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 g	0.000		0		1		0.000	0.000	
22:5 n-3 g	0.000		0		1		0.000	0.000	
22:6 n-3 g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.070		0		1		0.020	0.238	
Threonine g	0.214		0		1		0.061	0.728	
Isoleucine g	0.275		0		1		0.078	0.935	
Leucine g	0.434		0		1		0.123	1.476	
Lysine g	0.318		0		1		0.090	1.081	
Methionine g	0.149		0		1		0.042	0.507	
Cystine g	0.122		0		1		0.035	0.415	
Phenylalanine g	0.288		0		1		0.082	0.979	
Tyrosine g	0.197		0		1		0.056	0.670	
Valine g	0.312		0		1		0.088	1.061	
Arginine g	0.256		0		1		0.073	0.870	
Histidine g	0.120		0		1		0.034	0.408	
Alanine g	0.251		0		1		0.071	0.853	
Aspartic acid g	0.434		0		1		0.123	1.476	
Glutamic acid g	1.069		0		1		0.303	3.635	
Glycine g	0.178		0		1		0.050	0.605	
Proline g	0.358		0		1		0.101	1.217	
Serine g	0.333		0		1		0.094	1.132	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18451
Cake, pound, commercially prepared, fat-free

Measure 1 = 28.35g: 1 oz
Measure 2 = 340g: 1 cake

Calories Factors: **Protein** 4.2 **Fat** 8.4 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18121

Cake, pound, commercially prepared, other than all butter, enriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	23.10	0.847	13		1		6.93	6.47	16.40
Energy kcal	389		0	NC	4		117	109	276
Energy kj	1628				4		488	456	1156
Protein (N x 6) g	5.20	0.092	13		1		1.56	1.46	3.69
Total lipid (fat) g	17.90	1.056	14		1		5.37	5.01	12.71
Ash g	1.40	0.110	12		1		0.42	0.39	0.99
Carbohydrate, by difference g	52.50		0	NC	4		15.75	14.70	37.28
Fiber, total dietary g	1.0		0		1		0.3	0.3	0.7
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	64	13.497	7		1		19	18	45
Iron, Fe mg	1.62	0.131	6		1		0.49	0.45	1.15
Magnesium, Mg mg	13	2.468	5		1		4	4	9
Phosphorus, P mg	134	10.038	6		1		40	38	95
Potassium, K mg	106	25.375	4		1		32	30	75
Sodium, Na mg	400	41.062	11		1		120	112	284
Zinc, Zn mg	0.39	0.024	4		1		0.12	0.11	0.28
Copper, Cu mg	0.054	0.012	4		1		0.016	0.015	0.038
Manganese, Mn mg	0.088	0.011	4		1		0.026	0.025	0.062
Selenium, Se mcg	6.8		0	FLA	4		2.0	1.9	4.8
Vitamins:									
Vitamin C, total ascorbic acid mg	0.1		0	FLA	4		0.0	0.0	0.1
Thiamin mg	0.143	0.027	4		1		0.043	0.040	0.102
Riboflavin mg	0.260	0.010	4		1		0.078	0.073	0.185
Niacin mg	1.349	0.151	4		1		0.405	0.378	0.958
Pantothenic acid mg	0.285	0.053	3		1		0.086	0.080	0.202
Vitamin B-6 mg	0.023		1		1		0.007	0.006	0.016
Folate, total mcg	36		0	FLA	4		11	10	26
Folic acid mcg	27		0	NC	4		8	8	19
Folate, food mcg	9		0		4		3	3	6
Folate, DFE mcg_DFE	55		0	NC	4		16	15	39
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.14		1		1		0.04	0.04	0.10
Vitamin A, RAE mcg_RAE	35		0	NC	4		11	10	25
Retinol mcg	35		0	NC	4		11	10	25
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	118		0	FLA	4		35	33	84
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	4.647		0	FLA	4		1.394	1.301	3.299
4:0 g	0.001		0	FLA	4		0.000	0.000	0.001
6:0 g	0.000		0	FLA	4		0.000	0.000	0.000
8:0 g	0.001		0	FLA	4		0.000	0.000	0.001
10:0 g	0.001		0	FLA	4		0.000	0.000	0.001
12:0 g	0.001		0	FLA	4		0.000	0.000	0.001
13:0 g									

NDB No. 18121

Cake, pound, commercially prepared, other than all butter, enriched

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.087		0	FLA	4		0.026	0.024	0.062
15:0....g									
16:0....g	2.478		0	FLA	4		0.743	0.694	1.759
17:0....g									
18:0....g	2.069		0	FLA	4		0.621	0.579	1.469
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.935		0	FLA	4		2.981	2.782	7.054
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.049		0	FLA	4		0.015	0.014	0.035
17:1....g									
18:1 undifferentiated....g	9.880		0	FLA	4		2.964	2.766	7.015
20:1....g	0.004		0	FLA	4		0.001	0.001	0.003
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.251		0	FLA	4		0.675	0.630	1.598
18:2 undifferentiated....g	2.114		0	FLA	4		0.634	0.592	1.501
18:3 undifferentiated....g	0.108		0	FLA	4		0.032	0.030	0.077
18:4....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.023		0	FLA	4		0.007	0.006	0.016
20:5 n-3....g	0.001		0	FLA	4		0.000	0.000	0.001
22:5 n-3....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3....g	0.006		0	FLA	4		0.002	0.002	0.004
Fatty acids, total trans....g									
Cholesterol....mg	58	25.910	6		1		17	16	41
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.069		0		1		0.021	0.019	0.049
Threonine....g	0.196		0		1		0.059	0.055	0.139
Isoleucine....g	0.244		0		1		0.073	0.068	0.173
Leucine....g	0.403		0		1		0.121	0.113	0.286
Lysine....g	0.283		0		1		0.085	0.079	0.201
Methionine....g	0.125		0		1		0.038	0.035	0.089
Cystine....g	0.111		0		1		0.033	0.031	0.079
Phenylalanine....g	0.259		0		1		0.078	0.073	0.184
Tyrosine....g	0.184		0		1		0.055	0.052	0.131
Valine....g	0.276		0		1		0.083	0.077	0.196
Arginine....g	0.247		0		1		0.074	0.069	0.175
Histidine....g	0.115		0		1		0.035	0.032	0.082
Alanine....g	0.216		0		1		0.065	0.060	0.153
Aspartic acid....g	0.367		0		1		0.110	0.103	0.261
Glutamic acid....g	1.194		0		1		0.358	0.334	0.848
Glycine....g	0.170		0		1		0.051	0.048	0.121
Proline....g	0.402		0		1		0.121	0.113	0.285
Serine....g	0.323		0		1		0.097	0.090	0.229
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 piece (1/10 of 10.6 oz cake)

NDB No. 18121

Cake, pound, commercially prepared, other than all butter, enriched

Measure 2 = 28g: 1 piece (1/12 of 12 oz cake)

Measure 3 = 71g: 1 snack cake (2.5 oz)

Calories Factors: **Protein** 4.2 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18418

Cake, pound, commercially prepared, other than all butter, unenriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	23.10	0.847	13		1		6.93	6.47	16.40
Energy kcal	389		0	NC	4		117	109	276
Energy kj	1628				4		488	456	1156
Protein (N x 6) g	5.20	0.092	13		1		1.56	1.46	3.69
Total lipid (fat) g	17.90	1.056	14		1		5.37	5.01	12.71
Ash g	1.40	0.110	12		1		0.42	0.39	0.99
Carbohydrate, by difference g	52.50		0		4		15.75	14.70	37.28
Fiber, total dietary g	1.0		0		4		0.3	0.3	0.7
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	64	13.497	7		1		19	18	45
Iron, Fe mg	0.60		0	BFZN	4		0.18	0.17	0.43
Magnesium, Mg mg	13	2.468	5		1		4	4	9
Phosphorus, P mg	134	10.038	6		1		40	38	95
Potassium, K mg	106	25.375	4		1		32	30	75
Sodium, Na mg	400	41.062	11		1		120	112	284
Zinc, Zn mg	0.39	0.024	4		1		0.12	0.11	0.28
Copper, Cu mg	0.054	0.012	4		1		0.016	0.015	0.038
Manganese, Mn mg	0.088	0.011	4		1		0.026	0.025	0.062
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.1		0		4		0.0	0.0	0.1
Thiamin mg	0.024		0		4		0.007	0.007	0.017
Riboflavin mg	0.124		0		4		0.037	0.035	0.088
Niacin mg	0.342		0		4		0.103	0.096	0.243
Pantothenic acid mg	0.285	0.053	3		1		0.086	0.080	0.202
Vitamin B-6 mg	0.023		1		1		0.007	0.006	0.016
Folate, total mcg	9		0		4		3	3	6
Folic acid mcg	0		0	Z	7		0	0	0
Folate, food mcg	9		0		4		3	3	6
Folate, DFE mcg_DFE	9		0	NC	4		3	3	6
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.14		1		1		0.04	0.04	0.10
Vitamin A, RAE mcg_RAE	35		0	NC	4		11	10	25
Retinol mcg	35		0	NC	4		11	10	25
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	118		0	BFZN	4		35	33	84
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	4.647		0	BFZN	4		1.394	1.301	3.299
4:0 g	0.001		0		4		0.000	0.000	0.001
6:0 g	0.000		0		4		0.000	0.000	0.000
8:0 g	0.001		0		4		0.000	0.000	0.001
10:0 g	0.001		0		4		0.000	0.000	0.001
12:0 g	0.001		0		4		0.000	0.000	0.001
13:0 g									

NDB No. 18418

Cake, pound, commercially prepared, other than all butter, unenriched

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.087		0	BFZN	4		0.026	0.024	0.062
15:0....g									
16:0....g	2.478		0	BFZN	4		0.743	0.694	1.759
17:0....g									
18:0....g	2.069		0	BFZN	4		0.621	0.579	1.469
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.935		0	BFZN	4		2.981	2.782	7.054
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.049		0	BFZN	4		0.015	0.014	0.035
17:1....g									
18:1 undifferentiated....g	9.880		0	BFZN	4		2.964	2.766	7.015
20:1....g	0.004		0		4		0.001	0.001	0.003
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.251		0	BFZN	4		0.675	0.630	1.598
18:2 undifferentiated....g	2.114		0	BFZN	4		0.634	0.592	1.501
18:3 undifferentiated....g	0.108		0	BFZN	4		0.032	0.030	0.077
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.023		0	BFZN	4		0.007	0.006	0.016
20:5 n-3....g	0.001		0		4		0.000	0.000	0.001
22:5 n-3....g									
22:6 n-3....g	0.006		0		4		0.002	0.002	0.004
Fatty acids, total trans....g									
Cholesterol....mg	58	25.910	6		1		17	16	41
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.069		0		4		0.021	0.019	0.049
Threonine....g	0.196		0		4		0.059	0.055	0.139
Isoleucine....g	0.244		0		4		0.073	0.068	0.173
Leucine....g	0.403		0		4		0.121	0.113	0.286
Lysine....g	0.283		0		4		0.085	0.079	0.201
Methionine....g	0.125		0		4		0.038	0.035	0.089
Cystine....g	0.111		0		4		0.033	0.031	0.079
Phenylalanine....g	0.259		0		4		0.078	0.073	0.184
Tyrosine....g	0.184		0		4		0.055	0.052	0.131
Valine....g	0.276		0		4		0.083	0.077	0.196
Arginine....g	0.247		0		4		0.074	0.069	0.175
Histidine....g	0.115		0		4		0.035	0.032	0.082
Alanine....g	0.216		0		4		0.065	0.060	0.153
Aspartic acid....g	0.367		0		4		0.110	0.103	0.261
Glutamic acid....g	1.194		0		4		0.358	0.334	0.848
Glycine....g	0.170		0		4		0.051	0.048	0.121
Proline....g	0.402		0		4		0.121	0.113	0.285
Serine....g	0.323		0		4		0.097	0.090	0.229
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 piece (1/10 of 10.6 oz cake)

Measure 2 = 28g: 1 piece (1/12 of 12 oz cake)

Measure 3 = 71g: 1 snack cake (2.5 oz)

NDB No. 18418
Cake, pound, commercially prepared, other than all butter, unenriched

Calories Factors: **Protein** 4.2 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18126
Cake, shortcake, biscuit-type, prepared from recipe

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	28.40		0		1		8.05		
Energy kcal	346		0	NC	4		98		
Energy kj	1448				4		410		
Protein g	6.10		0		1		1.73		
Total lipid (fat) g	14.20		0		1		4.03		
Ash g	2.80		0		1		0.79		
Carbohydrate, by difference g	48.50		0	NC	4		13.75		
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	205		0		1		58		
Iron, Fe mg	2.54		0		1		0.72		
Magnesium, Mg mg	16		0		1		5		
Phosphorus, P mg	143		0		1		41		
Potassium, K mg	106		0		1		30		
Sodium, Na mg	506		0		1		143		
Zinc, Zn mg	0.48		0		1		0.14		
Copper, Cu mg	0.076		0		1		0.022		
Manganese, Mn mg	0.330		0		1		0.094		
Selenium, Se mcg	17.0		0	RA	4		4.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.2		0		1		0.1		
Thiamin mg	0.311		0		1		0.088		
Riboflavin mg	0.272		0		1		0.077		
Niacin mg	2.573		0		1		0.729		
Pantothenic acid mg	0.248		0		1		0.070		
Vitamin B-6 mg	0.030		0		1		0.009		
Folate, total mcg	53		0	RA	4		15		
Folic acid mcg	43		0	NC	4		12		
Folate, food mcg	10		0		1		3		
Folate, DFE mcg_DFE	83		0	NC	4		24		
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.07		0		1		0.02		
Vitamin A, RAE mcg_RAE	18		0	NC	4		5		
Retinol mcg	17		0	NC	4		5		
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	72		0		1		20		
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	3.772		0		1		1.069		
4:0 g	0.022		0		1		0.006		
6:0 g	0.013		0		1		0.004		
8:0 g	0.008		0		1		0.002		
10:0 g	0.017		0		1		0.005		
12:0 g	0.020		0		1		0.006		
13:0 g									

NDB No. 18126

Cake, shortcake, biscuit-type, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.122		0		1		0.035		
15:0....g									
16:0....g	2.095		0		1		0.594		
17:0....g									
18:0....g	1.472		0		1		0.417		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.045		0		1		1.714		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.016		0		1		0.005		
17:1....g									
18:1 undifferentiated....g	6.028		0		1		1.709		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.632		0		1		1.030		
18:2 undifferentiated....g	3.402		0		1		0.964		
18:3 undifferentiated....g	0.230		0		1		0.065		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3....g	0.000		0		1		0.000		
22:5 n-3....g	0.000		0		1		0.000		
22:6 n-3....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	3		0		1		1		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.076		0		1		0.022		
Threonine....g	0.184		0		1		0.052		
Isoleucine....g	0.238		0		1		0.067		
Leucine....g	0.449		0		1		0.127		
Lysine....g	0.197		0		1		0.056		
Methionine....g	0.115		0		1		0.033		
Cystine....g	0.115		0		1		0.033		
Phenylalanine....g	0.302		0		1		0.086		
Tyrosine....g	0.203		0		1		0.058		
Valine....g	0.273		0		1		0.077		
Arginine....g	0.240		0		1		0.068		
Histidine....g	0.140		0		1		0.040		
Alanine....g	0.197		0		1		0.056		
Aspartic acid....g	0.292		0		1		0.083		
Glutamic acid....g	1.897		0		1		0.538		
Glycine....g	0.201		0		1		0.057		
Proline....g	0.681		0		1		0.193		
Serine....g	0.307		0		1		0.087		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein Fat Carbohydrate

NDB No. 18126
Cake, shortcake, biscuit-type, prepared from recipe

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18127
Cake, snack cakes, creme-filled, chocolate with frosting

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	18.57		2	A	1		5.26	9.28	
Energy kcal	399		0	NC	4		113	200	
Energy kj	1670		0	NC	4		473	835	
Protein g	3.63		2	A	1		1.03	1.81	
Total lipid (fat) g	15.93		2	A	1		4.52	7.96	
Ash g	1.56		2	A	1		0.44	0.78	
Carbohydrate, by difference g	60.31		0	NC	4		17.10	30.15	
Fiber, total dietary g	3.2		2	A	1		0.9	1.6	
Sugars, total g	37.76		2	A	1		10.71	18.88	
Starch g									
Minerals:									
Calcium, Ca mg	116		2	A	1		33	58	
Iron, Fe mg	3.60		2	A	1		1.02	1.80	
Magnesium, Mg mg	36		2	A	1		10	18	
Phosphorus, P mg	87		2	A	1		25	43	
Potassium, K mg	176		2	A	1		50	88	
Sodium, Na mg	389		2	A	1		110	195	
Zinc, Zn mg	1.04		2	A	1		0.30	0.52	
Copper, Cu mg	0.305		2	A	1		0.086	0.152	
Manganese, Mn mg	0.485		2	A	1		0.137	0.243	
Selenium, Se mcg	3.4		2	A	1		1.0	1.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	1.9		2	A	1		0.6	1.0	
Thiamin mg	0.037		2	A	1		0.011	0.019	
Riboflavin mg	0.075		2	A	1		0.021	0.037	
Niacin mg	0.925		2	A	1		0.262	0.462	
Pantothenic acid mg	0.083		2	A	1		0.024	0.042	
Vitamin B-6 mg	0.143		2	A	1		0.040	0.071	
Folate, total mcg	26		2	A	1		7	13	
Folic acid mcg	13		2	A	1		4	7	
Folate, food mcg	13		0	AS	1		4	7	
Folate, DFE mcg_DFE	35		0	NC	4		10	18	
Choline, total mg	20.6		0	A	1		5.8	10.3	
Betaine mg	36.4		0	A	1		10.3	18.2	
Vitamin B-12 mcg	0.06		0	FLA	4		0.02	0.03	
Vitamin B-12, added mcg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE mcg_RAE	1		0	FLC	4		0	0	
Retinol mcg	1		0	FLC	4		0	0	
Carotene, beta mcg	0		0	FLC	4		0	0	
Carotene, alpha mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta mcg	0		0	FLC	4		0	0	
Vitamin A, IU IU	2		0	FLC	4		1	1	
Lycopene mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin mcg	3		0	FLC	4		1	2	
Vitamin E (alpha-tocopherol) mg	1.09		0	FLC	4		0.31	0.55	
Vitamin E, added mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	10.6		2	A	1		3.0	5.3	
Lipids:									
Fatty acids, total saturated g	4.884		0	NC	4		1.385	2.442	
4:0 g	0.000		2	A	1		0.000	0.000	
6:0 g	0.000		2	A	1		0.000	0.000	
8:0 g	0.000		2	A	1		0.000	0.000	
10:0 g	0.000		2	A	1		0.000	0.000	

NDB No. 18127

Cake, snack cakes, creme-filled, chocolate with frosting

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.005		2	A	1		0.001	0.003	
13:0 g	0.000		2	A	1		0.000	0.000	
14:0 g	0.159		2	A	1		0.045	0.079	
15:0 g	0.021		2	A	1		0.006	0.010	
16:0 g	2.632		2	A	1		0.746	1.316	
17:0 g	0.062		2	A	1		0.018	0.031	
18:0 g	1.930		2	A	1		0.547	0.965	
20:0 g	0.046		2	A	1		0.013	0.023	
22:0 g	0.030		2	A	1		0.009	0.015	
24:0 g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated g	8.525		0	NC	4		2.417	4.262	
14:1 g	0.036		2	A	1		0.010	0.018	
15:1 g	0.005		2	A	1		0.001	0.003	
16:1 undifferentiated g	0.119		2	A	1		0.034	0.060	
17:1 g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated g	8.349		0	AS	1		2.367	4.174	
20:1 g	0.016		2	A	1		0.004	0.008	
22:1 undifferentiated g	0.000		2	A	1		0.000	0.000	
24:1 c g	0.000		2	A	1		0.000	0.000	
Fatty acids, total polyunsaturated g	1.822		0	NC	4		0.517	0.911	
18:2 undifferentiated g	1.649		2	A	1		0.468	0.825	
18:3 undifferentiated g	0.173		0	AS	1		0.049	0.086	
18:3 n-3 c,c,c g	0.173		2	A	1		0.049	0.086	
18:3 n-6 c,c,c g	0.000		2	A	1		0.000	0.000	
18:3i g									
18:4 g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated g	0.000		2	A	1		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000		2	A	1		0.000	0.000	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 g	0.000		2	A	1		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3 g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0	FLC	4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.055		0	FLC	4		0.015	0.027	
Threonine g	0.156		0	FLC	4		0.044	0.078	
Isoleucine g	0.158		0	FLC	4		0.045	0.079	
Leucine g	0.261		0	FLC	4		0.074	0.130	
Lysine g	0.196		0	FLC	4		0.056	0.098	
Methionine g	0.053		0	FLC	4		0.015	0.027	
Cystine g	0.062		0	FLC	4		0.018	0.031	
Phenylalanine g	0.156		0	FLC	4		0.044	0.078	
Tyrosine g	0.116		0	FLC	4		0.033	0.058	
Valine g	0.194		0	FLC	4		0.055	0.097	
Arginine g	0.156		0	FLC	4		0.044	0.078	
Histidine g	0.067		0	FLC	4		0.019	0.034	
Alanine g	0.150		0	FLC	4		0.043	0.075	
Aspartic acid g	0.296		0	FLC	4		0.084	0.148	
Glutamic acid g	0.768		0	FLC	4		0.218	0.384	
Glycine g	0.126		0	FLC	4		0.036	0.063	
Proline g	0.249		0	FLC	4		0.071	0.125	
Serine g	0.172		0	FLC	4		0.049	0.086	
Hydroxyproline g	0.000		2	A	1		0.000	0.000	
Others:									
Alcohol, ethyl g	0.0		0	FLC	4		0.0	0.0	

NDB No. 18127

Cake, snack cakes, creme-filled, chocolate with frosting

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Caffeine....mg	6		0	FLC	4		2	3	
Theobromine....mg	215		0	FLC	4		61	108	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 50g: 1 cupcake

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18128
Cake, snack cakes, creme-filled, sponge

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	19.60		2	A	1		5.56	8.23	
Energy kcal	374		0	NC	4		106	157	
Energy kj	1564		0	NC	4		443	657	
Protein g	3.47		2	A	1		0.98	1.46	
Total lipid (fat) g	11.54		2	A	1		3.27	4.85	
Ash g	1.36		2	A	1		0.39	0.57	
Carbohydrate, by difference g	64.03		0	NC	4		18.15	26.89	
Fiber, total dietary g	1.0		2	A	1		0.3	0.4	
Sugars, total g	37.30		1	A	1		10.57	15.67	
Sucrose g	28.90		1	A	1		8.19	12.14	
Glucose (dextrose) g	5.82		1	A	1		1.65	2.44	
Fructose g	2.54		1	A	1		0.72	1.07	
Lactose g	0.00		1	A	1		0.00	0.00	
Maltose g	0.00		1	A	1		0.00	0.00	
Galactose g									
Starch g	17.70		2	A	1		5.02	7.43	
Minerals:									
Calcium, Ca mg	24		2	A	1		7	10	
Iron, Fe mg	1.36		2	A	1		0.39	0.57	
Magnesium, Mg mg	8		2	A	1		2	4	
Phosphorus, P mg	185		2	A	1		52	78	
Potassium, K mg	71		2	A	1		20	30	
Sodium, Na mg	400		2	A	1		113	168	
Zinc, Zn mg	0.60		2	A	1		0.17	0.25	
Copper, Cu mg	0.148		2	A	1		0.042	0.062	
Manganese, Mn mg	0.305		2	A	1		0.086	0.128	
Selenium, Se mcg	3.5		2	A	1		1.0	1.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.1		0	FLA	4		0.0	0.0	
Thiamin mg	0.181		2	A	1		0.051	0.076	
Riboflavin mg	0.168		2	A	1		0.048	0.071	
Niacin mg	1.549		2	A	1		0.439	0.651	
Pantothenic acid mg	0.226		2	A	1		0.064	0.095	
Vitamin B-6 mg	0.000		2	A	1		0.000	0.000	
Folate, total mcg	38		2	A	1		11	16	
Folic acid mcg	24		2	A	1		7	10	
Folate, food mcg	14		0	AS	1		4	6	
Folate, DFE mcg_DFE	54		0	NC	4		15	23	
Choline, total mg	37.8		0	AS	1		10.7	15.9	
Betaine mg	12.4		1	A	1		3.5	5.2	
Vitamin B-12 mcg	0.19		0	FLA	4		0.05	0.08	
Vitamin B-12, added mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE mcg_RAE	5		0	NC	4		1	2	
Retinol mcg	5		0	FLA	4		1	2	
Carotene, beta mcg	0		0	FLA	4		0	0	
Carotene, alpha mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta mcg	0		0	FLA	4		0	0	
Vitamin A, IU IU	17		0	FLA	4		5	7	
Lycopene mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin mcg	9		0	FLA	4		3	4	
Vitamin E (alpha-tocopherol) mg	0.62		2	A	1		0.18	0.26	
Vitamin E, added mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta mg	0.02		2	A	1		0.00	0.01	
Tocopherol, gamma mg	2.67		2	A	1		0.76	1.12	
Tocopherol, delta mg	0.75		2	A	1		0.21	0.32	
Vitamin D IU									

NDB No. 18128
Cake, snack cakes, creme-filled, sponge

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin K (phylloquinone)....mcg	9.7		2	A	1		2.8	4.1	
Lipids:									
Fatty acids, total saturated....g	4.139		0	NC	4		1.173	1.738	
4:0....g	0.000		2	A	1		0.000	0.000	
6:0....g	0.000		2	A	1		0.000	0.000	
8:0....g	0.000		2	A	1		0.000	0.000	
10:0....g	0.000		2	A	1		0.000	0.000	
12:0....g	0.000		2	A	1		0.000	0.000	
13:0....g									
14:0....g	0.122		2	A	1		0.035	0.051	
15:0....g	0.020		2	A	1		0.006	0.008	
16:0....g	1.981		2	A	1		0.562	0.832	
17:0....g	0.058		2	A	1		0.016	0.024	
18:0....g	1.888		2	A	1		0.535	0.793	
20:0....g	0.040		2	A	1		0.011	0.017	
22:0....g	0.030		2	A	1		0.008	0.013	
24:0....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total monounsaturated....g	4.906		0	NC	4		1.391	2.060	
14:1....g	0.027		2	A	1		0.008	0.011	
15:1....g									
16:1 undifferentiated....g	0.121		0	AS	1		0.034	0.051	
17:1....g									
18:1 undifferentiated....g	4.739		0	AS	1		1.343	1.990	
20:1....g	0.019		2	A	1		0.005	0.008	
22:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.860		0	NC	4		0.527	0.781	
18:2 undifferentiated....g	1.729		0	AS	1		0.490	0.726	
18:3 undifferentiated....g	0.131		0	AS	1		0.037	0.055	
18:4....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	AS	1		0.000	0.000	
20:5 n-3....g	0.000		2	A	1		0.000	0.000	
22:5 n-3....g	0.000		2	A	1		0.000	0.000	
22:6 n-3....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans....g	1.621		0	NC	4		0.459	0.681	
Cholesterol....mg	41		0	FLA	4		11	17	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.038		0	FLA	4		0.011	0.016	
Threonine....g	0.120		0	FLA	4		0.034	0.051	
Isoleucine....g	0.139		0	FLA	4		0.039	0.058	
Leucine....g	0.240		0	FLA	4		0.068	0.101	
Lysine....g	0.164		0	FLA	4		0.047	0.069	
Methionine....g	0.065		0	FLA	4		0.018	0.027	
Cystine....g	0.070		0	FLA	4		0.020	0.030	
Phenylalanine....g	0.138		0	FLA	4		0.039	0.058	
Tyrosine....g	0.079		0	FLA	4		0.022	0.033	
Valine....g	0.165		0	FLA	4		0.047	0.069	
Arginine....g	0.141		0	FLA	4		0.040	0.059	
Histidine....g	0.066		0	FLA	4		0.019	0.028	
Alanine....g	0.134		0	FLA	4		0.038	0.056	
Aspartic acid....g	0.232		0	FLA	4		0.066	0.098	
Glutamic acid....g	0.662		0	FLA	4		0.188	0.278	
Glycine....g	0.097		0	FLA	4		0.028	0.041	
Proline....g	0.221		0	FLA	4		0.063	0.093	
Serine....g	0.174		0	FLA	4		0.049	0.073	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	

NDB No. 18128
Cake, snack cakes, creme-filled, sponge

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 42g: 1 cake

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18452

Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	22.80		1		1		6.46	9.80	
Energy kcal	305		0	NC	4		86	131	
Energy kj	1276				4		362	549	
Protein (N x 5.8) g	4.30		1		1		1.22	1.85	
Total lipid (fat) g	3.70		1		1		1.05	1.59	
Ash g	2.00		1		1		0.57	0.86	
Carbohydrate, by difference g	67.20		0	NC	4		19.05	28.90	
Fiber, total dietary g	4.3		1		1		1.2	1.8	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	36		1		1		10	15	
Iron, Fe mg	1.54		1		1		0.44	0.66	
Magnesium, Mg mg	25		1		1		7	11	
Phosphorus, P mg	183		1		1		52	79	
Potassium, K mg	224		1		1		64	96	
Sodium, Na mg	413		1		1		117	178	
Zinc, Zn mg	0.55		1		1		0.16	0.24	
Copper, Cu mg	0.176		1		1		0.050	0.076	
Manganese, Mn mg	0.223		1		1		0.063	0.096	
Selenium, Se mcg	5.5		0	FLA	4		1.6	2.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1		1		0.0	0.0	
Thiamin mg	0.035		1		1		0.010	0.015	
Riboflavin mg	0.133		1		1		0.038	0.057	
Niacin mg	0.715		1		1		0.203	0.307	
Pantothenic acid mg	0.241		1		1		0.068	0.104	
Vitamin B-6 mg	0.007		1		1		0.002	0.003	
Folate, total mcg	15		0	FLA	4		4	6	
Folic acid mcg	10		0	NC	4		3	4	
Folate, food mcg	5		1		1		1	2	
Folate, DFE mcg_DFE	22		0	NC	4		6	9	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.00		1		1		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	0		1		1		0	0	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	1.084		0		1		0.307	0.466	
4:0 g	0.001		0		1		0.000	0.000	
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.001		0		1		0.000	0.000	
12:0 g	0.001		0		1		0.000	0.000	
13:0 g									

NDB No. 18452

Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0 g	0.017		0		1		0.005	0.007	
15:0 g									
16:0 g	0.553		0		1		0.157	0.238	
17:0 g									
18:0 g	0.509		0		1		0.144	0.219	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.849		0		1		0.524	0.795	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.001		0		1		0.000	0.000	
17:1 g									
18:1 undifferentiated g	1.848		0		1		0.524	0.795	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.487		0		1		0.138	0.209	
18:2 undifferentiated g	0.462		0		1		0.131	0.199	
18:3 undifferentiated g	0.025		0		1		0.007	0.011	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 g									
22:5 n-3 g									
22:6 n-3 g									
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.061		0		1		0.017	0.026	
Threonine g	0.165		0		1		0.047	0.071	
Isoleucine g	0.207		0		1		0.059	0.089	
Leucine g	0.332		0		1		0.094	0.143	
Lysine g	0.232		0		1		0.066	0.100	
Methionine g	0.105		0		1		0.030	0.045	
Cystine g	0.096		0		1		0.027	0.041	
Phenylalanine g	0.229		0		1		0.065	0.098	
Tyrosine g	0.153		0		1		0.043	0.066	
Valine g	0.242		0		1		0.069	0.104	
Arginine g	0.206		0		1		0.058	0.089	
Histidine g	0.093		0		1		0.026	0.040	
Alanine g	0.192		0		1		0.054	0.083	
Aspartic acid g	0.329		0		1		0.093	0.141	
Glutamic acid g	0.973		0		1		0.276	0.418	
Glycine g	0.153		0		1		0.043	0.066	
Proline g	0.319		0		1		0.090	0.137	
Serine g	0.257		0		1		0.073	0.111	
Hydroxyproline g									
Others:									
Alcohol, ethyl g									
Caffeine mg	2		0	FLA	4		1	1	
Theobromine mg	83		0	FLA	4		24	36	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 43g: 1 cupcake

NDB No. 18452
Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat

Calories Factors: **Protein** 4 **Fat** 8.7 **Carbohydrate** 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18133
Cake, sponge, commercially prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	29.70		0		1		8.42	11.29	
Energy kcal	289		0	NC	4		82	110	
Energy kj	1209		0		4		343	459	
Protein (N x 0) g	5.40		0		1		1.53	2.05	
Total lipid (fat) g	2.70		0		1		0.77	1.03	
Ash g	1.20		0		1		0.34	0.46	
Carbohydrate, by difference g	61.10		0	NC	4		17.32	23.22	
Fiber, total dietary g	0.5		0		4		0.2	0.2	
Sugars, total g	36.66		0	FLA	4		10.39	13.93	
Starch g									
Minerals:									
Calcium, Ca mg	70		0		1		20	27	
Iron, Fe mg	2.72		0		1		0.77	1.03	
Magnesium, Mg mg	11		0		1		3	4	
Phosphorus, P mg	137		0		1		39	52	
Potassium, K mg	99		0		1		28	38	
Sodium, Na mg	244		0		1		69	93	
Zinc, Zn mg	0.51		0		1		0.14	0.19	
Copper, Cu mg	0.062		0		1		0.018	0.024	
Manganese, Mn mg	0.210		0		1		0.060	0.080	
Selenium, Se mcg	9.1		0	FLA	4		2.6	3.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	
Thiamin mg	0.243		0		1		0.069	0.092	
Riboflavin mg	0.269		0		1		0.076	0.102	
Niacin mg	1.932		0		1		0.548	0.734	
Pantothenic acid mg	0.478		0		1		0.136	0.182	
Vitamin B-6 mg	0.052		0		1		0.015	0.020	
Folate, total mcg	47		0	FLA	4		13	18	
Folic acid mcg	34		0		4		10	13	
Folate, food mcg	13		0		1		4	5	
Folate, DFE mcg_DFE	71		0	NC	4		20	27	
Choline, total mg	55.1		0	FLC	4		15.6	20.9	
Betaine mg									
Vitamin B-12 mcg	0.24		0		1		0.07	0.09	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	44		0	NC	4		12	17	
Retinol mcg	44		0	FLA	4		12	17	
Carotene, beta mcg	4		0	FLA	4		1	1	
Carotene, alpha mcg	1		0	FLA	4		0	0	
Cryptoxanthin, beta mcg	2		0	FLA	4		1	1	
Vitamin A, IU IU	154		0	NC	4		44	58	
Lycopene mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin mcg	85		0	FLA	4		24	32	
Vitamin E (alpha-tocopherol) mg	0.24		0	FLA	4		0.07	0.09	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	0.2		0	FLA	4		0.0	0.1	
Lipids:									
Fatty acids, total saturated g	0.802		0		4		0.227	0.305	
4:0 g	0.001		0		4		0.000	0.000	
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.001		0		4		0.000	0.000	
10:0 g	0.001		0		4		0.000	0.000	

NDB No. 18133
Cake, sponge, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.001		0		4		0.000	0.000	
13:0 g									
14:0 g	0.011		0		4		0.003	0.004	
15:0 g									
16:0 g	0.580		0		4		0.164	0.220	
17:0 g									
18:0 g	0.193		0		4		0.055	0.073	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.949		0		4		0.269	0.361	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.073		0		4		0.021	0.028	
17:1 g									
18:1 undifferentiated g	0.867		0		4		0.246	0.329	
20:1 g	0.007		0		4		0.002	0.003	
22:1 undifferentiated g	0.001		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.448		0		4		0.127	0.170	
18:2 undifferentiated g	0.389		0		4		0.110	0.148	
18:3 undifferentiated g	0.015		0		4		0.004	0.006	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.034		0		4		0.010	0.013	
20:5 n-3 g	0.001		0		4		0.000	0.000	
22:5 n-3 g	0.000		0		4		0.000	0.000	
22:6 n-3 g	0.009		0		4		0.003	0.003	
Fatty acids, total trans g									
Cholesterol mg	102		0		1		29	39	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.072		0		1		0.020	0.027	
Threonine g	0.213		0		1		0.060	0.081	
Isoleucine g	0.251		0		1		0.071	0.095	
Leucine g	0.419		0		1		0.119	0.159	
Lysine g	0.297		0		1		0.084	0.113	
Methionine g	0.126		0		1		0.036	0.048	
Cystine g	0.119		0		1		0.034	0.045	
Phenylalanine g	0.263		0		1		0.075	0.100	
Tyrosine g	0.187		0		1		0.053	0.071	
Valine g	0.281		0		1		0.080	0.107	
Arginine g	0.264		0		1		0.075	0.100	
Histidine g	0.119		0		1		0.034	0.045	
Alanine g	0.231		0		1		0.065	0.088	
Aspartic acid g	0.391		0		1		0.111	0.149	
Glutamic acid g	1.223		0		1		0.347	0.465	
Glycine g	0.178		0		1		0.050	0.068	
Proline g	0.403		0		1		0.114	0.153	
Serine g	0.342		0		1		0.097	0.130	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18133

Cake, sponge, commercially prepared

Measure 1 = 28.35g: 1 oz

Measure 2 = 38g: 1 piece (1/12 of 16 oz cake)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18134
Cake, sponge, prepared from recipe

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	29.40		0		1		8.33	18.52	
Energy kcal	297		0	NC	4		84	187	
Energy kj	1243				4		352	783	
Protein (N x 0) g	7.30		0		1		2.07	4.60	
Total lipid (fat) g	4.30		0		1		1.22	2.71	
Ash g	1.30		0		1		0.37	0.82	
Carbohydrate, by difference g	57.70		0	NC	4		16.36	36.35	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	42		0		1		12	26	
Iron, Fe mg	1.58		0		1		0.45	1.00	
Magnesium, Mg mg	9		0		1		3	6	
Phosphorus, P mg	100		0		1		28	63	
Potassium, K mg	141		0		1		40	89	
Sodium, Na mg	228		0		1		65	144	
Zinc, Zn mg	0.59		0		1		0.17	0.37	
Copper, Cu mg	0.056		0		1		0.016	0.035	
Manganese, Mn mg	0.167		0		1		0.047	0.105	
Selenium, Se mcg	18.5		0	RK	4		5.2	11.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	
Thiamin mg	0.159		0		1		0.045	0.100	
Riboflavin mg	0.301		0		1		0.085	0.190	
Niacin mg	1.204		0		1		0.341	0.759	
Pantothenic acid mg	0.546		0		1		0.155	0.344	
Vitamin B-6 mg	0.059		0		1		0.017	0.037	
Folate, total mcg	39		0	RK	4		11	25	
Folic acid mcg	20		0	NC	4		6	13	
Folate, food mcg	19		0		1		5	12	
Folate, DFE mcg_DFE	53		0	NC	4		15	33	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.37		0		1		0.10	0.23	
Vitamin A, RAE mcg_RAE	77		0	NC	4		22	49	
Retinol mcg	77		0	NC	4		22	49	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	258		0		1		73	163	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	1.301		0		1		0.369	0.820	
4:0 g									
6:0 g									
8:0 g	0.001		0		1		0.000	0.001	
10:0 g	0.001		0		1		0.000	0.001	
12:0 g	0.001		0		1		0.000	0.001	
13:0 g									

NDB No. 18134
Cake, sponge, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.014		0		1		0.004	0.009	
15:0....g									
16:0....g	0.943		0		1		0.267	0.594	
17:0....g									
18:0....g	0.322		0		1		0.091	0.203	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.576		0		1		0.447	0.993	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.122		0		1		0.035	0.077	
17:1....g									
18:1 undifferentiated....g	1.439		0		1		0.408	0.907	
20:1....g	0.011		0		1		0.003	0.007	
22:1 undifferentiated....g	0.001		0		1		0.000	0.001	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.649		0		1		0.184	0.409	
18:2 undifferentiated....g	0.556		0		1		0.158	0.350	
18:3 undifferentiated....g	0.019		0		1		0.005	0.012	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.058		0		1		0.016	0.037	
20:5 n-3....g	0.001		0		1		0.000	0.001	
22:5 n-3....g									
22:6 n-3....g	0.015		0		1		0.004	0.009	
Fatty acids, total trans....g									
Cholesterol....mg	170		0		1		48	107	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.089		0		1		0.025	0.056	
Threonine....g	0.308		0		1		0.087	0.194	
Isoleucine....g	0.350		0		1		0.099	0.221	
Leucine....g	0.590		0		1		0.167	0.372	
Lysine....g	0.418		0		1		0.119	0.263	
Methionine....g	0.192		0		1		0.054	0.121	
Cystine....g	0.161		0		1		0.046	0.101	
Phenylalanine....g	0.374		0		1		0.106	0.236	
Tyrosine....g	0.277		0		1		0.079	0.175	
Valine....g	0.395		0		1		0.112	0.249	
Arginine....g	0.404		0		1		0.115	0.255	
Histidine....g	0.172		0		1		0.049	0.108	
Alanine....g	0.350		0		1		0.099	0.221	
Aspartic acid....g	0.600		0		1		0.170	0.378	
Glutamic acid....g	1.427		0		1		0.405	0.899	
Glycine....g	0.250		0		1		0.071	0.158	
Proline....g	0.468		0		1		0.133	0.295	
Serine....g	0.498		0		1		0.141	0.314	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 63g: 1 piece (1/12 of 10 inch cake)

Calories Factors: Protein Fat Carbohydrate

NDB No. 18134
Cake, sponge, prepared from recipe

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18135
Cake, white, dry mix, pudding-type, enriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	3.50	0.045	16		1		0.99	18.34	
Energy kcal	423		0	NC	4		120	2217	
Energy kj	1770		0		4		502	9274	
Protein (N x 5.8) g	3.90	0.115	16		1		1.11	20.44	
Total lipid (fat) g	9.50	0.171	16		1		2.69	49.78	
Ash g	2.20	0.011	13		1		0.62	11.53	
Carbohydrate, by difference g	81.00		0		4		22.96	424.44	
Fiber, total dietary g	0.7		0	RA	4		0.2	3.7	
Sugars, total g	48.95		0	FLA	4		13.88	256.48	
Starch g									
Minerals:									
Calcium, Ca mg	77	1.400	16		1		22	403	
Iron, Fe mg	1.36	0.031	8		1		0.39	7.13	
Magnesium, Mg mg	9	0.141	16		1		3	47	
Phosphorus, P mg	277	6.455	16		1		79	1451	
Potassium, K mg	72	9.520	8		1		20	377	
Sodium, Na mg	665	4.266	8		1		189	3485	
Zinc, Zn mg	0.25	0.004	13		1		0.07	1.31	
Copper, Cu mg	0.056	0.003	7		1		0.016	0.293	
Manganese, Mn mg	0.278		0	FLA	4		0.079	1.457	
Selenium, Se mcg	2.7		0	FLA	4		0.8	14.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	FLA	4		0.0	0.0	
Thiamin mg	0.280	0.015	5		1		0.079	1.467	
Riboflavin mg	0.180	0.015	8		1		0.051	0.943	
Niacin mg	2.425	0.129	8		1		0.687	12.707	
Pantothenic acid mg	0.233		0	FLA	4		0.066	1.221	
Vitamin B-6 mg	0.018		0	FLA	4		0.005	0.094	
Folate, total mcg	91		1	AI	13		26	477	
Folic acid mcg	87		0		4		25	456	
Folate, food mcg	4		0		4		1	21	
Folate, DFE mcg_DFE	152		0	NC	4		43	796	
Choline, total mg	6.2		0	FLC	4		1.7	32.3	
Betaine mg									
Vitamin B-12 mcg	0.04		0	FLA	4		0.01	0.21	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	FLA	4		0	0	
Carotene, beta mcg	0		0	FLA	4		0	0	
Carotene, alpha mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta mcg	0		0	FLA	4		0	0	
Vitamin A, IU IU	0		0	FLA	4		0	0	
Lycopene mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin mcg	1		0	FLA	4		0	5	
Vitamin E (alpha-tocopherol) mg	0.08		0	FLA	4		0.02	0.42	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	4.1		0	FLA	4		1.1	21.2	
Lipids:									
Fatty acids, total saturated g	2.340		0	FLA	4		0.663	12.262	
4:0 g	0.001		0		4		0.000	0.005	
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.000		0		4		0.000	0.000	

NDB No. 18135
Cake, white, dry mix, pudding-type, enriched

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.001		0		4		0.000	0.005	
13:0 g									
14:0 g	0.048		0		4		0.014	0.252	
15:0 g									
16:0 g	1.234		0		4		0.350	6.466	
17:0 g									
18:0 g	1.106		0		4		0.314	5.795	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.092		0	FLA	4		1.160	21.442	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.002		0	FLA	4		0.001	0.010	
17:1 g									
18:1 undifferentiated g	4.091		0	FLA	4		1.160	21.437	
20:1 g	0.000		0	RA	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	RA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	2.544		0	FLA	4		0.721	13.331	
18:2 undifferentiated g	1.180		0		4		0.335	6.183	
18:3 undifferentiated g	0.064		0		4		0.018	0.335	
18:4 g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	RA	4		0.000	0.000	
20:5 n-3 g	0.000		0	RA	4		0.000	0.000	
22:5 n-3 g	0.000		0	RA	4		0.000	0.000	
22:6 n-3 g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.055		0		4		0.016	0.288	
Threonine g	0.119		0		4		0.034	0.624	
Isoleucine g	0.162		0		4		0.046	0.849	
Leucine g	0.284		0		4		0.081	1.488	
Lysine g	0.165		0		4		0.047	0.865	
Methionine g	0.071		0		4		0.020	0.372	
Cystine g	0.075		0		4		0.021	0.393	
Phenylalanine g	0.183		0		4		0.052	0.959	
Tyrosine g	0.123		0		4		0.035	0.645	
Valine g	0.185		0		4		0.052	0.969	
Arginine g	0.146		0		4		0.041	0.765	
Histidine g	0.083		0		4		0.024	0.435	
Alanine g	0.119		0		4		0.034	0.624	
Aspartic acid g	0.184		0		4		0.052	0.964	
Glutamic acid g	1.194		0		4		0.338	6.257	
Glycine g	0.122		0		4		0.035	0.639	
Proline g	0.421		0		4		0.119	2.206	
Serine g	0.204		0		4		0.058	1.069	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	RA	4		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18135

Cake, white, dry mix, pudding-type, enriched

Measure 1 = 28.35g: 1 oz

Measure 2 = 524g: 1 package (18.50 oz)

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18419
Cake, white, dry mix, pudding-type, unenriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	3.50	0.045	16		1		0.99	18.34	
Energy kcal	423		0	NC	4		120	2217	
Energy kj	1770				4		502	9274	
Protein (N x 5.8) g	3.90	0.115	16		1		1.11	20.44	
Total lipid (fat) g	9.50	0.171	16		1		2.69	49.78	
Ash g	2.20	0.011	13		1		0.62	11.53	
Carbohydrate, by difference g	81.00		0		4		22.96	424.44	
Fiber, total dietary g	0.7		0	BFZN	4		0.2	3.7	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	77	1.400	16		1		22	403	
Iron, Fe mg	0.52		0		4		0.15	2.72	
Magnesium, Mg mg	9	0.141	16		1		3	47	
Phosphorus, P mg	277	6.455	16		1		79	1451	
Potassium, K mg	72	9.520	8		1		20	377	
Sodium, Na mg	665	4.266	8		1		189	3485	
Zinc, Zn mg	0.25	0.004	13		1		0.07	1.31	
Copper, Cu mg	0.056	0.003	7		1		0.016	0.293	
Manganese, Mn mg	0.278		0	BFZN	4		0.079	1.457	
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	BFZN	4		0.0	0.0	
Thiamin mg	0.080		0		4		0.023	0.419	
Riboflavin mg	0.060		0		4		0.017	0.314	
Niacin mg	0.970		0		4		0.275	5.083	
Pantothenic acid mg	0.233		0	BFZN	4		0.066	1.221	
Vitamin B-6 mg	0.018		0	BFZN	4		0.005	0.094	
Folate, total mcg	9		0		4		3	47	
Folic acid mcg	0		0	Z	7		0	0	
Folate, food mcg	9		0		4		3	47	
Folate, DFE mcg_DFE	9		0	NC	4		3	47	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.04		0	BFZN	4		0.01	0.21	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	0		0	BFZN	4		0	0	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	2.340		0	BFZN	4		0.663	12.262	
4:0 g	0.000		0		4		0.000	0.000	
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.000		0		4		0.000	0.000	
12:0 g	0.000		0	BFZN	4		0.000	0.000	
13:0 g									

NDB No. 18419
Cake, white, dry mix, pudding-type, unenriched

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.038		0	BFZN	4		0.011	0.199	
15:0....g									
16:0....g	1.338		0	BFZN	4		0.379	7.011	
17:0....g									
18:0....g	0.970		0	BFZN	4		0.275	5.083	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.092		0	BFZN	4		1.160	21.442	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0	BFZN	4		0.001	0.010	
17:1....g									
18:1 undifferentiated....g	4.091		0	BFZN	4		1.160	21.437	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.544		0	BFZN	4		0.721	13.331	
18:2 undifferentiated....g	2.389		0	BFZN	4		0.677	12.518	
18:3 undifferentiated....g	0.156		0	BFZN	4		0.044	0.817	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.055		0		4		0.016	0.288	
Threonine....g	0.119		0		4		0.034	0.624	
Isoleucine....g	0.162		0		4		0.046	0.849	
Leucine....g	0.284		0		4		0.081	1.488	
Lysine....g	0.165		0		4		0.047	0.865	
Methionine....g	0.071		0		4		0.020	0.372	
Cystine....g	0.075		0		4		0.021	0.393	
Phenylalanine....g	0.183		0		4		0.052	0.959	
Tyrosine....g	0.123		0		4		0.035	0.645	
Valine....g	0.185		0		4		0.052	0.969	
Arginine....g	0.146		0		4		0.041	0.765	
Histidine....g	0.083		0		4		0.024	0.435	
Alanine....g	0.119		0		4		0.034	0.624	
Aspartic acid....g	0.184		0		4		0.052	0.964	
Glutamic acid....g	1.194		0		4		0.338	6.257	
Glycine....g	0.122		0		4		0.035	0.639	
Proline....g	0.421		0		4		0.119	2.206	
Serine....g	0.204		0		4		0.058	1.069	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 524g: 1 package (18.50 oz)

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 4

NDB No. 18419
Cake, white, dry mix, pudding-type, unenriched

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18137
Cake, white, dry mix, regular

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	4.00	0.095	20		1		1.13	20.96	
Energy kcal	426		0	NC	4		121	2232	
Energy kj	1782		0		4		505	9340	
Protein (N x 5.8) g	4.50	0.079	20		1		1.28	23.58	
Total lipid (fat) g	10.90	0.379	20		1		3.09	57.12	
Ash g	2.70	0.127	12		1		0.77	14.15	
Carbohydrate, by difference g	78.00		0	NC	4		22.11	408.72	
Fiber, total dietary g	0.9		0		4		0.3	4.9	
Sugars, total g	54.51		0	FLA	4		15.45	285.63	
Starch g									
Minerals:									
Calcium, Ca mg	192	5.765	6		1		54	1006	
Iron, Fe mg	1.39	0.057	15		1		0.39	7.28	
Magnesium, Mg mg	11	0.645	12		1		3	58	
Phosphorus, P mg	337	12.694	17		1		96	1766	
Potassium, K mg	117	13.652	8		1		33	613	
Sodium, Na mg	664	13.701	15		1		188	3479	
Zinc, Zn mg	0.46	0.105	12		1		0.13	2.41	
Copper, Cu mg	0.081	0.006	12		1		0.023	0.424	
Manganese, Mn mg	0.205		0	FLA	4		0.058	1.074	
Selenium, Se mcg	8.6		0	FLA	4		2.4	45.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.3		0	FLA	4		0.1	1.6	
Thiamin mg	0.235	0.025	4		1		0.067	1.231	
Riboflavin mg	0.197	0.013	9		1		0.056	1.032	
Niacin mg	1.080	0.385	9		1		0.306	5.659	
Pantothenic acid mg	0.294		0	FLA	4		0.083	1.541	
Vitamin B-6 mg	0.028		0	FLA	4		0.008	0.147	
Folate, total mcg	91		1	AI	13		26	477	
Folic acid mcg	80		0		4		23	419	
Folate, food mcg	11		0		4		3	58	
Folate, DFE mcg_DFE	147		0	NC	4		42	770	
Choline, total mg	6.2		0	BFZN	4		1.7	32.3	
Betaine mg									
Vitamin B-12 mcg	0.18		0	FLA	4		0.05	0.94	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	2	
Retinol mcg	0		0	FLA	4		0	1	
Carotene, beta mcg	0		0	FLA	4		0	0	
Carotene, alpha mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta mcg	0		0	FLA	4		0	0	
Vitamin A, IU IU	2		0	FLA	4		1	10	
Lycopene mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin mcg	3		0	FLA	4		1	15	
Vitamin E (alpha-tocopherol) mg	0.87		0	FLA	4		0.25	4.55	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	2.7		0	FLA	4		0.8	14.2	
Lipids:									
Fatty acids, total saturated g	1.643		0	FLA	4		0.466	8.609	
4:0 g	0.001		0	FLA	4		0.000	0.005	
6:0 g	0.000		0	FLA	4		0.000	0.000	
8:0 g	0.000		0	FLA	4		0.000	0.000	
10:0 g	0.001		0	FLA	4		0.000	0.005	

NDB No. 18137
Cake, white, dry mix, regular

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.001		0	FLA	4		0.000	0.005	
13:0 g									
14:0 g	0.014		0	FLA	4		0.004	0.073	
15:0 g									
16:0 g	1.089		0	FLA	4		0.309	5.706	
17:0 g									
18:0 g	0.535		0	FLA	4		0.152	2.803	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.585		0	FLA	4		1.300	24.025	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.044		0	FLA	4		0.012	0.231	
17:1 g									
18:1 undifferentiated g	4.530		0	FLA	4		1.284	23.737	
20:1 g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	4.101		0	FLA	4		1.163	21.489	
18:2 undifferentiated g	3.808		0	FLA	4		1.080	19.954	
18:3 undifferentiated g	0.282		0	FLA	4		0.080	1.478	
18:4 g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.060		0		1		0.017	0.314	
Threonine g	0.138		0		1		0.039	0.723	
Isoleucine g	0.182		0		1		0.052	0.954	
Leucine g	0.332		0		1		0.094	1.740	
Lysine g	0.165		0		1		0.047	0.865	
Methionine g	0.084		0		1		0.024	0.440	
Cystine g	0.087		0		1		0.025	0.456	
Phenylalanine g	0.221		0		1		0.063	1.158	
Tyrosine g	0.148		0		1		0.042	0.776	
Valine g	0.208		0		1		0.059	1.090	
Arginine g	0.176		0		1		0.050	0.922	
Histidine g	0.101		0		1		0.029	0.529	
Alanine g	0.143		0		1		0.041	0.749	
Aspartic acid g	0.218		0		1		0.062	1.142	
Glutamic acid g	1.397		0		1		0.396	7.320	
Glycine g	0.146		0		1		0.041	0.765	
Proline g	0.498		0		1		0.141	2.610	
Serine g	0.231		0		1		0.065	1.210	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18137
Cake, white, dry mix, regular

Measure 1 = 28.35g: 1 oz
Measure 2 = 524g: 1 package (18.50 oz)

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

NDB No. 18131
Cake, white, dry mix, special dietary (includes lemon-flavored)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	6.00		2		1		1.70	13.62	
Energy kcal	397		0	NC	4		113	901	
Energy kj	1661				4		471	3771	
Protein (N x 5.7) g	3.00		2		1		0.85	6.81	
Total lipid (fat) g	8.40		2		1		2.38	19.07	
Ash g	2.90		2		1		0.82	6.58	
Carbohydrate, by difference g	79.60		0		4		22.57	180.69	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	26		2		1		7	59	
Iron, Fe mg	1.99		2		1		0.56	4.52	
Magnesium, Mg mg	10		2		1		3	23	
Phosphorus, P mg	296		2		1		84	672	
Potassium, K mg	149		2		1		42	338	
Sodium, Na mg	260		2		1		74	590	
Zinc, Zn mg	0.30		2		1		0.09	0.68	
Copper, Cu mg	0.057		2		1		0.016	0.129	
Manganese, Mn mg	0.300		0	FLA	4		0.085	0.681	
Selenium, Se mcg	2.5		0	FLA	4		0.7	5.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		2		1		0.0	0.0	
Thiamin mg	0.289		2		1		0.082	0.656	
Riboflavin mg	0.179		2		1		0.051	0.406	
Niacin mg	2.395		2		1		0.679	5.437	
Pantothenic acid mg	0.196		2		1		0.056	0.445	
Vitamin B-6 mg	0.018		2		1		0.005	0.041	
Folate, total mcg	69		0	FLA	4		20	157	
Folic acid mcg	60		0	NC	4		17	136	
Folate, food mcg	9		2		1		3	20	
Folate, DFE mcg_DFE	111		0	NC	4		31	252	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.00		2		1		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	0		2		1		0	0	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	1.251		0	FLA	4		0.355	2.840	
4:0 g	0.000		0	FLA	4		0.000	0.000	
6:0 g	0.000		0	FLA	4		0.000	0.000	
8:0 g	0.000		0	FLA	4		0.000	0.000	
10:0 g	0.000		0	FLA	4		0.000	0.000	
12:0 g	0.000		0	FLA	4		0.000	0.000	
13:0 g									

NDB No. 18131

Cake, white, dry mix, special dietary (includes lemon-flavored)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.008		0	FLA	4		0.002	0.018	
15:0....g									
16:0....g	0.836		0	FLA	4		0.237	1.898	
17:0....g									
18:0....g	0.403		0	FLA	4		0.114	0.915	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.480		0	FLA	4		0.987	7.900	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.033		0	FLA	4		0.009	0.075	
17:1....g									
18:1 undifferentiated....g	3.439		0	FLA	4		0.975	7.807	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.183		0	FLA	4		0.902	7.225	
18:2 undifferentiated....g	2.957		0	FLA	4		0.838	6.712	
18:3 undifferentiated....g	0.218		0	FLA	4		0.062	0.495	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		2		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.044		0		4		0.012	0.100	
Threonine....g	0.084		0		4		0.024	0.191	
Isoleucine....g	0.115		0		4		0.033	0.261	
Leucine....g	0.206		0		4		0.058	0.468	
Lysine....g	0.105		0		4		0.030	0.238	
Methionine....g	0.051		0		4		0.014	0.116	
Cystine....g	0.066		0		4		0.019	0.150	
Phenylalanine....g	0.144		0		4		0.041	0.327	
Tyrosine....g	0.087		0		4		0.025	0.197	
Valine....g	0.133		0		4		0.038	0.302	
Arginine....g	0.116		0		4		0.033	0.263	
Histidine....g	0.062		0		4		0.018	0.141	
Alanine....g	0.092		0		4		0.026	0.209	
Aspartic acid....g	0.127		0		4		0.036	0.288	
Glutamic acid....g	1.002		0		4		0.284	2.275	
Glycine....g	0.103		0		4		0.029	0.234	
Proline....g	0.338		0		4		0.096	0.767	
Serine....g	0.160		0		4		0.045	0.363	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 227g: 1 package (8 oz)

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 3.9

NDB No. 18131
Cake, white, dry mix, special dietary (includes lemon-flavored)

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18102
Cake, white, prepared from recipe with coconut frosting

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	20.70		0		1		5.87	23.18	
Energy kcal	356		0	NC	4		101	399	
Energy kj	1490		0		4		422	1668	
Protein (N x 0) g	4.40		0		1		1.25	4.93	
Total lipid (fat) g	10.30		0		1		2.92	11.54	
Ash g	1.50		0		1		0.43	1.68	
Carbohydrate, by difference g	63.20		0	NC	4		17.92	70.78	
Fiber, total dietary g	1.0		0		4		0.3	1.1	
Sugars, total g	57.39		0	RA	4		16.27	64.28	
Starch g									
Minerals:									
Calcium, Ca mg	90		0		1		26	101	
Iron, Fe mg	1.16		0		1		0.33	1.30	
Magnesium, Mg mg	12		0		1		3	13	
Phosphorus, P mg	70		0		1		20	78	
Potassium, K mg	99		0		1		28	111	
Sodium, Na mg	284		0		1		81	318	
Zinc, Zn mg	0.33		0		1		0.09	0.37	
Copper, Cu mg	0.067		0		1		0.019	0.075	
Manganese, Mn mg	0.277		0		1		0.079	0.310	
Selenium, Se mcg	10.7		0	RK	4		3.0	12.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.1		0		1		0.0	0.1	
Thiamin mg	0.128		0		1		0.036	0.143	
Riboflavin mg	0.189		0		1		0.054	0.212	
Niacin mg	1.063		0		1		0.301	1.191	
Pantothenic acid mg	0.167		0		1		0.047	0.187	
Vitamin B-6 mg	0.029		0		1		0.008	0.032	
Folate, total mcg	31		0	RA	4		9	35	
Folic acid mcg	27		0		4		8	30	
Folate, food mcg	5		0		1		1	6	
Folate, DFE mcg_DFE	51		0	NC	4		14	57	
Choline, total mg	6.0		0	RK	4		1.7	6.7	
Betaine mg									
Vitamin B-12 mcg	0.06		0		1		0.02	0.07	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	12		0	NC	4		3	14	
Retinol mcg	12		0	RA	4		3	14	
Carotene, beta mcg	1		0	RA	4		0	1	
Carotene, alpha mcg	0		0	RA	4		0	0	
Cryptoxanthin, beta mcg	0		0	RA	4		0	0	
Vitamin A, IU IU	42		0	NC	4		12	47	
Lycopene mcg	0		0	RA	4		0	0	
Lutein + zeaxanthin mcg	4		0	RA	4		1	4	
Vitamin E (alpha-tocopherol) mg	0.12		0	RA	4		0.03	0.14	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	4.1		0	RA	4		1.2	4.6	
Lipids:									
Fatty acids, total saturated g	3.897		0		1		1.105	4.365	
4:0 g	0.012		0		1		0.003	0.013	
6:0 g	0.017		0		1		0.005	0.019	
8:0 g	0.133		0		1		0.038	0.149	
10:0 g	0.113		0		1		0.032	0.127	

NDB No. 18102

Cake, white, prepared from recipe with coconut frosting

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.847		0		1		0.240	0.949	
13:0 g									
14:0 g	0.402		0		1		0.114	0.450	
15:0 g									
16:0 g	1.394		0		1		0.395	1.561	
17:0 g									
18:0 g	0.978		0		1		0.277	1.095	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.692		0		1		1.047	4.135	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.008		0		1		0.002	0.009	
17:1 g									
18:1 undifferentiated g	3.683		0		1		1.044	4.125	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	2.162		0		1		0.613	2.421	
18:2 undifferentiated g	2.026		0		1		0.574	2.269	
18:3 undifferentiated g	0.135		0		1		0.038	0.151	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 g	0.000		0		1		0.000	0.000	
22:5 n-3 g	0.000		0		1		0.000	0.000	
22:6 n-3 g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	1		0		1		0	1	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.054		0		1		0.015	0.060	
Threonine g	0.157		0		1		0.045	0.176	
Isoleucine g	0.199		0		1		0.056	0.223	
Leucine g	0.338		0		1		0.096	0.379	
Lysine g	0.204		0		1		0.058	0.228	
Methionine g	0.107		0		1		0.030	0.120	
Cystine g	0.091		0		1		0.026	0.102	
Phenylalanine g	0.228		0		1		0.065	0.255	
Tyrosine g	0.154		0		1		0.044	0.172	
Valine g	0.229		0		1		0.065	0.256	
Arginine g	0.213		0		1		0.060	0.239	
Histidine g	0.099		0		1		0.028	0.111	
Alanine g	0.183		0		1		0.052	0.205	
Aspartic acid g	0.303		0		1		0.086	0.339	
Glutamic acid g	1.035		0		1		0.293	1.159	
Glycine g	0.146		0		1		0.041	0.164	
Proline g	0.354		0		1		0.100	0.396	
Serine g	0.247		0		1		0.070	0.277	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	RA	4		0	0	
Theobromine mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18102

Cake, white, prepared from recipe with coconut frosting

Measure 1 = 28.35g: 1 oz

Measure 2 = 112g: 1 piece (1/12 of 9" dia)

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18139
Cake, white, prepared from recipe without frosting

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	23.30		0		1		206.67	17.24	
Energy....kcal	357		0	NC	4		3167	264	
Energy....kj	1494		0		4		13249	1105	
Protein (N x 0)....g	5.40		0		1		47.90	4.00	
Total lipid (fat)....g	12.40		0		1		109.99	9.18	
Ash....g	1.80		0		1		15.97	1.33	
Carbohydrate, by difference....g	57.20		0	NC	4		507.36	42.33	
Fiber, total dietary....g	0.8		0		4		7.1	0.6	
Sugars, total....g	35.49		0	RA	4		314.81	26.26	
Starch....g									
Minerals:									
Calcium, Ca....mg	130		0		1		1153	96	
Iron, Fe....mg	1.52		0		1		13.48	1.12	
Magnesium, Mg....mg	12		0		1		106	9	
Phosphorus, P....mg	93		0		1		825	69	
Potassium, K....mg	95		0		1		843	70	
Sodium, Na....mg	327		0		1		2900	242	
Zinc, Zn....mg	0.32		0		1		2.84	0.24	
Copper, Cu....mg	0.059		0		1		0.523	0.044	
Manganese, Mn....mg	0.197		0		1		1.747	0.146	
Selenium, Se....mcg	13.0		0	RK	4		115.3	9.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0		1		1.8	0.1	
Thiamin....mg	0.186		0		1		1.650	0.138	
Riboflavin....mg	0.242		0		1		2.147	0.179	
Niacin....mg	1.533		0		1		13.598	1.134	
Pantothenic acid....mg	0.184		0		1		1.632	0.136	
Vitamin B-6....mg	0.021		0		1		0.186	0.016	
Folate, total....mcg	38		0	RA	4		333	28	
Folic acid....mcg	31		0		4		275	23	
Folate, food....mcg	7		0		1		62	5	
Folate, DFE....mcg_DFE	60		0	NC	4		530	44	
Choline, total....mg	5.7		0	RK	4		50.2	4.2	
Betaine....mg									
Vitamin B-12....mcg	0.08		0		1		0.71	0.06	
Vitamin A, RAE....mcg_RAE	15		0	NC	4		135	11	
Retinol....mcg	15		0	RA	4		134	11	
Carotene, beta....mcg	1		0	RA	4		8	1	
Carotene, alpha....mcg	0		0	RA	4		0	0	
Cryptoxanthin, beta....mcg	0		0	RA	4		0	0	
Vitamin A, IU....IU	52		0	NC	4		461	38	
Lycopene....mcg	0		0	RA	4		0	0	
Lutein + zeaxanthin....mcg	5		0	RA	4		41	3	
Vitamin E (alpha-tocopherol)....mg	0.12		0	RA	4		1.04	0.09	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	5.1		0	RA	4		45.2	3.8	
Lipids:									
Fatty acids, total saturated....g	3.269		0		1		28.996	2.419	
4:0....g	0.018		0		1		0.160	0.013	
6:0....g	0.011		0		1		0.098	0.008	
8:0....g	0.006		0		1		0.053	0.004	
10:0....g	0.014		0		1		0.124	0.010	
12:0....g	0.015		0		1		0.133	0.011	
13:0....g									

NDB No. 18139

Cake, white, prepared from recipe without frosting

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.101		0		1		0.896	0.075	
15:0....g									
16:0....g	1.812		0		1		16.072	1.341	
17:0....g									
18:0....g	1.291		0		1		11.451	0.955	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.309		0		1		47.091	3.929	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.012		0		1		0.106	0.009	
17:1....g									
18:1 undifferentiated....g	5.296		0		1		46.976	3.919	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.148		0		1		27.923	2.330	
18:2 undifferentiated....g	2.949		0		1		26.158	2.182	
18:3 undifferentiated....g	0.199		0		1		1.765	0.147	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3....g	0.000		0		1		0.000	0.000	
22:5 n-3....g	0.000		0		1		0.000	0.000	
22:6 n-3....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	2		0		1		18	1	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.067		0		1		0.594	0.050	
Threonine....g	0.190		0		1		1.685	0.141	
Isoleucine....g	0.243		0		1		2.155	0.180	
Leucine....g	0.419		0		1		3.717	0.310	
Lysine....g	0.241		0		1		2.138	0.178	
Methionine....g	0.128		0		1		1.135	0.095	
Cystine....g	0.111		0		1		0.985	0.082	
Phenylalanine....g	0.281		0		1		2.492	0.208	
Tyrosine....g	0.191		0		1		1.694	0.141	
Valine....g	0.276		0		1		2.448	0.204	
Arginine....g	0.235		0		1		2.084	0.174	
Histidine....g	0.124		0		1		1.100	0.092	
Alanine....g	0.215		0		1		1.907	0.159	
Aspartic acid....g	0.350		0		1		3.105	0.259	
Glutamic acid....g	1.373		0		1		12.179	1.016	
Glycine....g	0.179		0		1		1.588	0.132	
Proline....g	0.483		0		1		4.284	0.357	
Serine....g	0.302		0		1		2.679	0.223	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	RA	4		0	0	
Theobromine....mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 887g: 1 cake, 2-layer (8" or 9" dia)

NDB No. 18139

Cake, white, prepared from recipe without frosting

Measure 2 = 74g: 1 piece (1/12 of 9" dia)

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18140

Cake, yellow, commercially prepared, with chocolate frosting

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	21.90	0.935	5		1		6.21	14.02	
Energy kcal	379		0		4		107	243	
Energy kj	1586				4		450	1015	
Protein (N x 6) g	3.80	0.242	7		1		1.08	2.43	
Total lipid (fat) g	17.40	1.171	7		1		4.93	11.14	
Ash g	1.30	0.058	5		1		0.37	0.83	
Carbohydrate, by difference g	55.40		0	NC	4		15.71	35.46	
Fiber, total dietary g	1.8		0		1		0.5	1.2	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	37	12.010	5		1		10	24	
Iron, Fe mg	2.08	0.489	5		1		0.59	1.33	
Magnesium, Mg mg	30	1.150	3		1		9	19	
Phosphorus, P mg	161	4.333	3		1		46	103	
Potassium, K mg	178		1		1		50	114	
Sodium, Na mg	337	14.562	4		1		96	216	
Zinc, Zn mg	0.62		2		1		0.18	0.40	
Copper, Cu mg	0.188		2		1		0.053	0.120	
Manganese, Mn mg	0.260		2		1		0.074	0.166	
Selenium, Se mcg	3.4	0.585	4	A	1		1.0	2.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	FLA	4		0.0	0.0	
Thiamin mg	0.120	0.025	3		1		0.034	0.077	
Riboflavin mg	0.157	0.023	3		1		0.045	0.100	
Niacin mg	1.247	0.253	3		1		0.354	0.798	
Pantothenic acid mg	0.282		0	FLA	4		0.080	0.180	
Vitamin B-6 mg	0.033		0	FLA	4		0.009	0.021	
Folate, total mcg	22		0	FLA	4		6	14	
Folic acid mcg	14		0	NC	4		4	9	
Folate, food mcg	8		0		4		2	5	
Folate, DFE mcg_DFE	32		0	NC	4		9	20	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.17		0	FLA	4		0.05	0.11	
Vitamin A, RAE mcg_RAE	33		0	NC	4		9	21	
Retinol mcg	33		0	NC	4		9	21	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	110		0	FLA	4		31	70	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	4.656		0	FLA	4		1.320	2.980	
4:0 g	0.001		0	FLA	4		0.000	0.001	
6:0 g	0.000		0	FLA	4		0.000	0.000	
8:0 g	0.001		0	FLA	4		0.000	0.001	
10:0 g	0.001		0	FLA	4		0.000	0.001	
12:0 g	0.001		0	FLA	4		0.000	0.001	
13:0 g									

NDB No. 18140

Cake, yellow, commercially prepared, with chocolate frosting

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0 g	0.083		0	FLA	4		0.024	0.053	
15:0 g									
16:0 g	2.458		0	FLA	4		0.697	1.573	
17:0 g									
18:0 g	2.100		0	FLA	4		0.595	1.344	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	9.593		0	FLA	4		2.720	6.140	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.046		0	FLA	4		0.013	0.029	
17:1 g									
18:1 undifferentiated g	9.540		0	FLA	4		2.705	6.106	
20:1 g	0.004		0	FLA	4		0.001	0.003	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	2.113		0	FLA	4		0.599	1.352	
18:2 undifferentiated g	1.985		0	FLA	4		0.563	1.270	
18:3 undifferentiated g	0.100		0	FLA	4		0.028	0.064	
18:4 g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.022		0	FLA	4		0.006	0.014	
20:5 n-3 g	0.001		0	FLA	4		0.000	0.001	
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 g	0.006		0	FLA	4		0.002	0.004	
Fatty acids, total trans g									
Cholesterol mg	55		2		1		16	35	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.050		0		1		0.014	0.032	
Threonine g	0.146		0		1		0.041	0.093	
Isoleucine g	0.173		0		1		0.049	0.111	
Leucine g	0.284		0		1		0.081	0.182	
Lysine g	0.209		0		1		0.059	0.134	
Methionine g	0.082		0		1		0.023	0.052	
Cystine g	0.073		0		1		0.021	0.047	
Phenylalanine g	0.185		0		1		0.052	0.118	
Tyrosine g	0.137		0		1		0.039	0.088	
Valine g	0.207		0		1		0.059	0.132	
Arginine g	0.185		0		1		0.052	0.118	
Histidine g	0.081		0		1		0.023	0.052	
Alanine g	0.161		0		1		0.046	0.103	
Aspartic acid g	0.290		0		1		0.082	0.186	
Glutamic acid g	0.781		0		1		0.221	0.500	
Glycine g	0.128		0		1		0.036	0.082	
Proline g	0.260		0		1		0.074	0.166	
Serine g	0.222		0		1		0.063	0.142	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18140

Cake, yellow, commercially prepared, with chocolate frosting

Measure 2 = 64g: 1 piece (1/8 of 18 oz cake)

Calories Factors: **Protein** 3.8 **Fat** 8.8 **Carbohydrate** 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18141
Cake, yellow, commercially prepared, with vanilla frosting

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	22.10	1.326	4		1		6.27	14.14	
Energy kcal	373		0	NC	4		106	239	
Energy kj	1561		0		4		442	999	
Protein (N x 6.1) g	3.50	0.246	5		1		0.99	2.24	
Total lipid (fat) g	14.50	1.399	6		1		4.11	9.28	
Ash g	1.00	0.025	4		1		0.28	0.64	
Carbohydrate, by difference g	58.80		0	NC	4		16.67	37.63	
Fiber, total dietary g	0.3		0		4		0.1	0.2	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	62	2.776	31		1		18	40	
Iron, Fe mg	1.07	0.050	29		1		0.30	0.68	
Magnesium, Mg mg	6	0.314	32		1		2	4	
Phosphorus, P mg	143	3.702	31		1		41	92	
Potassium, K mg	53	3.319	32		1		15	34	
Sodium, Na mg	344	5.681	32		1		98	220	
Zinc, Zn mg	0.25	0.010	27		1		0.07	0.16	
Copper, Cu mg	0.034	0.002	28		1		0.010	0.022	
Manganese, Mn mg	0.095	0.004	28		1		0.027	0.061	
Selenium, Se mcg	5.5		0	FLA	4		1.6	3.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	FLA	4		0.0	0.0	
Thiamin mg	0.100		1		1		0.028	0.064	
Riboflavin mg	0.070		1		1		0.020	0.045	
Niacin mg	0.500		1		1		0.142	0.320	
Pantothenic acid mg	0.350		0		4		0.099	0.224	
Vitamin B-6 mg	0.027		0	FLA	4		0.008	0.017	
Folate, total mcg	27		0	FLA	4		8	17	
Folic acid mcg	18		0	NC	4		5	12	
Folate, food mcg	9		0		4		3	6	
Folate, DFE mcg_DFE	40		0	NC	4		11	25	
Choline, total mg	36.4		0	A	1		10.3	23.3	
Betaine mg	18.7		0	A	1		5.3	11.9	
Vitamin B-12 mcg	0.15		0	FLA	4		0.04	0.10	
Vitamin A, RAE mcg_RAE	19		0	NC	4		5	12	
Retinol mcg	19		0	NC	4		5	12	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	63	6.377	4		1		18	40	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	2.371		0	FLA	4		0.672	1.517	
4:0 g	0.000		0	FLA	4		0.000	0.000	
6:0 g	0.000		0	FLA	4		0.000	0.000	
8:0 g	0.000		0	FLA	4		0.000	0.000	
10:0 g	0.000		0	FLA	4		0.000	0.000	
12:0 g	0.000		0	FLA	4		0.000	0.000	
13:0 g									

NDB No. 18141

Cake, yellow, commercially prepared, with vanilla frosting

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.018		0	FLA	4		0.005	0.012	
15:0....g									
16:0....g	1.590		0	FLA	4		0.451	1.018	
17:0....g									
18:0....g	0.754		0	FLA	4		0.214	0.483	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.107		0	FLA	4		1.731	3.908	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.092		0	FLA	4		0.026	0.059	
17:1....g									
18:1 undifferentiated....g	5.998		0	FLA	4		1.700	3.839	
20:1....g	0.004		0	FLA	4		0.001	0.003	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	5.150		0	FLA	4		1.460	3.296	
18:2 undifferentiated....g	4.766		0	FLA	4		1.351	3.050	
18:3 undifferentiated....g	0.347		0	FLA	4		0.098	0.222	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.018		0	FLA	4		0.005	0.012	
20:5 n-3....g	0.001		0	FLA	4		0.000	0.001	
22:5 n-3....g									
22:6 n-3....g	0.005		0	FLA	4		0.001	0.003	
Fatty acids, total trans....g									
Cholesterol....mg	55		0	FLA	4		16	35	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.046		0		1		0.013	0.029	
Threonine....g	0.142		0		1		0.040	0.091	
Isoleucine....g	0.177		0		1		0.050	0.113	
Leucine....g	0.290		0		1		0.082	0.186	
Lysine....g	0.216		0		1		0.061	0.138	
Methionine....g	0.087		0		1		0.025	0.056	
Cystine....g	0.067		0		1		0.019	0.043	
Phenylalanine....g	0.174		0		1		0.049	0.111	
Tyrosine....g	0.136		0		1		0.039	0.087	
Valine....g	0.199		0		1		0.056	0.127	
Arginine....g	0.163		0		1		0.046	0.104	
Histidine....g	0.082		0		1		0.023	0.052	
Alanine....g	0.147		0		1		0.042	0.094	
Aspartic acid....g	0.263		0		1		0.075	0.168	
Glutamic acid....g	0.751		0		1		0.213	0.481	
Glycine....g	0.106		0		1		0.030	0.068	
Proline....g	0.271		0		1		0.077	0.173	
Serine....g	0.216		0		1		0.061	0.138	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 64g: 1 piece (1/8 of 18 oz cake)

Calories Factors: **Protein** 4.2 **Fat** 8.9 **Carbohydrate** 3.9

NDB No. 18141
Cake, yellow, commercially prepared, with vanilla frosting

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18453
Cake, yellow, dry mix, light

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	3.10		2		1		0.88	16.24	
Energy kcal	404		0	NC	4		115	2117	
Energy kj	1690				4		479	8857	
Protein (N x 5.9) g	4.70		2		1		1.33	24.63	
Total lipid (fat) g	5.50		2		1		1.56	28.82	
Ash g	2.60		2		1		0.74	13.62	
Carbohydrate, by difference g	84.10		0	NC	4		23.84	440.68	
Fiber, total dietary g	1.3		2		1		0.4	6.8	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	155		2		1		44	812	
Iron, Fe mg	1.31		2		1		0.37	6.86	
Magnesium, Mg mg	10		2		1		3	52	
Phosphorus, P mg	324		2		1		92	1698	
Potassium, K mg	65		2		1		18	341	
Sodium, Na mg	604		2		1		171	3165	
Zinc, Zn mg	0.33		2		1		0.09	1.73	
Copper, Cu mg	0.063		2		1		0.018	0.330	
Manganese, Mn mg	0.228		2		1		0.065	1.195	
Selenium, Se mcg	3.1		0	FLA	4		0.9	16.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		2		1		0.0	0.0	
Thiamin mg	0.172		2		1		0.049	0.901	
Riboflavin mg	0.211		2		1		0.060	1.106	
Niacin mg	1.569		2		1		0.445	8.222	
Pantothenic acid mg	0.326		2		1		0.092	1.708	
Vitamin B-6 mg	0.026		2		1		0.007	0.136	
Folate, total mcg	76		0	FLA	4		22	398	
Folic acid mcg	71		0	NC	4		20	372	
Folate, food mcg	5		2		1		1	26	
Folate, DFE mcg_DFE	126		0	NC	4		36	659	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.11		2		1		0.03	0.58	
Vitamin A, RAE mcg_RAE	4		0	NC	4		1	20	
Retinol mcg	4		0	NC	4		1	20	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	13		2		1		4	68	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	1.367		0	FLA	4		0.388	7.163	
4:0 g	0.000		0	FLA	4		0.000	0.000	
6:0 g	0.000		0	FLA	4		0.000	0.000	
8:0 g	0.000		0	FLA	4		0.000	0.000	
10:0 g	0.000		0	FLA	4		0.000	0.000	
12:0 g	0.000		0	FLA	4		0.000	0.000	
13:0 g									

NDB No. 18453
Cake, yellow, dry mix, light

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.027		0	FLA	4		0.008	0.141	
15:0....g									
16:0....g	0.718		0	FLA	4		0.204	3.762	
17:0....g									
18:0....g	0.616		0	FLA	4		0.175	3.228	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.973		0	FLA	4		0.843	15.579	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0	FLA	4		0.001	0.010	
17:1....g									
18:1 undifferentiated....g	2.971		0	FLA	4		0.842	15.568	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.796		0	FLA	4		0.226	4.171	
18:2 undifferentiated....g	0.754		0	FLA	4		0.214	3.951	
18:3 undifferentiated....g	0.042		0	FLA	4		0.012	0.220	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.065		0		1		0.018	0.341	
Threonine....g	0.140		0		1		0.040	0.734	
Isoleucine....g	0.185		0		1		0.052	0.969	
Leucine....g	0.324		0		1		0.092	1.698	
Lysine....g	0.191		0		1		0.054	1.001	
Methionine....g	0.074		0		1		0.021	0.388	
Cystine....g	0.090		0		1		0.026	0.472	
Phenylalanine....g	0.221		0		1		0.063	1.158	
Tyrosine....g	0.141		0		1		0.040	0.739	
Valine....g	0.208		0		1		0.059	1.090	
Arginine....g	0.207		0		1		0.059	1.085	
Histidine....g	0.098		0		1		0.028	0.514	
Alanine....g	0.150		0		1		0.043	0.786	
Aspartic acid....g	0.264		0		1		0.075	1.383	
Glutamic acid....g	1.352		0		1		0.383	7.084	
Glycine....g	0.160		0		1		0.045	0.838	
Proline....g	0.448		0		1		0.127	2.348	
Serine....g	0.241		0		1		0.068	1.263	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 524g: 1 package (18.50 oz)

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 4

NDB No. 18453
Cake, yellow, dry mix, light

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18142
Cake, yellow, dry mix, pudding-type

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	4.00	0.084	48		1		1.13	20.96	
Energy kcal	423		0	NC	4		120	2217	
Energy kj	1770		0		4		502	9274	
Protein (N x 5.8) g	4.00	0.103	46		1		1.13	20.96	
Total lipid (fat) g	9.80	0.089	46		1		2.78	51.35	
Ash g	2.20	0.012	45		1		0.62	11.53	
Carbohydrate, by difference g	79.90		0	NC	4		22.65	418.68	
Fiber, total dietary g	0.7		0		4		0.2	3.8	
Sugars, total g	44.21		0	FLA	4		12.53	231.67	
Starch g									
Minerals:									
Calcium, Ca mg	115	7.275	44		1		33	603	
Iron, Fe mg	1.57	0.081	43		1		0.45	8.23	
Magnesium, Mg mg	9	0.143	32		1		3	47	
Phosphorus, P mg	253	4.025	28		1		72	1326	
Potassium, K mg	63	4.962	36		1		18	330	
Sodium, Na mg	687	12.856	44		1		195	3600	
Zinc, Zn mg	0.27	0.008	26		1		0.08	1.41	
Copper, Cu mg	0.058	0.004	20		1		0.016	0.304	
Manganese, Mn mg	0.280		0	FLA	4		0.079	1.467	
Selenium, Se mcg	2.4		1	A	1		0.7	12.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	FLA	4		0.0	0.0	
Thiamin mg	0.307	0.008	55		1		0.087	1.609	
Riboflavin mg	0.188	0.005	55		1		0.053	0.985	
Niacin mg	2.588	0.059	56		1		0.734	13.561	
Pantothenic acid mg	0.242		0	FLA	4		0.069	1.268	
Vitamin B-6 mg	0.016	0.002	6		1		0.005	0.084	
Folate, total mcg	104		1	AI	13		29	545	
Folic acid mcg	95		0		4		27	498	
Folate, food mcg	9		0		4		3	47	
Folate, DFE mcg_DFE	171		0	NC	4		48	893	
Choline, total mg	6.6		0	FLC	4		1.9	34.5	
Betaine mg									
Vitamin B-12 mcg	0.05		0	FLA	4		0.01	0.26	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	FLA	4		0	0	
Carotene, beta mcg	0		0	FLA	4		0	0	
Carotene, alpha mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta mcg	0		0	FLA	4		0	0	
Vitamin A, IU IU	0		0	FLA	4		0	0	
Lycopene mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin mcg	1		0	FLA	4		0	5	
Vitamin E (alpha-tocopherol) mg	0.77		0	FLA	4		0.22	4.04	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	2.5		0	FLA	4		0.7	12.9	
Lipids:									
Fatty acids, total saturated g	2.472		0	FLA	4		0.701	12.953	
4:0 g	0.000		0	FLA	4		0.000	0.000	
6:0 g	0.000		0	FLA	4		0.000	0.000	
8:0 g	0.000		0	FLA	4		0.000	0.000	
10:0 g	0.000		0	FLA	4		0.000	0.000	

NDB No. 18142
Cake, yellow, dry mix, pudding-type

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0	FLA	4		0.000	0.000	
13:0 g									
14:0 g	0.049		0	FLA	4		0.014	0.257	
15:0 g									
16:0 g	1.277		0	FLA	4		0.362	6.691	
17:0 g									
18:0 g	1.143		0	FLA	4		0.324	5.989	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.496		0	FLA	4		1.558	28.799	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.002		0	FLA	4		0.001	0.010	
17:1 g									
18:1 undifferentiated g	5.494		0	FLA	4		1.558	28.789	
20:1 g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.295		0	FLA	4		0.367	6.786	
18:2 undifferentiated g	1.229		0	FLA	4		0.348	6.440	
18:3 undifferentiated g	0.066		0	FLA	4		0.019	0.346	
18:4 g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.056		0		1		0.016	0.293	
Threonine g	0.120		0		1		0.034	0.629	
Isoleucine g	0.163		0		1		0.046	0.854	
Leucine g	0.286		0		1		0.081	1.499	
Lysine g	0.162		0		1		0.046	0.849	
Methionine g	0.072		0		1		0.020	0.377	
Cystine g	0.079		0		1		0.022	0.414	
Phenylalanine g	0.188		0		1		0.053	0.985	
Tyrosine g	0.124		0		1		0.035	0.650	
Valine g	0.186		0		1		0.053	0.975	
Arginine g	0.150		0		1		0.043	0.786	
Histidine g	0.084		0		1		0.024	0.440	
Alanine g	0.122		0		1		0.035	0.639	
Aspartic acid g	0.184		0		1		0.052	0.964	
Glutamic acid g	1.239		0		1		0.351	6.492	
Glycine g	0.127		0		1		0.036	0.665	
Proline g	0.433		0		1		0.123	2.269	
Serine g	0.209		0		1		0.059	1.095	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18142
Cake, yellow, dry mix, pudding-type

Measure 1 = 28.35g: 1 oz
Measure 2 = 524g: 1 package (18.50 oz)

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18144
Cake, yellow, dry mix, regular, enriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	3.70	0.066	86		1		1.05	19.39	
Energy kcal	432		0	NC	4		122	2264	
Energy kj	1807		0		4		512	9471	
Protein (N x 5.9) g	4.40	0.057	80		1		1.25	23.06	
Total lipid (fat) g	11.60	0.225	79		1		3.29	60.78	
Ash g	2.30	0.041	61		1		0.65	12.05	
Carbohydrate, by difference g	78.10		0	NC	4		22.14	409.24	
Fiber, total dietary g	1.1		0		1		0.3	5.8	
Sugars, total g	43.33		0	FLA	4		12.29	227.07	
Starch g									
Minerals:									
Calcium, Ca mg	135	6.465	50		1		38	707	
Iron, Fe mg	1.50	0.053	60		1		0.43	7.86	
Magnesium, Mg mg	10	0.456	46		1		3	52	
Phosphorus, P mg	310	7.955	55		1		88	1624	
Potassium, K mg	82	5.163	27		1		23	430	
Sodium, Na mg	657	18.708	61		1		186	3443	
Zinc, Zn mg	0.27	0.009	43		1		0.08	1.41	
Copper, Cu mg	0.072	0.003	37		1		0.020	0.377	
Manganese, Mn mg	0.191	0.048	3		1		0.054	1.001	
Selenium, Se mcg	3.0		0	FLA	4		0.9	15.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.2		0	FLA	4		0.1	1.0	
Thiamin mg	0.193	0.007	33		1		0.055	1.011	
Riboflavin mg	0.200	0.019	33		1		0.057	1.048	
Niacin mg	1.778	0.125	24		1		0.504	9.317	
Pantothenic acid mg	0.364	0.071	4		1		0.103	1.907	
Vitamin B-6 mg	0.077		2		1		0.022	0.403	
Folate, total mcg	104		1	AI	13		29	545	
Folic acid mcg	95		0		4		27	498	
Folate, food mcg	9		0		4		3	47	
Folate, DFE mcg_DFE	171		0	NC	4		48	893	
Choline, total mg	6.6		0	BFZN	4		1.9	34.5	
Betaine mg									
Vitamin B-12 mcg	0.10		0	FLA	4		0.03	0.52	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	1	
Retinol mcg	0		0	FLA	4		0	1	
Carotene, beta mcg	0		0	FLA	4		0	0	
Carotene, alpha mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta mcg	0		0	FLA	4		0	0	
Vitamin A, IU IU	1		0	FLA	4		0	5	
Lycopene mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin mcg	1		0	FLA	4		0	5	
Vitamin E (alpha-tocopherol) mg	0.92		0	FLA	4		0.26	4.80	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	2.9		0	FLA	4		0.8	15.2	
Lipids:									
Fatty acids, total saturated g	1.738		0	FLA	4		0.493	9.107	
4:0 g	0.001		0	FLA	4		0.000	0.005	
6:0 g	0.000		0	FLA	4		0.000	0.000	
8:0 g	0.000		0	FLA	4		0.000	0.000	
10:0 g	0.000		0	FLA	4		0.000	0.000	

NDB No. 18144
Cake, yellow, dry mix, regular, enriched

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0	FLA	4		0.000	0.000	
13:0 g									
14:0 g	0.014		0	FLA	4		0.004	0.073	
15:0 g									
16:0 g	1.154		0	FLA	4		0.327	6.047	
17:0 g									
18:0 g	0.565		0	FLA	4		0.160	2.961	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.860		0	FLA	4		1.378	25.466	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.047		0	FLA	4		0.013	0.246	
17:1 g									
18:1 undifferentiated g	4.802		0	FLA	4		1.361	25.162	
20:1 g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	4.378		0	FLA	4		1.241	22.941	
18:2 undifferentiated g	4.066		0	FLA	4		1.153	21.306	
18:3 undifferentiated g	0.301		0	FLA	4		0.085	1.577	
18:4 g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	2		2		1		1	10	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.061		0		1		0.017	0.320	
Threonine g	0.137		0		1		0.039	0.718	
Isoleucine g	0.187		0		1		0.053	0.980	
Leucine g	0.325		0		1		0.092	1.703	
Lysine g	0.197		0		1		0.056	1.032	
Methionine g	0.081		0		1		0.023	0.424	
Cystine g	0.079		0		1		0.022	0.414	
Phenylalanine g	0.204		0		1		0.058	1.069	
Tyrosine g	0.144		0		1		0.041	0.755	
Valine g	0.213		0		1		0.060	1.116	
Arginine g	0.162		0		1		0.046	0.849	
Histidine g	0.094		0		1		0.027	0.493	
Alanine g	0.134		0		1		0.038	0.702	
Aspartic acid g	0.216		0		1		0.061	1.132	
Glutamic acid g	1.288		0		1		0.365	6.749	
Glycine g	0.132		0		1		0.037	0.692	
Proline g	0.463		0		1		0.131	2.426	
Serine g	0.228		0		1		0.065	1.195	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18144

Cake, yellow, dry mix, regular, enriched

Measure 1 = 28.35g: 1 oz

Measure 2 = 524g: 1 package (18.50 oz)

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18420
Cake, yellow, dry mix, regular, unenriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	3.70	0.066	86		1		1.05	19.39	
Energy kcal	432		0	NC	4		122	2264	
Energy kj	1807				4		512	9471	
Protein (N x 5.9) g	4.40	0.057	80		1		1.25	23.06	
Total lipid (fat) g	11.60	0.225	79		1		3.29	60.78	
Ash g	2.30	0.041	61		1		0.65	12.05	
Carbohydrate, by difference g	78.10		0		4		22.14	409.24	
Fiber, total dietary g	1.1		0	BFZN	4		0.3	5.8	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	135	6.465	50		1		38	707	
Iron, Fe mg	0.48		0		4		0.14	2.52	
Magnesium, Mg mg	10	0.456	46		1		3	52	
Phosphorus, P mg	310	7.955	55		1		88	1624	
Potassium, K mg	82	5.163	27		1		23	430	
Sodium, Na mg	657	18.708	61		1		186	3443	
Zinc, Zn mg	0.27	0.009	43		1		0.08	1.41	
Copper, Cu mg	0.072	0.003	37		1		0.020	0.377	
Manganese, Mn mg	0.191	0.048	3		1		0.054	1.001	
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.2		0		4		0.1	1.0	
Thiamin mg	0.082		0		4		0.023	0.430	
Riboflavin mg	0.049		0		4		0.014	0.257	
Niacin mg	0.309		0		4		0.088	1.619	
Pantothenic acid mg	0.364	0.071	4		1		0.103	1.907	
Vitamin B-6 mg	0.077		2		1		0.022	0.403	
Folate, total mcg	9		0		4		3	47	
Folic acid mcg	0		0	Z	7		0	0	
Folate, food mcg	9		0		4		3	47	
Folate, DFE mcg_DFE	9		0	NC	4		3	47	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.10		0	BFZN	4		0.03	0.52	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	1		0		4		0	5	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	1.738		0	BFZN	4		0.493	9.107	
4:0 g	0.001		0		4		0.000	0.005	
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.000		0	BFZN	4		0.000	0.000	
12:0 g	0.000		0	BFZN	4		0.000	0.000	
13:0 g									

NDB No. 18420
Cake, yellow, dry mix, regular, unenriched

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.014		0		4		0.004	0.073	
15:0....g									
16:0....g	1.154		0	BFZN	4		0.327	6.047	
17:0....g									
18:0....g	0.565		0		4		0.160	2.961	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.860		0	BFZN	4		1.378	25.466	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.047		0	BFZN	4		0.013	0.246	
17:1....g									
18:1 undifferentiated....g	4.802		0	BFZN	4		1.361	25.162	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.378		0	BFZN	4		1.241	22.941	
18:2 undifferentiated....g	4.066		0	BFZN	4		1.153	21.306	
18:3 undifferentiated....g	0.301		0	BFZN	4		0.085	1.577	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	2		2		1		1	10	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.061		0		4		0.017	0.320	
Threonine....g	0.137		0		4		0.039	0.718	
Isoleucine....g	0.187		0		4		0.053	0.980	
Leucine....g	0.325		0		4		0.092	1.703	
Lysine....g	0.197		0		4		0.056	1.032	
Methionine....g	0.081		0		4		0.023	0.424	
Cystine....g	0.079		0		4		0.022	0.414	
Phenylalanine....g	0.204		0		4		0.058	1.069	
Tyrosine....g	0.144		0		4		0.041	0.755	
Valine....g	0.213		0		4		0.060	1.116	
Arginine....g	0.162		0		4		0.046	0.849	
Histidine....g	0.094		0		4		0.027	0.493	
Alanine....g	0.134		0		4		0.038	0.702	
Aspartic acid....g	0.216		0		4		0.061	1.132	
Glutamic acid....g	1.288		0		4		0.365	6.749	
Glycine....g	0.132		0		4		0.037	0.692	
Proline....g	0.463		0		4		0.131	2.426	
Serine....g	0.228		0		4		0.065	1.195	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 524g: 1 package (18.50 oz)

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 4

NDB No. 18420
Cake, yellow, dry mix, regular, unenriched

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18146
Cake, yellow, prepared from recipe without frosting

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	25.10		0		1		205.07	17.07	
Energy kcal	361		0	NC	4		2949	245	
Energy kj	1510				4		12340	1027	
Protein (N x 0) g	5.30		0		1		43.30	3.60	
Total lipid (fat) g	14.60		0		1		119.28	9.93	
Ash g	1.90		0		1		15.52	1.29	
Carbohydrate, by difference g	53.00		0	NC	4		433.01	36.04	
Fiber, total dietary g	0.7		0		4		5.7	0.5	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	146		0		1		1193	99	
Iron, Fe mg	1.64		0		1		13.40	1.12	
Magnesium, Mg mg	12		0		1		98	8	
Phosphorus, P mg	117		0		1		956	80	
Potassium, K mg	91		0		1		743	62	
Sodium, Na mg	343		0		1		2802	233	
Zinc, Zn mg	0.45		0		1		3.68	0.31	
Copper, Cu mg	0.056		0		1		0.458	0.038	
Manganese, Mn mg	0.190		0		1		1.552	0.129	
Selenium, Se mcg	13.7		0	RK	4		111.9	9.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.2		0		1		1.6	0.1	
Thiamin mg	0.183		0		1		1.495	0.124	
Riboflavin mg	0.233		0		1		1.904	0.158	
Niacin mg	1.456		0		1		11.896	0.990	
Pantothenic acid mg	0.310		0		1		2.533	0.211	
Vitamin B-6 mg	0.036		0		1		0.294	0.024	
Folate, total mcg	34		0	RK	4		278	23	
Folic acid mcg	24		0	NC	4		196	16	
Folate, food mcg	10		0		1		82	7	
Folate, DFE mcg_DFE	51		0	NC	4		415	35	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.16		0		1		1.31	0.11	
Vitamin A, RAE mcg_RAE	40		0	NC	4		323	27	
Retinol mcg	39		0	NC	4		319	27	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	139		0		1		1136	95	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	3.924		0		1		32.059	2.668	
4:0 g	0.019		0		1		0.155	0.013	
6:0 g	0.011		0		1		0.090	0.007	
8:0 g	0.007		0		1		0.057	0.005	
10:0 g	0.015		0		1		0.123	0.010	
12:0 g	0.017		0		1		0.139	0.012	
13:0 g									

NDB No. 18146

Cake, yellow, prepared from recipe without frosting

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.114		0		1		0.931	0.078	
15:0....g									
16:0....g	2.235		0		1		18.260	1.520	
17:0....g									
18:0....g	1.498		0		1		12.239	1.019	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.229		0		1		50.891	4.236	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.050		0		1		0.409	0.034	
17:1....g									
18:1 undifferentiated....g	6.173		0		1		50.433	4.198	
20:1....g	0.003		0		1		0.025	0.002	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.570		0		1		29.167	2.428	
18:2 undifferentiated....g	3.328		0		1		27.190	2.263	
18:3 undifferentiated....g	0.219		0		1		1.789	0.149	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.017		0		1		0.139	0.012	
20:5 n-3....g	0.000		0		1		0.000	0.000	
22:5 n-3....g	0.000		0		1		0.000	0.000	
22:6 n-3....g	0.005		0		1		0.041	0.003	
Fatty acids, total trans....g									
Cholesterol....mg	54		0		1		441	37	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.066		0		1		0.539	0.045	
Threonine....g	0.191		0		1		1.560	0.130	
Isoleucine....g	0.236		0		1		1.928	0.160	
Leucine....g	0.414		0		1		3.382	0.282	
Lysine....g	0.246		0		1		2.010	0.167	
Methionine....g	0.120		0		1		0.980	0.082	
Cystine....g	0.103		0		1		0.842	0.070	
Phenylalanine....g	0.266		0		1		2.173	0.181	
Tyrosine....g	0.191		0		1		1.560	0.130	
Valine....g	0.268		0		1		2.190	0.182	
Arginine....g	0.238		0		1		1.944	0.162	
Histidine....g	0.124		0		1		1.013	0.084	
Alanine....g	0.206		0		1		1.683	0.140	
Aspartic acid....g	0.342		0		1		2.794	0.233	
Glutamic acid....g	1.329		0		1		10.858	0.904	
Glycine....g	0.171		0		1		1.397	0.116	
Proline....g	0.473		0		1		3.864	0.322	
Serine....g	0.303		0		1		2.476	0.206	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 817g: 1 cake, 2-layer (8" dia)

NDB No. 18146

Cake, yellow, prepared from recipe without frosting

Measure 2 = 68g: 1 piece (1/12 of 8" dia)

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18147
Cheesecake commercially prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	45.60	1.287	4		1		12.93	36.48	
Energy kcal	321		0	NC	4		91	257	
Energy kj	1343				4		381	1074	
Protein (N x 6.2) g	5.50	0.553	4		1		1.56	4.40	
Total lipid (fat) g	22.50	1.514	5		1		6.38	18.00	
Ash g	0.90	0.069	6		1		0.26	0.72	
Carbohydrate, by difference g	25.50		0	NC	4		7.23	20.40	
Fiber, total dietary g	0.4		0		4		0.1	0.3	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	51	3.541	4		1		14	41	
Iron, Fe mg	0.63	0.100	4		1		0.18	0.50	
Magnesium, Mg mg	11	0.647	4		1		3	9	
Phosphorus, P mg	93	8.299	4		1		26	74	
Potassium, K mg	90	6.067	4		1		26	72	
Sodium, Na mg	207	25.604	4		1		59	166	
Zinc, Zn mg	0.51	0.060	4		1		0.14	0.41	
Copper, Cu mg	0.020	0.020	3		1		0.006	0.016	
Manganese, Mn mg	0.140		2		1		0.040	0.112	
Selenium, Se mcg	5.2		0	FLA	4		1.5	4.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.4		0	FLA	4		0.1	0.3	
Thiamin mg	0.028	0.001	10		1		0.008	0.022	
Riboflavin mg	0.193	0.011	10		1		0.055	0.154	
Niacin mg	0.195	0.049	10		1		0.055	0.156	
Pantothenic acid mg	0.571	0.009	8		1		0.162	0.457	
Vitamin B-6 mg	0.052	0.000	8		1		0.015	0.042	
Folate, total mcg	18		0	FLA	4		5	14	
Folic acid mcg	3		0	NC	4		1	2	
Folate, food mcg	15	0.269	8		1		4	12	
Folate, DFE mcg_DFE	20		0	NC	4		6	16	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.17	0.011	8		1		0.05	0.14	
Vitamin A, RAE mcg_RAE	142		0	NC	4		40	113	
Retinol mcg	137		0	NC	4		39	110	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	547		0	FLA	4		155	438	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	9.921		0	FLA	4		2.813	7.937	
4:0 g	0.354		0	FLA	4		0.100	0.283	
6:0 g	0.134		0	FLA	4		0.038	0.107	
8:0 g	0.119		0	FLA	4		0.034	0.095	
10:0 g	0.246		0	FLA	4		0.070	0.197	
12:0 g	0.207		0	FLA	4		0.059	0.166	
13:0 g									

NDB No. 18147
Cheesecake commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0 g	1.266		0	FLA	4		0.359	1.013	
15:0 g									
16:0 g	4.775		0	FLA	4		1.354	3.820	
17:0 g									
18:0 g	2.490		0	FLA	4		0.706	1.992	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.634		0	FLA	4		2.448	6.907	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.346		0	FLA	4		0.098	0.277	
17:1 g									
18:1 undifferentiated g	8.119		0	FLA	4		2.302	6.495	
20:1 g	0.002		0	FLA	4		0.001	0.002	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.602		0	FLA	4		0.454	1.282	
18:2 undifferentiated g	1.364		0	FLA	4		0.387	1.091	
18:3 undifferentiated g	0.223		0	FLA	4		0.063	0.178	
18:4 g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.012		0	FLA	4		0.003	0.010	
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 g	0.000		0		1		0.000	0.000	
22:6 n-3 g	0.005		0		1		0.001	0.004	
Fatty acids, total trans g									
Cholesterol mg	55		2		1		16	44	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.064		0		1		0.018	0.051	
Threonine g	0.222		0		1		0.063	0.178	
Isoleucine g	0.281		0		1		0.080	0.225	
Leucine g	0.464		0		1		0.132	0.371	
Lysine g	0.372		0		1		0.105	0.298	
Methionine g	0.136		0		1		0.039	0.109	
Cystine g	0.071		0		1		0.020	0.057	
Phenylalanine g	0.258		0		1		0.073	0.206	
Tyrosine g	0.222		0		1		0.063	0.178	
Valine g	0.314		0		1		0.089	0.251	
Arginine g	0.251		0		1		0.071	0.201	
Histidine g	0.133		0		1		0.038	0.106	
Alanine g	0.252		0		1		0.071	0.202	
Aspartic acid g	0.406		0		1		0.115	0.325	
Glutamic acid g	1.022		0		1		0.290	0.818	
Glycine g	0.221		0		1		0.063	0.177	
Proline g	0.481		0		1		0.136	0.385	
Serine g	0.307		0		1		0.087	0.246	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18147
Cheesecake commercially prepared

Measure 2 = 80g: 1 piece (1/6 of 17 oz cake)

Calories Factors: **Protein** 4.2 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18148
Cheesecake prepared from mix, no-bake type

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	44.20	0.961	6		1		12.53	43.76	
Energy kcal	274		0	NC	4		78	271	
Energy kj	1146				4		325	1135	
Protein (N x 6.2) g	5.50	0.163	6		1		1.56	5.45	
Total lipid (fat) g	12.70	0.571	7		1		3.60	12.57	
Ash g	2.00	0.066	8		1		0.57	1.98	
Carbohydrate, by difference g	35.50		0	NC	4		10.06	35.15	
Fiber, total dietary g	1.9		0		1		0.5	1.9	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	172	14.902	6		1		49	170	
Iron, Fe mg	0.47	0.053	6		1		0.13	0.47	
Magnesium, Mg mg	19	0.787	4		1		5	19	
Phosphorus, P mg	234	18.645	6		1		66	232	
Potassium, K mg	211	14.076	6		1		60	209	
Sodium, Na mg	380	52.785	6		1		108	376	
Zinc, Zn mg	0.46	0.065	4		1		0.13	0.46	
Copper, Cu mg	0.029	0.012	4		1		0.008	0.029	
Manganese, Mn mg	0.120		2		1		0.034	0.119	
Selenium, Se mcg	4.7		0	FLA	4		1.3	4.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.5		2		1		0.1	0.5	
Thiamin mg	0.121	0.013	12		1		0.034	0.120	
Riboflavin mg	0.263	0.011	12		1		0.075	0.260	
Niacin mg	0.493	0.031	12		1		0.140	0.488	
Pantothenic acid mg	0.612	0.056	10		1		0.174	0.606	
Vitamin B-6 mg	0.052	0.002	10		1		0.015	0.051	
Folate, total mcg	30		0	FLA	4		9	30	
Folic acid mcg	12		0	NC	4		3	12	
Folate, food mcg	18	1.918	10		1		5	18	
Folate, DFE mcg_DFE	38		0	NC	4		11	38	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.31	0.025	10		1		0.09	0.31	
Vitamin A, RAE mcg_RAE	96		0	NC	4		27	95	
Retinol mcg	92		0	NC	4		26	91	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	366	35.454	4		1		104	362	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	6.691		0	FLA	4		1.897	6.624	
4:0 g	0.282		0	FLA	4		0.080	0.279	
6:0 g	0.120		0	FLA	4		0.034	0.119	
8:0 g	0.096		0	FLA	4		0.027	0.095	
10:0 g	0.201		0	FLA	4		0.057	0.199	
12:0 g	0.181		0	FLA	4		0.051	0.179	
13:0 g									

NDB No. 18148
Cheesecake prepared from mix, no-bake type

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.969		0	FLA	4		0.275	0.959	
15:0....g									
16:0....g	3.109		0	FLA	4		0.881	3.078	
17:0....g									
18:0....g	1.487		0	FLA	4		0.422	1.472	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.519		0	FLA	4		1.281	4.474	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.242		0	FLA	4		0.069	0.240	
17:1....g									
18:1 undifferentiated....g	4.145		0	FLA	4		1.175	4.104	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.808		0	FLA	4		0.229	0.800	
18:2 undifferentiated....g	0.650		0	FLA	4		0.184	0.644	
18:3 undifferentiated....g	0.157		0	FLA	4		0.045	0.155	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	29		0	FLA	4		8	29	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.066		0		1		0.019	0.065	
Threonine....g	0.209		0		1		0.059	0.207	
Isoleucine....g	0.269		0		1		0.076	0.266	
Leucine....g	0.468		0		1		0.133	0.463	
Lysine....g	0.363		0		1		0.103	0.359	
Methionine....g	0.116		0		1		0.033	0.115	
Cystine....g	0.069		0		1		0.020	0.068	
Phenylalanine....g	0.264		0		1		0.075	0.261	
Tyrosine....g	0.220		0		1		0.062	0.218	
Valine....g	0.302		0		1		0.086	0.299	
Arginine....g	0.202		0		1		0.057	0.200	
Histidine....g	0.147		0		1		0.042	0.146	
Alanine....g	0.172		0		1		0.049	0.170	
Aspartic acid....g	0.345		0		1		0.098	0.342	
Glutamic acid....g	1.325		0		1		0.376	1.312	
Glycine....g	0.132		0		1		0.037	0.131	
Proline....g	0.519		0		1		0.147	0.514	
Serine....g	0.279		0		1		0.079	0.276	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 99g: 1 piece (1/12 of 9" dia)

Calories Factors: **Protein** 4.2 **Fat** 8.8 **Carbohydrate** 3.9

NDB No. 18148
Cheesecake prepared from mix, no-bake type

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18103
Coffeecake, cheese

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	32.20	0.409	4		1		9.13	24.47	
Energy kcal	339		0	NC	4		96	258	
Energy kj	1418				4		402	1078	
Protein (N x 6) g	7.00	0.060	4		1		1.98	5.32	
Total lipid (fat) g	15.20	0.170	4		1		4.31	11.55	
Ash g	1.20	0.029	4		1		0.34	0.91	
Carbohydrate, by difference g	44.30		0	NC	4		12.56	33.67	
Fiber, total dietary g	1.0		0		1		0.3	0.8	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	59		2		1		17	45	
Iron, Fe mg	0.64	0.057	4		1		0.18	0.49	
Magnesium, Mg mg	15	0.103	4		1		4	11	
Phosphorus, P mg	101		0	FLA	4		29	77	
Potassium, K mg	289		0		4		82	220	
Sodium, Na mg	339	14.505	4		1		96	258	
Zinc, Zn mg	0.59	0.004	4		1		0.17	0.45	
Copper, Cu mg	0.052	0.003	4		1		0.015	0.040	
Manganese, Mn mg	0.172	0.003	4		1		0.049	0.131	
Selenium, Se mcg	13.3		0	FLA	4		3.8	10.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.1		0	FLA	4		0.0	0.1	
Thiamin mg	0.105	0.009	4		1		0.030	0.080	
Riboflavin mg	0.125	0.009	4		1		0.035	0.095	
Niacin mg	0.682	0.028	4		1		0.193	0.518	
Pantothenic acid mg	0.400		0	FLA	4		0.113	0.304	
Vitamin B-6 mg	0.058		0	FLA	4		0.016	0.044	
Folate, total mcg	39		0	FLA	4		11	30	
Folic acid mcg	20			FLA	4		6	15	
Folate, food mcg	19			FLA	4		5	14	
Folate, DFE mcg_DFE	53		0	NC	4		15	40	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.34		0	FLA	4		0.10	0.26	
Vitamin A, RAE mcg_RAE	86		0	NC	4		24	66	
Retinol mcg	86		0	NC	4		24	66	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	287		0	FLA	4		81	218	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	5.391		0	FLA	4		1.528	4.097	
4:0 g	0.112		0	FLA	4		0.032	0.085	
6:0 g	0.032		0	FLA	4		0.009	0.024	
8:0 g	0.038		0	FLA	4		0.011	0.029	
10:0 g	0.075		0	FLA	4		0.021	0.057	
12:0 g	0.052		0	FLA	4		0.015	0.040	
13:0 g									

NDB No. 18103
Coffeecake, cheese

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0 g	0.452		0	FLA	4		0.128	0.344	
15:0 g									
16:0 g	2.803		0	FLA	4		0.795	2.130	
17:0 g									
18:0 g	1.701		0	FLA	4		0.482	1.293	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.129		0	FLA	4		2.021	5.418	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.166		0	FLA	4		0.047	0.126	
17:1 g									
18:1 undifferentiated g	6.903		0	FLA	4		1.957	5.246	
20:1 g	0.005		0	FLA	4		0.001	0.004	
22:1 undifferentiated g	0.001		0	FLA	4		0.000	0.001	
24:1 c g									
Fatty acids, total polyunsaturated g	1.645		0	FLA	4		0.466	1.250	
18:2 undifferentiated g	1.488		0	FLA	4		0.422	1.131	
18:3 undifferentiated g	0.125		0	FLA	4		0.035	0.095	
18:4 g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.025		0	FLA	4		0.007	0.019	
20:5 n-3 g	0.001		0	FLA	4		0.000	0.001	
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 g	0.006		0	FLA	4		0.002	0.005	
Fatty acids, total trans g									
Cholesterol mg	85		0	FLA	4		24	65	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.076		0		1		0.022	0.058	
Threonine g	0.260		0		1		0.074	0.198	
Isoleucine g	0.326		0		1		0.092	0.248	
Leucine g	0.568		0		1		0.161	0.432	
Lysine g	0.401		0		1		0.114	0.305	
Methionine g	0.144		0		1		0.041	0.109	
Cystine g	0.110		0		1		0.031	0.084	
Phenylalanine g	0.352		0		1		0.100	0.268	
Tyrosine g	0.263		0		1		0.075	0.200	
Valine g	0.361		0		1		0.102	0.274	
Arginine g	0.299		0		1		0.085	0.227	
Histidine g	0.186		0		1		0.053	0.141	
Alanine g	0.255		0		1		0.072	0.194	
Aspartic acid g	0.470		0		1		0.133	0.357	
Glutamic acid g	1.751		0		1		0.496	1.331	
Glycine g	0.212		0		1		0.060	0.161	
Proline g	0.625		0		1		0.177	0.475	
Serine g	0.373		0		1		0.106	0.283	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18103
Coffeecake, cheese

Measure 2 = 76g: 1 piece (1/6 of 16 oz cake)

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18104

Coffeecake, cinnamon with crumb topping, commercially prepared, enriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	21.90	1.785	9		1		6.21	12.48	13.80
Energy kcal	418		0	NC	4		119	238	263
Energy kj	1749				4		496	997	1102
Protein (N x 5.8) g	6.80	0.166	8		1		1.93	3.88	4.28
Total lipid (fat) g	23.30	1.742	10		1		6.61	13.28	14.68
Ash g	1.40	0.070	10		1		0.40	0.80	0.88
Carbohydrate, by difference g	46.70		0	NC	4		13.24	26.62	29.42
Fiber, total dietary g	2.0		0		1		0.6	1.1	1.3
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	54	4.602	34		1		15	31	34
Iron, Fe mg	1.91	0.081	33		1		0.54	1.09	1.20
Magnesium, Mg mg	22	0.678	34		1		6	13	14
Phosphorus, P mg	108	3.116	33		1		31	62	68
Potassium, K mg	123	3.595	32		1		35	70	77
Sodium, Na mg	351	13.121	35		1		100	200	221
Zinc, Zn mg	0.81	0.035	33		1		0.23	0.46	0.51
Copper, Cu mg	0.125	0.006	32		1		0.035	0.071	0.079
Manganese, Mn mg	0.450		0	FLA	4		0.128	0.257	0.284
Selenium, Se mcg	17.2	0.890	33	A	1		4.9	9.8	10.8
Vitamins:									
Vitamin C, total ascorbic acid mg	0.3		0	FLA	4		0.1	0.2	0.2
Thiamin mg	0.209	0.006	11		1		0.059	0.119	0.132
Riboflavin mg	0.229	0.010	11		1		0.065	0.131	0.144
Niacin mg	1.678	0.064	11		1		0.476	0.956	1.057
Pantothenic acid mg	0.655	0.011	8		1		0.186	0.373	0.413
Vitamin B-6 mg	0.027	0.000	8		1		0.008	0.015	0.017
Folate, total mcg	61		0	FLA	4		17	35	38
Folic acid mcg	29		0	NC	4		8	17	18
Folate, food mcg	32	0.898	8		1		9	18	20
Folate, DFE mcg_DFE	81		0	NC	4		23	46	51
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.18		0	FLA	4		0.05	0.10	0.11
Vitamin A, RAE mcg_RAE	33		0	NC	4		9	19	21
Retinol mcg	33		0	NC	4		9	19	21
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	111		0	FLA	4		31	63	70
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	5.797		0	FLA	4		1.643	3.304	3.652
4:0 g	0.001		0	FLA	4		0.000	0.001	0.001
6:0 g	0.000		0	FLA	4		0.000	0.000	0.000
8:0 g	0.001		0	FLA	4		0.000	0.001	0.001
10:0 g	0.001		0	FLA	4		0.000	0.001	0.001
12:0 g	0.001		0	FLA	4		0.000	0.001	0.001
13:0 g									

NDB No. 18104

Coffeecake, cinnamon with crumb topping, commercially prepared, enriched

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0 g	0.114		0	FLA	4		0.032	0.065	0.072
15:0 g									
16:0 g	3.086		0	FLA	4		0.875	1.759	1.944
17:0 g									
18:0 g	2.575		0	FLA	4		0.730	1.468	1.622
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	12.976		0	FLA	4		3.679	7.396	8.175
14:1 g									
15:1 g									
16:1 undifferentiated g	0.059		0	FLA	4		0.017	0.034	0.037
17:1 g									
18:1 undifferentiated g	12.905		0	FLA	4		3.659	7.356	8.130
20:1 g	0.005		0	FLA	4		0.001	0.003	0.003
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	3.120		0	FLA	4		0.885	1.778	1.966
18:2 undifferentiated g	2.944		0	FLA	4		0.835	1.678	1.855
18:3 undifferentiated g	0.151		0	FLA	4		0.043	0.086	0.095
18:4 g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.019		0	FLA	4		0.005	0.011	0.012
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 g	0.005		0	FLA	4		0.001	0.003	0.003
Fatty acids, total trans g									
Cholesterol mg	32	1.155	3		1		9	18	20
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.082		0		1		0.023	0.047	0.052
Threonine g	0.227		0		1		0.064	0.129	0.143
Isoleucine g	0.287		0		1		0.081	0.164	0.181
Leucine g	0.500		0		1		0.142	0.285	0.315
Lysine g	0.260		0		1		0.074	0.148	0.164
Methionine g	0.122		0		1		0.035	0.070	0.077
Cystine g	0.127		0		1		0.036	0.072	0.080
Phenylalanine g	0.324		0		1		0.092	0.185	0.204
Tyrosine g	0.218		0		1		0.062	0.124	0.137
Valine g	0.318		0		1		0.090	0.181	0.200
Arginine g	0.310		0		1		0.088	0.177	0.195
Histidine g	0.154		0		1		0.044	0.088	0.097
Alanine g	0.248		0		1		0.070	0.141	0.156
Aspartic acid g	0.415		0		1		0.118	0.237	0.261
Glutamic acid g	1.897		0		1		0.538	1.081	1.195
Glycine g	0.237		0		1		0.067	0.135	0.149
Proline g	0.634		0		1		0.180	0.361	0.399
Serine g	0.346		0		1		0.098	0.197	0.218
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18104

Coffeecake, cinnamon with crumb topping, commercially prepared, enriched

Measure 2 = 57g: 1 individual cake

Measure 3 = 63g: 1 piece (1/9 of 20 oz cake)

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18417

Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	21.90	1.785	9		1		6.21	12.48	13.80
Energy kcal	418		0	NC	4		119	238	263
Energy kj	1749				4		496	997	1102
Protein (N x 5.8) g	6.80	0.166	8		1		1.93	3.88	4.28
Total lipid (fat) g	23.30	1.742	10		1		6.61	13.28	14.68
Ash g	1.40	0.070	10		1		0.40	0.80	0.88
Carbohydrate, by difference g	46.70		0		4		13.24	26.62	29.42
Fiber, total dietary g	2.0		0	BFZN	4		0.6	1.1	1.3
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	54	4.602	34		1		15	31	34
Iron, Fe mg	0.78		0	BFZN	4		0.22	0.44	0.49
Magnesium, Mg mg	22	0.678	34		1		6	13	14
Phosphorus, P mg	108	3.116	33		1		31	62	68
Potassium, K mg	123	3.595	32		1		35	70	77
Sodium, Na mg	351	13.121	35		1		100	200	221
Zinc, Zn mg	0.81	0.035	33		1		0.23	0.46	0.51
Copper, Cu mg	0.125	0.006	32		1		0.035	0.071	0.079
Manganese, Mn mg	0.451	0.022	32		1		0.128	0.257	0.284
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.3		0	BFZN	4		0.1	0.2	0.2
Thiamin mg	0.135		0	BFZN	4		0.038	0.077	0.085
Riboflavin mg	0.095		0	BFZN	4		0.027	0.054	0.060
Niacin mg	0.880		0	BFZN	4		0.249	0.502	0.554
Pantothenic acid mg	0.655	0.011	8		1		0.186	0.373	0.413
Vitamin B-6 mg	0.027	0.000	8		1		0.008	0.015	0.017
Folate, total mcg	32	0.898	8		1		9	18	20
Folic acid mcg	0		0	Z	7		0	0	0
Folate, food mcg	32	0.898	8		1		9	18	20
Folate, DFE mcg_DFE	32		0	NC	4		9	18	20
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.18		0	BFZN	4		0.05	0.10	0.11
Vitamin A, RAE mcg_RAE	33		0	NC	4		9	19	21
Retinol mcg	33		0	NC	4		9	19	21
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	111		0	BFZN	4		31	63	70
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	5.797		0	BFZN	4		1.643	3.304	3.652
4:0 g	0.001		0		4		0.000	0.001	0.001
6:0 g	0.000		0		4		0.000	0.000	0.000
8:0 g	0.001		0	BFZN	4		0.000	0.001	0.001
10:0 g	0.001		0		4		0.000	0.001	0.001
12:0 g	0.001		0		4		0.000	0.001	0.001
13:0 g									

NDB No. 18417

Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0 g	0.114		0	BFZN	4		0.032	0.065	0.072
15:0 g									
16:0 g	3.086		0	BFZN	4		0.875	1.759	1.944
17:0 g									
18:0 g	2.575		0	BFZN	4		0.730	1.468	1.622
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	12.976		0	BFZN	4		3.679	7.396	8.175
14:1 g									
15:1 g									
16:1 undifferentiated g	0.059		0	BFZN	4		0.017	0.034	0.037
17:1 g									
18:1 undifferentiated g	12.905		0	BFZN	4		3.659	7.356	8.130
20:1 g	0.005		0	BFZN	4		0.001	0.003	0.003
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	3.120		0	BFZN	4		0.885	1.778	1.966
18:2 undifferentiated g	2.944		0	BFZN	4		0.835	1.678	1.855
18:3 undifferentiated g	0.151		0	BFZN	4		0.043	0.086	0.095
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.019		0	BFZN	4		0.005	0.011	0.012
20:5 n-3 g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 g									
22:6 n-3 g	0.005		0	BFZN	4		0.001	0.003	0.003
Fatty acids, total trans g									
Cholesterol mg	32	1.155	3		1		9	18	20
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.082		0		4		0.023	0.047	0.052
Threonine g	0.227		0		4		0.064	0.129	0.143
Isoleucine g	0.287		0		4		0.081	0.164	0.181
Leucine g	0.500		0		4		0.142	0.285	0.315
Lysine g	0.260		0		4		0.074	0.148	0.164
Methionine g	0.122		0		4		0.035	0.070	0.077
Cystine g	0.127		0		4		0.036	0.072	0.080
Phenylalanine g	0.324		0		4		0.092	0.185	0.204
Tyrosine g	0.218		0		4		0.062	0.124	0.137
Valine g	0.318		0		4		0.090	0.181	0.200
Arginine g	0.310		0		4		0.088	0.177	0.195
Histidine g	0.154		0		4		0.044	0.088	0.097
Alanine g	0.248		0		4		0.070	0.141	0.156
Aspartic acid g	0.415		0		4		0.118	0.237	0.261
Glutamic acid g	1.897		0		4		0.538	1.081	1.195
Glycine g	0.237		0		4		0.067	0.135	0.149
Proline g	0.634		0		4		0.180	0.361	0.399
Serine g	0.346		0		4		0.098	0.197	0.218
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 1 individual cake

Measure 3 = 63g: 1 piece (1/9 of 20 oz cake)

NDB No. 18417
Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18107
Coffeecake, cinnamon with crumb topping, dry mix

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	3.30	0.112	25		1		0.94	9.83	
Energy kcal	436		0	NC	4		124	1299	
Energy kj	1824		0		4		517	5436	
Protein (N x 5.7) g	4.80	0.087	26		1		1.36	14.30	
Total lipid (fat) g	12.00	0.105	26		1		3.40	35.76	
Ash g	2.10	0.034	24		1		0.60	6.26	
Carbohydrate, by difference g	77.70		0	NC	4		22.03	231.55	
Fiber, total dietary g	1.8		0		4		0.5	5.4	
Sugars, total g	42.52		0	FLA	4		12.05	126.71	
Starch g									
Minerals:									
Calcium, Ca mg	148	3.419	21		1		42	441	
Iron, Fe mg	1.90	0.038	21		1		0.54	5.66	
Magnesium, Mg mg	19	1.862	9		1		5	57	
Phosphorus, P mg	256	10.853	21		1		73	763	
Potassium, K mg	87	8.277	18		1		25	259	
Sodium, Na mg	596	15.384	18		1		169	1776	
Zinc, Zn mg	0.34	0.011	10		1		0.10	1.01	
Copper, Cu mg	0.220	0.000	10		1		0.062	0.656	
Manganese, Mn mg	0.411		0	FLA	4		0.117	1.225	
Selenium, Se mcg	16.1		0	FLA	4		4.6	48.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.2		0	FLA	4		0.1	0.6	
Thiamin mg	0.291	0.012	22		1		0.082	0.867	
Riboflavin mg	0.130	0.008	9		1		0.037	0.387	
Niacin mg	2.505	0.129	21		1		0.710	7.465	
Pantothenic acid mg	0.133	0.006	10		1		0.038	0.396	
Vitamin B-6 mg	0.044	0.003	10		1		0.012	0.131	
Folate, total mcg	86		0	FLA	4		24	255	
Folic acid mcg	71		0		4		20	212	
Folate, food mcg	15		0		4		4	45	
Folate, DFE mcg_DFE	136		0	NC	4		38	404	
Choline, total mg	4.7		0	FLC	4		1.3	14.0	
Betaine mg									
Vitamin B-12 mcg	0.00		0		1		0.00	0.00	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	7		0	NC	4		2	20	
Retinol mcg	7		0	FLA	4		2	20	
Carotene, beta mcg	0		0	FLA	4		0	1	
Carotene, alpha mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta mcg	1		0	FLA	4		0	4	
Vitamin A, IU IU	24		0	NC	4		7	71	
Lycopene mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin mcg	11		0	FLA	4		3	32	
Vitamin E (alpha-tocopherol) mg	0.12		0	FLA	4		0.04	0.37	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	5.3		0	FLA	4		1.5	15.7	
Lipids:									
Fatty acids, total saturated g	2.957		0	FLA	4		0.838	8.812	
4:0 g	0.000		0	FLA	4		0.000	0.000	
6:0 g	0.000		0	FLA	4		0.000	0.000	
8:0 g	0.000		0	FLA	4		0.000	0.000	
10:0 g	0.000		0	FLA	4		0.000	0.000	

NDB No. 18107

Coffeecake, cinnamon with crumb topping, dry mix

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0	FLA	4		0.000	0.000	
13:0 g									
14:0 g	0.047		0	FLA	4		0.013	0.140	
15:0 g									
16:0 g	1.696		0	FLA	4		0.481	5.054	
17:0 g									
18:0 g	1.226		0	FLA	4		0.348	3.653	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.172		0	FLA	4		1.466	15.413	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
17:1 g									
18:1 undifferentiated g	5.172		0	FLA	4		1.466	15.413	
20:1 g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	3.204		0	FLA	4		0.908	9.548	
18:2 undifferentiated g	3.009		0	FLA	4		0.853	8.967	
18:3 undifferentiated g	0.195		0	FLA	4		0.055	0.581	
18:4 g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.056		0		1		0.016	0.167	
Threonine g	0.128		0		1		0.036	0.381	
Isoleucine g	0.178		0		1		0.050	0.530	
Leucine g	0.332		0		1		0.094	0.989	
Lysine g	0.093		0		1		0.026	0.277	
Methionine g	0.084		0		1		0.024	0.250	
Cystine g	0.108		0		1		0.031	0.322	
Phenylalanine g	0.237		0		1		0.067	0.706	
Tyrosine g	0.131		0		1		0.037	0.390	
Valine g	0.201		0		1		0.057	0.599	
Arginine g	0.167		0		1		0.047	0.498	
Histidine g	0.102		0		1		0.029	0.304	
Alanine g	0.147		0		1		0.042	0.438	
Aspartic acid g	0.194		0		1		0.055	0.578	
Glutamic acid g	1.683		0		1		0.477	5.015	
Glycine g	0.164		0		1		0.046	0.489	
Proline g	0.565		0		1		0.160	1.684	
Serine g	0.233		0		1		0.066	0.694	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18107

Coffeecake, cinnamon with crumb topping, dry mix

Measure 1 = 28.35g: 1 oz

Measure 2 = 298g: 1 package (10.5 oz)

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18108

Coffeecake, cinnamon with crumb topping, dry mix, prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	30.50		0		4		8.65	17.08	
Energy kcal	318		0		4		90	178	
Energy kj	1331		0		4		377	745	
Protein (N x 0) g	5.50		0		4		1.56	3.08	
Total lipid (fat) g	9.60		0		4		2.72	5.38	
Ash g	1.70		0		4		0.48	0.95	
Carbohydrate, by difference g	52.80		0		4		14.97	29.57	
Fiber, total dietary g	1.2		0		4		0.3	0.7	
Sugars, total g	29.53		0	RA	4		8.37	16.54	
Starch g									
Minerals:									
Calcium, Ca mg	136		0		4		39	76	
Iron, Fe mg	1.43		0		4		0.41	0.80	
Magnesium, Mg mg	18		0		4		5	10	
Phosphorus, P mg	215		0		4		61	120	
Potassium, K mg	112		0		4		32	63	
Sodium, Na mg	421		0		4		119	236	
Zinc, Zn mg	0.45		0		4		0.13	0.25	
Copper, Cu mg	0.149		0		4		0.042	0.083	
Manganese, Mn mg	0.310		0		4		0.088	0.174	
Selenium, Se mcg	16.7		0	RK	4		4.7	9.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.2		0		4		0.1	0.1	
Thiamin mg	0.167		0		4		0.047	0.094	
Riboflavin mg	0.175		0		4		0.050	0.098	
Niacin mg	1.519		0		4		0.431	0.851	
Pantothenic acid mg	0.269		0		4		0.076	0.151	
Vitamin B-6 mg	0.050		0		4		0.014	0.028	
Folate, total mcg	48		0	RK	4		14	27	
Folic acid mcg	36		0	NC	4		10	20	
Folate, food mcg	12		0		4		3	7	
Folate, DFE mcg_DFE	73		0	NC	4		21	41	
Choline, total mg	28.5		0	RK	4		8.1	16.0	
Betaine mg									
Vitamin B-12 mcg	0.14		0		4		0.04	0.08	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	35		0	NC	4		10	20	
Retinol mcg	35		0	RA	4		10	19	
Carotene, beta mcg	2		0	RA	4		1	1	
Carotene, alpha mcg	0		0	RA	4		0	0	
Cryptoxanthin, beta mcg	2		0	RA	4		1	1	
Vitamin A, IU IU	121		0	NC	4		34	68	
Lycopene mcg	0		0	RA	4		0	0	
Lutein + zeaxanthin mcg	44		0	RA	4		12	25	
Vitamin E (alpha-tocopherol) mg	0.20		0	RA	4		0.06	0.11	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	3.6		0	RA	4		1.0	2.0	
Lipids:									
Fatty acids, total saturated g	1.855		0		4		0.526	1.039	
4:0 g	0.017		0		4		0.005	0.010	
6:0 g	0.010		0		4		0.003	0.006	
8:0 g	0.006		0		4		0.002	0.003	
10:0 g	0.014		0		4		0.004	0.008	

NDB No. 18108

Coffeecake, cinnamon with crumb topping, dry mix, prepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.016		0		4		0.005	0.009	
13:0 g									
14:0 g	0.066		0		4		0.019	0.037	
15:0 g									
16:0 g	1.186		0		4		0.336	0.664	
17:0 g									
18:0 g	0.533		0		4		0.151	0.298	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.851		0		4		1.092	2.157	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.075		0		4		0.021	0.042	
17:1 g									
18:1 undifferentiated g	3.770		0		4		1.069	2.111	
20:1 g	0.003		0		4		0.001	0.002	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	3.165		0		4		0.897	1.772	
18:2 undifferentiated g	2.928		0		4		0.830	1.640	
18:3 undifferentiated g	0.217		0		4		0.062	0.122	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.016		0		4		0.005	0.009	
20:5 n-3 g	0.000		0		4		0.000	0.000	
22:5 n-3 g	0.000		0		4		0.000	0.000	
22:6 n-3 g	0.004		0		4		0.001	0.002	
Fatty acids, total trans g									
Cholesterol mg	49		0		4		14	27	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.066		0		4		0.019	0.037	
Threonine g	0.190		0		4		0.054	0.106	
Isoleucine g	0.245		0		4		0.069	0.137	
Leucine g	0.422		0		4		0.120	0.236	
Lysine g	0.229		0		4		0.065	0.128	
Methionine g	0.120		0		4		0.034	0.067	
Cystine g	0.111		0		4		0.031	0.062	
Phenylalanine g	0.271		0		4		0.077	0.152	
Tyrosine g	0.185		0		4		0.052	0.104	
Valine g	0.275		0		4		0.078	0.154	
Arginine g	0.224		0		4		0.064	0.125	
Histidine g	0.123		0		4		0.035	0.069	
Alanine g	0.203		0		4		0.058	0.114	
Aspartic acid g	0.332		0		4		0.094	0.186	
Glutamic acid g	1.472		0		4		0.417	0.824	
Glycine g	0.173		0		4		0.049	0.097	
Proline g	0.511		0		4		0.145	0.286	
Serine g	0.303		0		4		0.086	0.170	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	RA	4		0	0	
Theobromine mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18108

Coffeecake, cinnamon with crumb topping, dry mix, prepared

Measure 1 = 28.35g: 1 oz

Measure 2 = 56g: 1 piece (1/8 of 8" x 5-3/4" cake)

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18105
Coffeecake, creme-filled with chocolate frosting

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	29.10		2		1		8.25	26.19	
Energy kcal	331		0		4		94	298	
Energy kj	1385				4		393	1246	
Protein (N x 5.8) g	5.00		2		1		1.42	4.50	
Total lipid (fat) g	10.80		2		1		3.06	9.72	
Ash g	1.10		2		1		0.31	0.99	
Carbohydrate, by difference g	53.80		0	NC	4		15.25	48.42	
Fiber, total dietary g	2.0		0		1		0.6	1.8	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	38		2		1		11	34	
Iron, Fe mg	0.51		2		1		0.14	0.46	
Magnesium, Mg mg	15		2		1		4	14	
Phosphorus, P mg	75		2		1		21	68	
Potassium, K mg	78		0	FLA	4		22	70	
Sodium, Na mg	323		2		1		92	291	
Zinc, Zn mg	0.44		2		1		0.12	0.40	
Copper, Cu mg	0.070		2		1		0.020	0.063	
Manganese, Mn mg	0.190		2		1		0.054	0.171	
Selenium, Se mcg	14.4		0	FLA	4		4.1	13.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.1		0	FLA	4		0.0	0.1	
Thiamin mg	0.080		2		1		0.023	0.072	
Riboflavin mg	0.074		2		1		0.021	0.067	
Niacin mg	0.840		2		1		0.238	0.756	
Pantothenic acid mg	0.392		0	FLA	4		0.111	0.353	
Vitamin B-6 mg	0.041		0	FLA	4		0.012	0.037	
Folate, total mcg	41		0	FLA	4		12	37	
Folic acid mcg	24			FLA	4		7	22	
Folate, food mcg	17			FLA	4		5	15	
Folate, DFE mcg_DFE	58		0	NC	4		16	52	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.20		0	FLA	4		0.06	0.18	
Vitamin A, RAE mcg_RAE	37		0	NC	4		10	33	
Retinol mcg	37		0	NC	4		10	33	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	123		0	FLA	4		35	111	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	2.833		0	FLA	4		0.803	2.550	
4:0 g	0.001		0	FLA	4		0.000	0.001	
6:0 g	0.000		0	FLA	4		0.000	0.000	
8:0 g	0.001		0	FLA	4		0.000	0.001	
10:0 g	0.001		0	FLA	4		0.000	0.001	
12:0 g	0.001		0	FLA	4		0.000	0.001	
13:0 g									

NDB No. 18105
Coffeecake, creme-filled with chocolate frosting

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.050		0	FLA	4		0.014	0.045	
15:0....g									
16:0....g	1.571		0	FLA	4		0.445	1.414	
17:0....g									
18:0....g	1.195		0	FLA	4		0.339	1.076	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.664		0	FLA	4		1.606	5.098	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.054		0	FLA	4		0.015	0.049	
17:1....g									
18:1 undifferentiated....g	5.603		0	FLA	4		1.588	5.043	
20:1....g	0.005		0	FLA	4		0.001	0.005	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.465		0	FLA	4		0.415	1.319	
18:2 undifferentiated....g	1.365		0	FLA	4		0.387	1.229	
18:3 undifferentiated....g	0.069		0	FLA	4		0.020	0.062	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.024		0	FLA	4		0.007	0.022	
20:5 n-3....g	0.001		0	FLA	4		0.000	0.001	
22:5 n-3....g									
22:6 n-3....g	0.006		0	FLA	4		0.002	0.005	
Fatty acids, total trans....g									
Cholesterol....mg	69		0	FLA	4		20	62	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.058		0		1		0.016	0.052	
Threonine....g	0.161		0		1		0.046	0.145	
Isoleucine....g	0.203		0		1		0.058	0.183	
Leucine....g	0.362		0		1		0.103	0.326	
Lysine....g	0.168		0		1		0.048	0.151	
Methionine....g	0.092		0		1		0.026	0.083	
Cystine....g	0.102		0		1		0.029	0.092	
Phenylalanine....g	0.242		0		1		0.069	0.218	
Tyrosine....g	0.154		0		1		0.044	0.139	
Valine....g	0.229		0		1		0.065	0.206	
Arginine....g	0.207		0		1		0.059	0.186	
Histidine....g	0.112		0		1		0.032	0.101	
Alanine....g	0.182		0		1		0.052	0.164	
Aspartic acid....g	0.279		0		1		0.079	0.251	
Glutamic acid....g	1.498		0		1		0.425	1.348	
Glycine....g	0.178		0		1		0.050	0.160	
Proline....g	0.500		0		1		0.142	0.450	
Serine....g	0.256		0		1		0.073	0.230	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 90g: 1 piece (1/6 of 19 oz cake)

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 4

NDB No. 18105
Coffeecake, creme-filled with chocolate frosting

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18106
Coffeecake, fruit

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	31.70	3.832	3		1		8.99	15.85	
Energy kcal	311		0		4		88	156	
Energy kj	1301				4		369	651	
Protein (N x 5.8) g	5.20	0.204	3		1		1.47	2.60	
Total lipid (fat) g	10.20	2.604	4		1		2.89	5.10	
Ash g	1.20	0.014	5		1		0.34	0.60	
Carbohydrate, by difference g	51.50		0	NC	4		14.60	25.75	
Fiber, total dietary g	2.5		0		1		0.7	1.3	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	45	14.292	3		1		13	23	
Iron, Fe mg	2.43	0.423	3		1		0.69	1.22	
Magnesium, Mg mg	17	2.501	3		1		5	9	
Phosphorus, P mg	118	27.140	3		1		33	59	
Potassium, K mg	90	7.760	3		1		26	45	
Sodium, Na mg	385	19.248	3		1		109	193	
Zinc, Zn mg	0.65		2		1		0.18	0.33	
Copper, Cu mg	0.030		2		1		0.009	0.015	
Manganese, Mn mg	0.240		2		1		0.068	0.120	
Selenium, Se mcg	16.5		0	FLA	4		4.7	8.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.8	0.033	9		1		0.2	0.4	
Thiamin mg	0.037	0.013	9		1		0.010	0.019	
Riboflavin mg	0.190	0.007	9		1		0.054	0.095	
Niacin mg	2.573	0.052	9		1		0.729	1.287	
Pantothenic acid mg	0.660	0.012	8		1		0.187	0.330	
Vitamin B-6 mg	0.037	0.000	8		1		0.010	0.019	
Folate, total mcg	47		0	FLA	4		13	24	
Folic acid mcg	28		0	NC	4		8	14	
Folate, food mcg	19	1.029	8		1		5	10	
Folate, DFE mcg_DFE	67		0	NC	4		19	33	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.02		0	FLA	4		0.01	0.01	
Vitamin A, RAE mcg_RAE	7		0	NC	4		2	4	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	140		1		1		40	70	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	2.495		0	FLA	4		0.707	1.248	
4:0 g	0.000		0	FLA	4		0.000	0.000	
6:0 g	0.000		0	FLA	4		0.000	0.000	
8:0 g	0.000		0	FLA	4		0.000	0.000	
10:0 g	0.000		0	FLA	4		0.000	0.000	
12:0 g	0.000		0	FLA	4		0.000	0.000	
13:0 g									

NDB No. 18106
Coffeecake, fruit

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0 g	0.048		0	FLA	4		0.014	0.024	
15:0 g									
16:0 g	1.321		0	FLA	4		0.375	0.661	
17:0 g									
18:0 g	1.117		0	FLA	4		0.317	0.559	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.557		0	FLA	4		1.575	2.779	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.012		0	FLA	4		0.003	0.006	
17:1 g									
18:1 undifferentiated g	5.543		0	FLA	4		1.571	2.772	
20:1 g	0.001		0	FLA	4		0.000	0.001	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.473		0	FLA	4		0.418	0.737	
18:2 undifferentiated g	1.390		0	FLA	4		0.394	0.695	
18:3 undifferentiated g	0.079		0	FLA	4		0.022	0.040	
18:4 g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.002		0	FLA	4		0.001	0.001	
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 g	0.001		0	FLA	4		0.000	0.001	
Fatty acids, total trans g									
Cholesterol mg	7		0	FLA	4		2	4	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.058		0		1		0.016	0.029	
Threonine g	0.165		0		1		0.047	0.083	
Isoleucine g	0.207		0		1		0.059	0.104	
Leucine g	0.364		0		1		0.103	0.182	
Lysine g	0.187		0		1		0.053	0.094	
Methionine g	0.094		0		1		0.027	0.047	
Cystine g	0.098		0		1		0.028	0.049	
Phenylalanine g	0.249		0		1		0.071	0.125	
Tyrosine g	0.153		0		1		0.043	0.077	
Valine g	0.238		0		1		0.067	0.119	
Arginine g	0.253		0		1		0.072	0.127	
Histidine g	0.112		0		1		0.032	0.056	
Alanine g	0.226		0		1		0.064	0.113	
Aspartic acid g	0.328		0		1		0.093	0.164	
Glutamic acid g	1.435		0		1		0.407	0.718	
Glycine g	0.274		0		1		0.078	0.137	
Proline g	0.516		0		1		0.146	0.258	
Serine g	0.261		0		1		0.074	0.131	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18106
Coffeecake, fruit

Measure 2 = 50g: 1 piece (1/8 cake)

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18150
Cookies, animal crackers (includes arrowroot, tea biscuits)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.90	0.182	42		1		1.11	0.19	0.10
Energy....kcal	446		0	NC	4		126	22	11
Energy....kj	1866		0		4		529	91	47
Protein (N x 5.7)....g	6.90	0.155	46		1		1.96	0.34	0.17
Total lipid (fat)....g	13.80	0.229	46		1		3.91	0.68	0.35
Ash....g	1.30	0.028	44		1		0.37	0.06	0.03
Carbohydrate, by difference....g	74.10		0	NC	4		21.01	3.63	1.85
Fiber, total dietary....g	1.1		0		4		0.3	0.1	0.0
Sugars, total....g	13.93		0	FLA	4		3.95	0.68	0.35
Starch....g									
Minerals:									
Calcium, Ca....mg	43	5.640	36		1		12	2	1
Iron, Fe....mg	2.75	0.067	37		1		0.78	0.13	0.07
Magnesium, Mg....mg	18	0.492	32		1		5	1	0
Phosphorus, P....mg	114	6.234	35		1		32	6	3
Potassium, K....mg	100	2.786	34		1		28	5	3
Sodium, Na....mg	393	12.049	45		1		111	19	10
Zinc, Zn....mg	0.64	0.029	32		1		0.18	0.03	0.02
Copper, Cu....mg	0.157	0.012	31		1		0.045	0.008	0.004
Manganese, Mn....mg	0.423	0.015	27		1		0.120	0.021	0.011
Selenium, Se....mcg	7.0	2.000	4	A	1		2.0	0.3	0.2
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin....mg	0.350	0.015	37		1		0.099	0.017	0.009
Riboflavin....mg	0.326	0.015	34		1		0.092	0.016	0.008
Niacin....mg	3.470	0.124	35		1		0.984	0.170	0.087
Pantothenic acid....mg	0.376		2		1		0.107	0.018	0.009
Vitamin B-6....mg	0.022		2		1		0.006	0.001	0.001
Folate, total....mcg	103		0	FLA	4		29	5	3
Folic acid....mcg	89		0		4		25	4	2
Folate, food....mcg	14		1		1		4	1	0
Folate, DFE....mcg_DFE	165		0	NC	4		47	8	4
Choline, total....mg	9.4		0	FLC	4		2.7	0.5	0.2
Betaine....mg									
Vitamin B-12....mcg	0.05		1		1		0.01	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	0
Retinol....mcg	0		0	FLA	4		0	0	0
Carotene, beta....mcg	0		0	FLA	4		0	0	0
Carotene, alpha....mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	0
Vitamin A, IU....IU	0		0	NC	4		0	0	0
Lycopene....mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....mcg	2		0	FLA	4		1	0	0
Vitamin E (alpha-tocopherol)....mg	0.12		0	FLA	4		0.03	0.01	0.00
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	5.9		0	FLA	4		1.7	0.3	0.1
Lipids:									
Fatty acids, total saturated....g	3.463		0	FLA	4		0.982	0.170	0.087
4:0....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0....g	0.000		0	FLA	4		0.000	0.000	0.000

NDB No. 18150

Cookies, animal crackers (includes arrowroot, tea biscuits)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0	FLA	4		0.000	0.000	0.000
13:0 g									
14:0 g	0.067		0	FLA	4		0.019	0.003	0.002
15:0 g									
16:0 g	1.797		0	FLA	4		0.509	0.088	0.045
17:0 g									
18:0 g	1.591		0	FLA	4		0.451	0.078	0.040
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.666		0	FLA	4		2.173	0.376	0.192
14:1 g									
15:1 g									
16:1 undifferentiated g	0.003		0	FLA	4		0.001	0.000	0.000
17:1 g									
18:1 undifferentiated g	7.663		0	FLA	4		2.172	0.375	0.192
20:1 g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	1.873		0	FLA	4		0.531	0.092	0.047
18:2 undifferentiated g	1.776		0	FLA	4		0.503	0.087	0.044
18:3 undifferentiated g	0.096		0	FLA	4		0.027	0.005	0.002
18:4 g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.099		0		1		0.028	0.005	0.002
Threonine g	0.193		0		1		0.055	0.009	0.005
Isoleucine g	0.263		0		1		0.075	0.013	0.007
Leucine g	0.470		0		1		0.133	0.023	0.012
Lysine g	0.242		0		1		0.069	0.012	0.006
Methionine g	0.116		0		1		0.033	0.006	0.003
Cystine g	0.149		0		1		0.042	0.007	0.004
Phenylalanine g	0.324		0		1		0.092	0.016	0.008
Tyrosine g	0.196		0		1		0.056	0.010	0.005
Valine g	0.303		0		1		0.086	0.015	0.008
Arginine g	0.263		0		1		0.075	0.013	0.007
Histidine g	0.140		0		1		0.040	0.007	0.004
Alanine g	0.209		0		1		0.059	0.010	0.005
Aspartic acid g	0.292		0		1		0.083	0.014	0.007
Glutamic acid g	2.262		0		1		0.641	0.111	0.057
Glycine g	0.231		0		1		0.065	0.011	0.006
Proline g	0.763		0		1		0.216	0.037	0.019
Serine g	0.362		0		1		0.103	0.018	0.009
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	FLA	4		0	0	0
Theobromine mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18150

Cookies, animal crackers (includes arrowroot, tea biscuits)

Measure 1 = 28.35g: 1 oz

Measure 2 = 4.9g: 1 Arrowroot biscuit (include Arrowroot cookie)

Measure 3 = 2.5g: 1 cracker

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18151
Cookies, brownies, commercially prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	13.60	0.647	15		1		3.86	7.62	8.30
Energy....kcal	405		0		4		115	227	247
Energy....kj	1695		0		4		480	949	1034
Protein (N x 5.9)....g	4.80	0.173	19		1		1.36	2.69	2.93
Total lipid (fat)....g	16.30	0.610	21		1		4.62	9.13	9.94
Ash....g	1.30	0.083	16		1		0.37	0.73	0.79
Carbohydrate, by difference....g	63.90		0		4		18.12	35.78	38.98
Fiber, total dietary....g	2.1		0		1		0.6	1.2	1.3
Sugars, total....g	36.61		0	FLA	4		10.38	20.50	22.33
Starch....g									
Minerals:									
Calcium, Ca....mg	29	2.976	18		1		8	16	18
Iron, Fe....mg	2.25	0.156	18		1		0.64	1.26	1.37
Magnesium, Mg....mg	31	1.880	11		1		9	17	19
Phosphorus, P....mg	101	8.275	12		1		29	57	62
Potassium, K....mg	149	17.040	11		1		42	83	91
Sodium, Na....mg	312	34.632	13		1		88	175	190
Zinc, Zn....mg	0.72	0.033	9		1		0.20	0.40	0.44
Copper, Cu....mg	0.224	0.021	10		1		0.064	0.125	0.137
Manganese, Mn....mg	0.128		0	FLA	4		0.036	0.072	0.078
Selenium, Se....mcg	6.3		0	FLA	4		1.8	3.5	3.8
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin....mg	0.255	0.034	16		1		0.072	0.143	0.156
Riboflavin....mg	0.210	0.016	18		1		0.060	0.118	0.128
Niacin....mg	1.721	0.234	17		1		0.488	0.964	1.050
Pantothenic acid....mg	0.547		1		1		0.155	0.306	0.334
Vitamin B-6....mg	0.035		1		1		0.010	0.020	0.021
Folate, total....mcg	47		0	FLA	4		13	27	29
Folic acid....mcg	35		0		4		10	20	21
Folate, food....mcg	12		0		4		3	7	7
Folate, DFE....mcg_DFE	72		0	NC	4		20	40	44
Choline, total....mg	10.0		0	FLC	4		2.8	5.6	6.1
Betaine....mg									
Vitamin B-12....mcg	0.07		0	FLA	4		0.02	0.04	0.04
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	20		0	NC	4		6	11	12
Retinol....mcg	20		0	FLA	4		6	11	12
Carotene, beta....mcg	0		0	FLA	4		0	0	0
Carotene, alpha....mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	0
Vitamin A, IU....IU	69		0	NC	4		19	38	42
Lycopene....mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....mcg	6		0	FLA	4		2	3	4
Vitamin E (alpha-tocopherol)....mg	0.15		0	FLA	4		0.04	0.08	0.09
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	6.5		0	FLA	4		1.8	3.6	4.0
Lipids:									
Fatty acids, total saturated....g	4.235		0	FLA	4		1.201	2.372	2.583
4:0....g	0.001		0	FLA	4		0.000	0.001	0.001
6:0....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0....g	0.000		0	FLA	4		0.000	0.000	0.000

NDB No. 18151
Cookies, brownies, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0	FLA	4		0.000	0.000	0.000
13:0 g									
14:0 g	0.078		0	FLA	4		0.022	0.044	0.048
15:0 g									
16:0 g	2.176		0	FLA	4		0.617	1.219	1.327
17:0 g									
18:0 g	1.973		0	FLA	4		0.559	1.105	1.204
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.965		0	FLA	4		2.542	5.020	5.469
14:1 g									
15:1 g									
16:1 undifferentiated g	0.011		0	FLA	4		0.003	0.006	0.007
17:1 g									
18:1 undifferentiated g	8.946		0	FLA	4		2.536	5.010	5.457
20:1 g	0.006		0	FLA	4		0.002	0.003	0.004
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	2.259		0	FLA	4		0.640	1.265	1.378
18:2 undifferentiated g	2.090		0	FLA	4		0.593	1.170	1.275
18:3 undifferentiated g	0.159		0	FLA	4		0.045	0.089	0.097
18:4 g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.004		0	FLA	4		0.001	0.002	0.002
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 g	0.001		0	FLA	4		0.000	0.001	0.001
Fatty acids, total trans g									
Cholesterol mg	17	8.577	4		1		5	10	10
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.064		0		1		0.018	0.036	0.039
Threonine g	0.189		0		1		0.054	0.106	0.115
Isoleucine g	0.224		0		1		0.064	0.125	0.137
Leucine g	0.361		0		1		0.102	0.202	0.220
Lysine g	0.260		0		1		0.074	0.146	0.159
Methionine g	0.112		0		1		0.032	0.063	0.068
Cystine g	0.105		0		1		0.030	0.059	0.064
Phenylalanine g	0.241		0		1		0.068	0.135	0.147
Tyrosine g	0.166		0		1		0.047	0.093	0.101
Valine g	0.264		0		1		0.075	0.148	0.161
Arginine g	0.256		0		1		0.073	0.143	0.156
Histidine g	0.102		0		1		0.029	0.057	0.062
Alanine g	0.219		0		1		0.062	0.123	0.134
Aspartic acid g	0.392		0		1		0.111	0.220	0.239
Glutamic acid g	0.952		0		1		0.270	0.533	0.581
Glycine g	0.171		0		1		0.048	0.096	0.104
Proline g	0.298		0		1		0.084	0.167	0.182
Serine g	0.285		0		1		0.081	0.160	0.174
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	2		0	FLA	4		1	1	1
Theobromine mg	78		0	FLA	4		22	44	48

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18151
Cookies, brownies, commercially prepared

Measure 1 = 28.35g: 1 oz
Measure 2 = 56g: 1 square, large (2-3/4" sq x 7/8")
Measure 3 = 61g: 1 package, Little Debbie (twin wrapped)

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18152
Cookies, brownies, dry mix, regular

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	2.80	0.044	40		1		0.79	17.08	
Energy kcal	434		0		4		123	2647	
Energy kj	1816				4		515	11077	
Protein (N x 5.6) g	4.00	0.047	37		1		1.13	24.40	
Total lipid (fat) g	14.90	0.597	39		1		4.22	90.89	
Ash g	1.30	0.023	29		1		0.37	7.93	
Carbohydrate, by difference g	76.60		0	NC	4		21.72	467.26	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	19	0.571	36		1		5	116	
Iron, Fe mg	1.99	0.075	32		1		0.56	12.14	
Magnesium, Mg mg	40	1.046	25		1		11	244	
Phosphorus, P mg	82	2.679	37		1		23	500	
Potassium, K mg	219	14.627	29		1		62	1336	
Sodium, Na mg	303	13.419	37		1		86	1848	
Zinc, Zn mg	0.64	0.022	25		1		0.18	3.90	
Copper, Cu mg	0.276	0.011	22		1		0.078	1.684	
Manganese, Mn mg	0.351		0	FLA	4		0.100	2.141	
Selenium, Se mcg	2.6		0	FLA	4		0.7	15.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.3		0	FLA	4		0.1	1.8	
Thiamin mg	0.165	0.007	29		1		0.047	1.007	
Riboflavin mg	0.162	0.009	29		1		0.046	0.988	
Niacin mg	1.882	0.081	25		1		0.534	11.480	
Pantothenic acid mg	0.131		0	FLA	4		0.037	0.799	
Vitamin B-6 mg	0.067		0	FLA	4		0.019	0.409	
Folate, total mcg	35		0	FLA	4		10	214	
Folic acid mcg	26		0	NC	4		7	159	
Folate, food mcg	9		0		4		3	55	
Folate, DFE mcg_DFE	53		0	NC	4		15	325	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.00		0		1		0.00	0.00	
Vitamin A, RAE mcg_RAE	1		0	NC	4		0	3	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	11		0	FLA	4		3	67	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	2.519		0	FLA	4		0.714	15.366	
4:0 g	0.000		0	FLA	4		0.000	0.000	
6:0 g	0.000		0	FLA	4		0.000	0.000	
8:0 g	0.000		0	FLA	4		0.000	0.000	
10:0 g	0.000		0	FLA	4		0.000	0.000	
12:0 g	0.000		0	FLA	4		0.000	0.000	
13:0 g									

NDB No. 18152
Cookies, brownies, dry mix, regular

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.026		0	FLA	4		0.007	0.159	
15:0....g									
16:0....g	1.543		0	FLA	4		0.437	9.412	
17:0....g									
18:0....g	0.935		0	FLA	4		0.265	5.704	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.158		0	FLA	4		1.462	31.464	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.046		0	FLA	4		0.013	0.281	
17:1....g									
18:1 undifferentiated....g	5.045		0	FLA	4		1.430	30.775	
20:1....g	0.042		0	FLA	4		0.012	0.256	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	6.373		0	FLA	4		1.807	38.875	
18:2 undifferentiated....g	5.549		0	FLA	4		1.573	33.849	
18:3 undifferentiated....g	0.771		0	FLA	4		0.219	4.703	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.002		0	FLA	4		0.001	0.012	
20:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		1		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.058		0		1		0.016	0.354	
Threonine....g	0.134		0		1		0.038	0.817	
Isoleucine....g	0.154		0		1		0.044	0.939	
Leucine....g	0.261		0		1		0.074	1.592	
Lysine....g	0.165		0		1		0.047	1.007	
Methionine....g	0.057		0		1		0.016	0.348	
Cystine....g	0.071		0		1		0.020	0.433	
Phenylalanine....g	0.191		0		1		0.054	1.165	
Tyrosine....g	0.132		0		1		0.037	0.805	
Valine....g	0.209		0		1		0.059	1.275	
Arginine....g	0.228		0		1		0.065	1.391	
Histidine....g	0.078		0		1		0.022	0.476	
Alanine....g	0.155		0		1		0.044	0.946	
Aspartic acid....g	0.297		0		1		0.084	1.812	
Glutamic acid....g	0.952		0		1		0.270	5.807	
Glycine....g	0.163		0		1		0.046	0.994	
Proline....g	0.296		0		1		0.084	1.806	
Serine....g	0.195		0		1		0.055	1.190	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 610g: 1 package (21.5 oz)

Calories Factors: Protein 3 **Fat** 8.7 **Carbohydrate** 3.8

NDB No. 18152
Cookies, brownies, dry mix, regular

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18196
Cookies, brownies, dry mix, special dietary

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	3.50		1		1		0.99	8.44	
Energy kcal	426		0		4		121	1027	
Energy kj	1782		0		4		505	4296	
Protein (N x 5.7) g	2.90		1		1		0.82	6.99	
Total lipid (fat) g	12.50		1		1		3.54	30.13	
Ash g	0.70		1		1		0.20	1.69	
Carbohydrate, by difference g	80.40		0	NC	4		22.79	193.76	
Fiber, total dietary g	4.2		0		4		1.2	10.1	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	12		1		1		3	29	
Iron, Fe mg	1.52		1		1		0.43	3.66	
Magnesium, Mg mg	4		1		1		1	10	
Phosphorus, P mg	57		1		1		16	137	
Potassium, K mg	335		1		1		95	807	
Sodium, Na mg	83		1		1		24	200	
Zinc, Zn mg	0.14		1		1		0.04	0.34	
Copper, Cu mg	0.026		1		1		0.007	0.063	
Manganese, Mn mg	0.201		0	FLA	4		0.057	0.484	
Selenium, Se mcg	2.0		0	FLA	4		0.6	4.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1		1		0.0	0.0	
Thiamin mg	0.139		1		1		0.039	0.335	
Riboflavin mg	0.109		1		1		0.031	0.263	
Niacin mg	1.240		1		1		0.352	2.988	
Pantothenic acid mg	0.091		1		1		0.026	0.219	
Vitamin B-6 mg	0.008		1		1		0.002	0.019	
Folate, total mcg	48		0	FLA	4		14	116	
Folic acid mcg	45		0	NC	4		13	108	
Folate, food mcg	3		1		1		1	7	
Folate, DFE mcg_DFE	80		0	NC	4		23	192	
Choline, total mg	3.3		0	FLC	4		0.9	7.9	
Betaine mg									
Vitamin B-12 mcg	0.00		1		1		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	0		1		1		0	0	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	2.018		0	FLA	4		0.572	4.863	
4:0 g	0.000		0	FLA	4		0.000	0.000	
6:0 g	0.000		0	FLA	4		0.000	0.000	
8:0 g	0.000		0	FLA	4		0.000	0.000	
10:0 g	0.000		0	FLA	4		0.000	0.000	
12:0 g	0.000		0	FLA	4		0.000	0.000	
13:0 g									

NDB No. 18196
Cookies, brownies, dry mix, special dietary

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.013		0	FLA	4		0.004	0.031	
15:0....g									
16:0....g	1.293		0	FLA	4		0.367	3.116	
17:0....g									
18:0....g	0.707		0	FLA	4		0.200	1.704	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.233		0	FLA	4		1.484	12.612	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.048		0	FLA	4		0.014	0.116	
17:1....g									
18:1 undifferentiated....g	5.173		0	FLA	4		1.467	12.467	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.577		0	FLA	4		1.298	11.031	
18:2 undifferentiated....g	4.251		0	FLA	4		1.205	10.245	
18:3 undifferentiated....g	0.315		0	FLA	4		0.089	0.759	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		1		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.041		0		1		0.012	0.099	
Threonine....g	0.087		0		1		0.025	0.210	
Isoleucine....g	0.109		0		1		0.031	0.263	
Leucine....g	0.189		0		1		0.054	0.455	
Lysine....g	0.109		0		1		0.031	0.263	
Methionine....g	0.044		0		1		0.012	0.106	
Cystine....g	0.056		0		1		0.016	0.135	
Phenylalanine....g	0.136		0		1		0.039	0.328	
Tyrosine....g	0.087		0		1		0.025	0.210	
Valine....g	0.136		0		1		0.039	0.328	
Arginine....g	0.121		0		1		0.034	0.292	
Histidine....g	0.056		0		1		0.016	0.135	
Alanine....g	0.096		0		1		0.027	0.231	
Aspartic acid....g	0.156		0		1		0.044	0.376	
Glutamic acid....g	0.830		0		1		0.235	2.000	
Glycine....g	0.104		0		1		0.029	0.251	
Proline....g	0.275		0		1		0.078	0.663	
Serine....g	0.144		0		1		0.041	0.347	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18196
Cookies, brownies, dry mix, special dietary

Measure 2 = 241g: 1 package (8.5 oz)

Calories Factors: **Protein** 3.6 **Fat** 8.8 **Carbohydrate** 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18197
Cookies, brownies, dry mix, special dietary, prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	13.00		0		4		3.69	2.86	
Energy....kcal	384		0		4		109	84	
Energy....kj	1607		0		4		455	353	
Protein (N x 0)....g	3.80		0		4		1.08	0.84	
Total lipid (fat)....g	11.10		0		4		3.15	2.44	
Ash....g	0.70		0		4		0.20	0.15	
Carbohydrate, by difference....g	71.30		0		4		20.21	15.69	
Fiber, total dietary....g	3.7		0		4		1.0	0.8	
Sugars, total....g	0.09		0	RPI	6		0.02	0.02	
Starch....g									
Minerals:									
Calcium, Ca....mg	12		0		4		3	3	
Iron, Fe....mg	1.35		0		4		0.38	0.30	
Magnesium, Mg....mg	6		0		4		2	1	
Phosphorus, P....mg	52		0		4		15	11	
Potassium, K....mg	314		0		4		89	69	
Sodium, Na....mg	94		0		4		27	21	
Zinc, Zn....mg	0.13		0		4		0.04	0.03	
Copper, Cu....mg	0.026		0		4		0.007	0.006	
Manganese, Mn....mg	0.406		0		4		0.115	0.089	
Selenium, Se....mcg	2.7		0	RK	4		0.8	0.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.099		0		4		0.028	0.022	
Riboflavin....mg	0.140		0		4		0.040	0.031	
Niacin....mg	0.999		0		4		0.283	0.220	
Pantothenic acid....mg	0.066		0		4		0.019	0.015	
Vitamin B-6....mg	0.007		0		4		0.002	0.002	
Folate, total....mcg	43		0	RPI	6		12	9	
Folic acid....mcg	41		0		4		12	9	
Folate, food....mcg	2		0		4		1	0	
Folate, DFE....mcg_DFE	72		0	NC	4		20	16	
Choline, total....mg	3.0		0	RPI	6		0.9	0.7	
Betaine....mg									
Vitamin B-12....mcg	0.02		0		4		0.01	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	RPI	6		0	0	
Carotene, beta....mcg	0		0	RPI	6		0	0	
Carotene, alpha....mcg	0		0	RPI	6		0	0	
Cryptoxanthin, beta....mcg	0		0	RPI	6		0	0	
Vitamin A, IU....IU	0		0	NC	4		0	0	
Lycopene....mcg	0		0	RPI	6		0	0	
Lutein + zeaxanthin....mcg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	RPI	6		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		0	RPI	6		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	5.096		0		4		1.445	1.121	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	

NDB No. 18197

Cookies, brownies, dry mix, special dietary, prepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.095		0		4		0.027	0.021	
13:0 g									
14:0 g	0.096		0		4		0.027	0.021	
15:0 g									
16:0 g	3.100		0		4		0.879	0.682	
17:0 g									
18:0 g	1.803		0		4		0.511	0.397	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.573		0		4		1.296	1.006	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.003		0		4		0.001	0.001	
17:1 g									
18:1 undifferentiated g	4.570		0		4		1.296	1.005	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.806		0		4		0.229	0.177	
18:2 undifferentiated g	0.759		0		4		0.215	0.167	
18:3 undifferentiated g	0.046		0		4		0.013	0.010	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 g	0.000		0		4		0.000	0.000	
22:5 n-3 g	0.000		0		4		0.000	0.000	
22:6 n-3 g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.053		0		4		0.015	0.012	
Threonine g	0.136		0		4		0.039	0.030	
Isoleucine g	0.169		0		4		0.048	0.037	
Leucine g	0.277		0		4		0.079	0.061	
Lysine g	0.185		0		4		0.052	0.041	
Methionine g	0.083		0		4		0.024	0.018	
Cystine g	0.083		0		4		0.024	0.018	
Phenylalanine g	0.195		0		4		0.055	0.043	
Tyrosine g	0.127		0		4		0.036	0.028	
Valine g	0.202		0		4		0.057	0.044	
Arginine g	0.177		0		4		0.050	0.039	
Histidine g	0.079		0		4		0.022	0.017	
Alanine g	0.160		0		4		0.045	0.035	
Aspartic acid g	0.270		0		4		0.077	0.059	
Glutamic acid g	0.906		0		4		0.257	0.199	
Glycine g	0.137		0		4		0.039	0.030	
Proline g	0.293		0		4		0.083	0.064	
Serine g	0.217		0		4		0.062	0.048	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	2		0	BFZN	4		1	0	
Theobromine mg	51		0	BFZN	4		14	11	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18197

Cookies, brownies, dry mix, special dietary, prepared

Measure 1 = 28.35g: 1 oz

Measure 2 = 22g: 1 brownie (2" square)

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18154
Cookies, brownies, prepared from recipe

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	12.60		0		1		3.57	3.02	
Energy kcal	466		0	NC	4		132	112	
Energy kj	1950				4		553	468	
Protein (N x 0) g	6.20		0		1		1.76	1.49	
Total lipid (fat) g	29.10		0		1		8.25	6.98	
Ash g	1.60		0		1		0.45	0.38	
Carbohydrate, by difference g	50.20		0	NC	4		14.23	12.05	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	57		0		1		16	14	
Iron, Fe mg	1.84		0		1		0.52	0.44	
Magnesium, Mg mg	53		0		1		15	13	
Phosphorus, P mg	132		0		1		37	32	
Potassium, K mg	176		0		1		50	42	
Sodium, Na mg	343		0		1		97	82	
Zinc, Zn mg	0.97		0		1		0.27	0.23	
Copper, Cu mg	0.388		0		1		0.110	0.093	
Manganese, Mn mg	0.587		0		1		0.166	0.141	
Selenium, Se mcg	11.5		0	RK	4		3.3	2.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.3		0		1		0.1	0.1	
Thiamin mg	0.141		0		1		0.040	0.034	
Riboflavin mg	0.190		0		1		0.054	0.046	
Niacin mg	0.982		0		1		0.278	0.236	
Pantothenic acid mg	0.328		0		1		0.093	0.079	
Vitamin B-6 mg	0.094		0		1		0.027	0.023	
Folate, total mcg	29		0	RK	4		8	7	
Folic acid mcg	14		0	NC	4		4	3	
Folate, food mcg	15		0		1		4	4	
Folate, DFE mcg_DFE	39		0	NC	4		11	9	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.16		0		1		0.05	0.04	
Vitamin A, RAE mcg_RAE	176		0	NC	4		50	42	
Retinol mcg	161		0	RP	4		46	39	
Carotene, beta mcg	174		0	RP	4		49	42	
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	827		0	NC	4		234	198	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	7.319		0		1		2.075	1.757	
4:0 g	0.000		0		1		0.000	0.000	
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.001		0		1		0.000	0.000	
10:0 g	0.001		0		1		0.000	0.000	
12:0 g	0.001		0		1		0.000	0.000	
13:0 g									

NDB No. 18154
Cookies, brownies, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.074		0		1		0.021	0.018	
15:0....g									
16:0....g	4.158		0		1		1.179	0.998	
17:0....g									
18:0....g	3.037		0		1		0.861	0.729	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.839		0		1		3.073	2.601	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.068		0		1		0.019	0.016	
17:1....g									
18:1 undifferentiated....g	10.710		0		1		3.036	2.570	
20:1....g	0.059		0		1		0.017	0.014	
22:1 undifferentiated....g	0.001		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	9.412		0		1		2.668	2.259	
18:2 undifferentiated....g	8.446		0		1		2.394	2.027	
18:3 undifferentiated....g	0.932		0		1		0.264	0.224	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.027		0		1		0.008	0.006	
20:5 n-3....g	0.001		0		1		0.000	0.000	
22:5 n-3....g	0.000		0		1		0.000	0.000	
22:6 n-3....g	0.006		0		1		0.002	0.001	
Fatty acids, total trans....g									
Cholesterol....mg	73		0		1		21	18	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.078		0		1		0.022	0.019	
Threonine....g	0.228		0		1		0.065	0.055	
Isoleucine....g	0.265		0		1		0.075	0.064	
Leucine....g	0.447		0		1		0.127	0.107	
Lysine....g	0.283		0		1		0.080	0.068	
Methionine....g	0.132		0		1		0.037	0.032	
Cystine....g	0.125		0		1		0.035	0.030	
Phenylalanine....g	0.298		0		1		0.084	0.072	
Tyrosine....g	0.215		0		1		0.061	0.052	
Valine....g	0.323		0		1		0.092	0.078	
Arginine....g	0.433		0		1		0.123	0.104	
Histidine....g	0.136		0		1		0.039	0.033	
Alanine....g	0.271		0		1		0.077	0.065	
Aspartic acid....g	0.516		0		1		0.146	0.124	
Glutamic acid....g	1.203		0		1		0.341	0.289	
Glycine....g	0.238		0		1		0.067	0.057	
Proline....g	0.362		0		1		0.103	0.087	
Serine....g	0.352		0		1		0.100	0.084	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 24g: 1 brownie (2" square)

Calories Factors: Protein Fat Carbohydrate

NDB No. 18154
Cookies, brownies, prepared from recipe

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18155
Cookies, butter, commercially prepared, enriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	4.60	0.496	9		1		1.30	0.23	
Energy kcal	467		0	NC	4		132	23	
Energy kj	1954		0		4		554	98	
Protein (N x 5.9) g	6.10	0.411	10		1		1.73	0.31	
Total lipid (fat) g	18.80	0.958	14		1		5.33	0.94	
Ash g	1.50	0.103	12		1		0.43	0.08	
Carbohydrate, by difference g	68.90		0	NC	4		19.53	3.45	
Fiber, total dietary g	0.8		0		4		0.2	0.0	
Sugars, total g	20.24		0	FLA	4		5.74	1.01	
Starch g									
Minerals:									
Calcium, Ca mg	29	6.020	5		1		8	1	
Iron, Fe mg	2.22	0.207	3		1		0.63	0.11	
Magnesium, Mg mg	12	3.067	3		1		3	1	
Phosphorus, P mg	102	28.864	4		1		29	5	
Potassium, K mg	111	20.071	3		1		31	6	
Sodium, Na mg	351	58.423	4		1		100	18	
Zinc, Zn mg	0.38	0.060	3		1		0.11	0.02	
Copper, Cu mg	0.200		1		1		0.057	0.010	
Manganese, Mn mg	0.170		2		1		0.048	0.009	
Selenium, Se mcg	8.4		0	FLA	4		2.4	0.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	
Thiamin mg	0.370		2		1		0.105	0.019	
Riboflavin mg	0.335		2		1		0.095	0.017	
Niacin mg	3.190		2		1		0.904	0.160	
Pantothenic acid mg	0.488	0.017	8		1		0.138	0.024	
Vitamin B-6 mg	0.036	0.000	8		1		0.010	0.002	
Folate, total mcg	76		0	FLA	4		22	4	
Folic acid mcg	70		0		4		20	4	
Folate, food mcg	6	0.138	8		1		2	0	
Folate, DFE mcg_DFE	125		0	NC	4		35	6	
Choline, total mg	6.5		0	FLC	4		1.8	0.3	
Betaine mg									
Vitamin B-12 mcg	0.36		0	FLA	4		0.10	0.02	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	165		0	NC	4		47	8	
Retinol mcg	162		0	FLA	4		46	8	
Carotene, beta mcg	35		0	FLA	4		10	2	
Carotene, alpha mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta mcg	1		0	FLA	4		0	0	
Vitamin A, IU IU	600		0	NC	4		170	30	
Lycopene mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin mcg	22		0	FLA	4		6	1	
Vitamin E (alpha-tocopherol) mg	0.58		0	FLA	4		0.16	0.03	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	1.7		0	FLA	4		0.5	0.1	
Lipids:									
Fatty acids, total saturated g	11.051		0	FLA	4		3.133	0.553	
4:0 g	0.546		0	FLA	4		0.155	0.027	
6:0 g	0.323		0	FLA	4		0.092	0.016	
8:0 g	0.188		0	FLA	4		0.053	0.009	
10:0 g	0.422		0	FLA	4		0.120	0.021	

NDB No. 18155
Cookies, butter, commercially prepared, enriched

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.473		0	FLA	4		0.134	0.024	
13:0 g									
14:0 g	1.700		0	FLA	4		0.482	0.085	
15:0 g									
16:0 g	4.849		0	FLA	4		1.375	0.242	
17:0 g									
18:0 g	2.179		0	FLA	4		0.618	0.109	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.522		0	FLA	4		1.565	0.276	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.420		0	FLA	4		0.119	0.021	
17:1 g									
18:1 undifferentiated g	4.845		0	FLA	4		1.374	0.242	
20:1 g	0.005		0	FLA	4		0.001	0.000	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.982		0	FLA	4		0.278	0.049	
18:2 undifferentiated g	0.681		0	FLA	4		0.193	0.034	
18:3 undifferentiated g	0.256		0	FLA	4		0.073	0.013	
18:4 g	0.002		0	FLA	4		0.001	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.023		0	FLA	4		0.007	0.001	
20:5 n-3 g	0.011		0	FLA	4		0.003	0.001	
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 g	0.007		0	FLA	4		0.002	0.000	
Fatty acids, total trans g									
Cholesterol mg	117		0	FLA	4		33	6	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.084		0		1		0.024	0.004	
Threonine g	0.215		0		1		0.061	0.011	
Isoleucine g	0.277		0		1		0.079	0.014	
Leucine g	0.471		0		1		0.134	0.024	
Lysine g	0.308		0		1		0.087	0.015	
Methionine g	0.131		0		1		0.037	0.007	
Cystine g	0.122		0		1		0.035	0.006	
Phenylalanine g	0.299		0		1		0.085	0.015	
Tyrosine g	0.211		0		1		0.060	0.011	
Valine g	0.315		0		1		0.089	0.016	
Arginine g	0.261		0		1		0.074	0.013	
Histidine g	0.136		0		1		0.039	0.007	
Alanine g	0.224		0		1		0.064	0.011	
Aspartic acid g	0.371		0		1		0.105	0.019	
Glutamic acid g	1.618		0		1		0.459	0.081	
Glycine g	0.194		0		1		0.055	0.010	
Proline g	0.566		0		1		0.160	0.028	
Serine g	0.354		0		1		0.100	0.018	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18155
Cookies, butter, commercially prepared, enriched

Measure 1 = 28.35g: 1 oz
Measure 2 = 5.0g: 1 cookie

Calories Factors: **Protein** 4.2 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18421
Cookies, butter, commercially prepared, unenriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	4.60	0.496	9		1		1.30	0.23	
Energy kcal	467		0	NC	4		132	23	
Energy kj	1954				4		554	98	
Protein (N x 5.9) g	6.10	0.411	10		1		1.73	0.31	
Total lipid (fat) g	18.80	0.958	14		1		5.33	0.94	
Ash g	1.50	0.103	12		1		0.43	0.08	
Carbohydrate, by difference g	68.90		0		4		19.53	3.45	
Fiber, total dietary g	0.8		0	BFZN	4		0.2	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	29	6.020	5		1		8	1	
Iron, Fe mg	0.29		0		4		0.08	0.01	
Magnesium, Mg mg	12	3.067	3		1		3	1	
Phosphorus, P mg	102	28.864	4		1		29	5	
Potassium, K mg	111	20.071	3		1		31	6	
Sodium, Na mg	351	58.423	4		1		100	18	
Zinc, Zn mg	0.38	0.060	3		1		0.11	0.02	
Copper, Cu mg	0.200		1		1		0.057	0.010	
Manganese, Mn mg	0.170		2		1		0.048	0.009	
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		4		0.0	0.0	
Thiamin mg	0.066		0		4		0.019	0.003	
Riboflavin mg	0.071		0		4		0.020	0.004	
Niacin mg	0.320		0		4		0.091	0.016	
Pantothenic acid mg	0.488	0.017	8		1		0.138	0.024	
Vitamin B-6 mg	0.036	0.000	8		1		0.010	0.002	
Folate, total mcg	6	0.138	8		1		2	0	
Folic acid mcg	0		0	Z	7		0	0	
Folate, food mcg	6	0.138	8		1		2	0	
Folate, DFE mcg_DFE	6		0	NC	4		2	0	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.36		0	BFZN	4		0.10	0.02	
Vitamin A, RAE mcg_RAE	160		0	NC	4		45	8	
Retinol mcg	151		0	NC	4		43	8	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	673		0	BFZN	4		191	34	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	11.051		0	BFZN	4		3.133	0.553	
4:0 g	0.546		0	BFZN	4		0.155	0.027	
6:0 g	0.323		0	BFZN	4		0.092	0.016	
8:0 g	0.188		0	BFZN	4		0.053	0.009	
10:0 g	0.422		0	BFZN	4		0.120	0.021	
12:0 g	0.473		0	BFZN	4		0.134	0.024	
13:0 g									

NDB No. 18421

Cookies, butter, commercially prepared, unenriched

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0 g	1.700		0	BFZN	4		0.482	0.085	
15:0 g									
16:0 g	4.849		0	BFZN	4		1.375	0.242	
17:0 g									
18:0 g	2.179		0	BFZN	4		0.618	0.109	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.522		0	BFZN	4		1.565	0.276	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.420		0	BFZN	4		0.119	0.021	
17:1 g									
18:1 undifferentiated g	4.845		0	BFZN	4		1.374	0.242	
20:1 g	0.005		0	BFZN	4		0.001	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.982		0	BFZN	4		0.278	0.049	
18:2 undifferentiated g	0.681		0	BFZN	4		0.193	0.034	
18:3 undifferentiated g	0.256		0	BFZN	4		0.073	0.013	
18:4 g	0.002		0	BFZN	4		0.001	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.023		0	BFZN	4		0.007	0.001	
20:5 n-3 g	0.011		0	BFZN	4		0.003	0.001	
22:5 n-3 g									
22:6 n-3 g	0.007		0	BFZN	4		0.002	0.000	
Fatty acids, total trans g									
Cholesterol mg	117		0	BFZN	4		33	6	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.084		0		4		0.024	0.004	
Threonine g	0.215		0		4		0.061	0.011	
Isoleucine g	0.277		0		4		0.079	0.014	
Leucine g	0.471		0		4		0.134	0.024	
Lysine g	0.308		0		4		0.087	0.015	
Methionine g	0.131		0		4		0.037	0.007	
Cystine g	0.122		0		4		0.035	0.006	
Phenylalanine g	0.299		0		4		0.085	0.015	
Tyrosine g	0.211		0		4		0.060	0.011	
Valine g	0.315		0		4		0.089	0.016	
Arginine g	0.261		0		4		0.074	0.013	
Histidine g	0.136		0		4		0.039	0.007	
Alanine g	0.224		0		4		0.064	0.011	
Aspartic acid g	0.371		0		4		0.105	0.019	
Glutamic acid g	1.618		0		4		0.459	0.081	
Glycine g	0.194		0		4		0.055	0.010	
Proline g	0.566		0		4		0.160	0.028	
Serine g	0.354		0		4		0.100	0.018	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 5.0g: 1 cookie

Calories Factors: Protein 4.2 **Fat** 8.8 **Carbohydrate** 4

NDB No. 18421
Cookies, butter, commercially prepared, unenriched

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18422

Cookies, chocolate chip, commercially prepared, reg, higher fat, unenriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	4.10	0.091	87		1		1.16	0.41	0.09
Energy kcal	481		0	NC	4		136	48	11
Energy kj	2013				4		571	201	44
Protein (N x 5.8) g	5.40	0.064	88		1		1.53	0.54	0.12
Total lipid (fat) g	22.60	0.153	89		1		6.41	2.26	0.50
Ash g	1.10	0.017	85		1		0.31	0.11	0.02
Carbohydrate, by difference g	66.80		0		4		18.94	6.68	1.47
Fiber, total dietary g	2.5		0		4		0.7	0.3	0.1
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	25	0.775	115		1		7	3	1
Iron, Fe mg	1.00		0		4		0.28	0.10	0.02
Magnesium, Mg mg	31	0.551	110		1		9	3	1
Phosphorus, P mg	108	1.778	110		1		31	11	2
Potassium, K mg	135	2.448	107		1		38	14	3
Sodium, Na mg	315	4.625	112		1		89	32	7
Zinc, Zn mg	0.64	0.011	107		1		0.18	0.06	0.01
Copper, Cu mg	0.212	0.007	105		1		0.060	0.021	0.005
Manganese, Mn mg	0.449	0.009	102		1		0.127	0.045	0.010
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0	0.000	4		1		0.0	0.0	0.0
Thiamin mg	0.059		0		4		0.017	0.006	0.001
Riboflavin mg	0.060		0		4		0.017	0.006	0.001
Niacin mg	0.473		0		4		0.134	0.047	0.010
Pantothenic acid mg	0.229		2		1		0.065	0.023	0.005
Vitamin B-6 mg	0.056		1		1		0.016	0.006	0.001
Folate, total mcg	9	0.102	3		1		3	1	0
Folic acid mcg	0		0	Z	7		0	0	0
Folate, food mcg	9	0.102	3		1		3	1	0
Folate, DFE mcg_DFE	9		0	NC	4		3	1	0
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.01		0		4		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	0
Retinol mcg	0		0	Z	7		0	0	0
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	4		0		4		1	0	0
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	7.476		0	BFZN	4		2.119	0.748	0.164
4:0 g									
6:0 g									
8:0 g									
10:0 g									
12:0 g	0.010		0	BFZN	4		0.003	0.001	0.000
13:0 g									

NDB No. 18422

Cookies, chocolate chip, commercially prepared, reg, higher fat, unenriched

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0 g	0.112		0	BFZN	4		0.032	0.011	0.002
15:0 g									
16:0 g	0.594		0	BFZN	4		0.168	0.059	0.013
17:0 g									
18:0 g	3.697		0	BFZN	4		1.048	0.370	0.081
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	11.671		0	BFZN	4		3.309	1.167	0.257
14:1 g									
15:1 g									
16:1 undifferentiated g	0.017		0	BFZN	4		0.005	0.002	0.000
17:1 g									
18:1 undifferentiated g	11.656		0	BFZN	4		3.304	1.166	0.256
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	2.367		0	BFZN	4		0.671	0.237	0.052
18:2 undifferentiated g	2.246		0	BFZN	4		0.637	0.225	0.049
18:3 undifferentiated g	0.122		0	BFZN	4		0.035	0.012	0.003
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 g									
22:5 n-3 g									
22:6 n-3 g									
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.073		0		4		0.021	0.007	0.002
Threonine g	0.168		0		4		0.048	0.017	0.004
Isoleucine g	0.222		0		4		0.063	0.022	0.005
Leucine g	0.396		0		4		0.112	0.040	0.009
Lysine g	0.219		0		4		0.062	0.022	0.005
Methionine g	0.095		0		4		0.027	0.010	0.002
Cystine g	0.095		0		4		0.027	0.010	0.002
Phenylalanine g	0.261		0		4		0.074	0.026	0.006
Tyrosine g	0.173		0		4		0.049	0.017	0.004
Valine g	0.261		0		4		0.074	0.026	0.006
Arginine g	0.191		0		4		0.054	0.019	0.004
Histidine g	0.102		0		4		0.029	0.010	0.002
Alanine g	0.168		0		4		0.048	0.017	0.004
Aspartic acid g	0.277		0		4		0.079	0.028	0.006
Glutamic acid g	1.602		0		4		0.454	0.160	0.035
Glycine g	0.168		0		4		0.048	0.017	0.004
Proline g	0.557		0		4		0.158	0.056	0.012
Serine g	0.272		0		4		0.077	0.027	0.006
Hydroxyproline g									
Others:									
Alcohol, ethyl g									
Caffeine mg	11		0	BFZN	4		3	1	0
Theobromine mg	83		0	BFZN	4		24	8	2

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 10.0g: 1 cookie, medium (2-1/4" dia)

NDB No. 18422

Cookies, chocolate chip, commercially prepared, reg, higher fat, unenriched

Measure 3 = 2.2g: 1 cookie, bite size (include Mini Chips Ahoy!)

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18159

Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	6.48	0.427	8	A	1		0.79	0.14	0.65
Energy kcal	474		0	NC	4		58	10	47
Energy kj	1984		0	NC	4		242	44	198
Protein (N x 5.8) g	5.12	0.292	8	A	1		0.62	0.11	0.51
Total lipid (fat) g	23.31	0.925	8	A	1		2.84	0.51	2.33
Ash g	1.23	0.014	8	A	1		0.15	0.03	0.12
Carbohydrate, by difference g	63.86		0	NC	4		7.79	1.40	6.39
Fiber, total dietary g	2.4	0.291	7	A	1		0.3	0.1	0.2
Sugars, total g	35.14	1.034	7	A	1		4.29	0.77	3.51
Sucrose g	27.06	1.219	7	A	1		3.30	0.60	2.71
Glucose (dextrose) g	4.38	0.573	7	A	1		0.53	0.10	0.44
Fructose g	3.25	0.472	7	A	1		0.40	0.07	0.33
Lactose g	0.20	0.037	7	A	1		0.02	0.00	0.02
Maltose g	0.20	0.073	7	A	1		0.02	0.00	0.02
Galactose g	0.05	0.010	7	A	1		0.01	0.00	0.00
Starch g	26.91	0.489	7	A	1		3.28	0.59	2.69
Minerals:									
Calcium, Ca mg	26	1.546	7	A	1		3	1	3
Iron, Fe mg	3.20	0.127	7	A	1		0.39	0.07	0.32
Magnesium, Mg mg	39	2.257	7	A	1		5	1	4
Phosphorus, P mg	84	4.658	7	A	1		10	2	8
Potassium, K mg	147	6.821	7	A	1		18	3	15
Sodium, Na mg	296	3.160	7	A	1		36	7	30
Zinc, Zn mg	0.65	0.038	7	A	1		0.08	0.01	0.06
Copper, Cu mg	0.266	0.024	7	A	1		0.032	0.006	0.027
Manganese, Mn mg	0.370	0.040	7	A	1		0.045	0.008	0.037
Selenium, Se mcg	4.0	0.160	7	A	1		0.5	0.1	0.4
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.170	0.011	7	A	1		0.021	0.004	0.017
Riboflavin mg	0.154	0.014	7	A	1		0.019	0.003	0.015
Niacin mg	1.915	0.174	7	A	1		0.234	0.042	0.192
Pantothenic acid mg	0.254	0.020	3	A	1		0.031	0.006	0.025
Vitamin B-6 mg	0.025	0.000	3	A	1		0.003	0.001	0.002
Folate, total mcg	49		0	NC	4		6	1	5
Folic acid mcg	29		2	A	1		4	1	3
Folate, food mcg	20		0	AS	1		2	0	2
Folate, DFE mcg_DFE	69		0	NC	4		8	2	7
Choline, total mg	17.1		0	AS	1		2.1	0.4	1.7
Betaine mg	42.8		1	A	1		5.2	0.9	4.3
Vitamin B-12 mcg	0.06		2	A	1		0.01	0.00	0.01
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	0
Retinol mcg	0		0	FLA	4		0	0	0
Carotene, beta mcg	0		0	FLA	4		0	0	0
Carotene, alpha mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta mcg	0		0	FLA	4		0	0	0
Vitamin A, IU IU	0		0	NC	4		0	0	0
Lycopene mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin mcg	1		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol) mg	2.24	0.077	3	A	1		0.27	0.05	0.22
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.09	0.018	3	A	1		0.01	0.00	0.01
Tocopherol, gamma mg	2.54	0.469	3	A	1		0.31	0.06	0.25
Tocopherol, delta mg	0.40	0.182	3	A	1		0.05	0.01	0.04
Vitamin D IU									
Vitamin K (phylloquinone) mcg	5.2		2	A	1		0.6	0.1	0.5

NDB No. 18159

Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	9.949		0	NC	4		1.214	0.219	0.995
4:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
6:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
8:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
10:0....g	0.008	0.003	6	A	1		0.001	0.000	0.001
12:0....g	0.043	0.008	6	A	1		0.005	0.001	0.004
13:0....g									
14:0....g	0.148	0.005	6	A	1		0.018	0.003	0.015
15:0....g	0.008	0.000	6	A	1		0.001	0.000	0.001
16:0....g	7.214	0.046	6	A	1		0.880	0.159	0.721
17:0....g	0.022	0.001	6	A	1		0.003	0.000	0.002
18:0....g	2.372	0.066	6	A	1		0.289	0.052	0.237
20:0....g	0.099	0.003	6	A	1		0.012	0.002	0.010
22:0....g	0.021	0.001	6	A	1		0.003	0.000	0.002
24:0....g	0.014	0.001	6	A	1		0.002	0.000	0.001
Fatty acids, total monounsaturated....g	7.279		0	NC	4		0.888	0.160	0.728
14:1....g	0.000	0.000	6	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	6	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.034	0.002	6	AS	1		0.004	0.001	0.003
16:1 c....g	0.034	0.002	6	A	1		0.004	0.001	0.003
16:1 t....g	0.000	0.000	6	A	1		0.000	0.000	0.000
17:1....g	0.004	0.000	6	A	1		0.001	0.000	0.000
18:1 undifferentiated....g	7.218	0.059	6	AS	1		0.881	0.159	0.722
18:1 c....g	7.173	0.069	6	A	1		0.875	0.158	0.717
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.045	0.010	6	A	1		0.005	0.001	0.004
18:1-11t (18:1t n-7)....g									
20:1....g	0.018	0.002	6	A	1		0.002	0.000	0.002
22:1 undifferentiated....g	0.000	0.000	6	AS	1		0.000	0.000	0.000
22:1 c....g	0.000	0.000	6	A	1		0.000	0.000	0.000
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	0.000
24:1 c....g	0.004	0.001	6	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	2.681		0	NC	4		0.327	0.059	0.268
18:2 undifferentiated....g	2.505	0.203	6	AS	1		0.306	0.055	0.251
18:2 n-6 c,c....g	2.458	0.204	6	A	1		0.300	0.054	0.246
18:2 CLAs....g	0.002	0.001	6	A	1		0.000	0.000	0.000
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.045	0.002	6	A	1		0.006	0.001	0.005
18:3 undifferentiated....g	0.169	0.030	6	AS	1		0.021	0.004	0.017
18:3 n-3 c,c,c....g	0.160	0.029	6	A	1		0.019	0.004	0.016
18:3 n-6 c,c,c....g	0.009	0.001	6	A	1		0.001	0.000	0.001
18:3i....g									
18:4....g	0.001	0.001	6	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.001	0.001	6	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000	0.000	6	AS	1		0.000	0.000	0.000
20:3 n-3....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:3 n-6....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.002	0.001	6	A	1		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3....g	0.000	0.000	6	A	1		0.000	0.000	0.000
21:5....g									
22:4....g	0.000	0.000	6	A	1		0.000	0.000	0.000
22:5 n-3....g	0.002	0.000	6	A	1		0.000	0.000	0.000
22:6 n-3....g	0.001	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.090		0	NC	4		0.011	0.002	0.009
Fatty acids, total trans-monoenoic....g	0.045		0	NC	4		0.005	0.001	0.004
Fatty acids, total trans-polyenoic....g	0.045		0	NC	4		0.006	0.001	0.005
Cholesterol....mg	0		0	FLA	4		0	0	0
Phytosterols....mg									

NDB No. 18159

Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan g	0.079		0	A	1		0.010	0.002	0.008
Threonine g	0.135		0	A	1		0.016	0.003	0.013
Isoleucine g	0.146		0	A	1		0.018	0.003	0.015
Leucine g	0.292		0	A	1		0.036	0.006	0.029
Lysine g	0.067		0	A	1		0.008	0.001	0.007
Methionine g	0.022		0	A	1		0.003	0.000	0.002
Cystine g	0.101		0	A	1		0.012	0.002	0.010
Phenylalanine g	0.213		0	A	1		0.026	0.005	0.021
Tyrosine g	0.079		0	A	1		0.010	0.002	0.008
Valine g	0.202		0	A	1		0.025	0.004	0.020
Arginine g	0.157		0	A	1		0.019	0.003	0.016
Histidine g	0.079		0	A	1		0.010	0.002	0.008
Alanine g	0.157		0	A	1		0.019	0.003	0.016
Aspartic acid g	0.247		0	A	1		0.030	0.005	0.025
Glutamic acid g	1.325		0	A	1		0.162	0.029	0.133
Glycine g	0.168		0	A	1		0.021	0.004	0.017
Proline g	0.393		0	A	1		0.048	0.009	0.039
Serine g	0.213		0	A	1		0.026	0.005	0.021
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	11		0	FLA	4		1	0	1
Theobromine mg	83		0	FLA	4		10	2	8

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 12.2g: 1 cookie (average weight of 1 cookie, variety of brands)

Measure 2 = 2.2g: 1 cookie, bite size

Measure 3 = 10.0g: 1 cookie, medium (2-1/4" dia)

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18158

Cookies, chocolate chip, commercially prepared, regular, lower fat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	4.10	0.409	11		1		1.16	0.41	
Energy kcal	453		0		4		128	45	
Energy kj	1895				4		537	190	
Protein (N x 5.8) g	5.80	0.118	12		1		1.64	0.58	
Total lipid (fat) g	15.40	0.385	12		1		4.37	1.54	
Ash g	1.30	0.077	11		1		0.37	0.13	
Carbohydrate, by difference g	73.30		0	NC	4		20.78	7.33	
Fiber, total dietary g	3.6		0		1		1.0	0.4	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	19	3.216	11		1		5	2	
Iron, Fe mg	3.07	0.273	11		1		0.87	0.31	
Magnesium, Mg mg	28	1.991	8		1		8	3	
Phosphorus, P mg	84	1.598	10		1		24	8	
Potassium, K mg	123	11.316	10		1		35	12	
Sodium, Na mg	377	16.967	11		1		107	38	
Zinc, Zn mg	0.70	0.048	8		1		0.20	0.07	
Copper, Cu mg	0.247	0.025	7		1		0.070	0.025	
Manganese, Mn mg	0.450	0.036	5		1		0.128	0.045	
Selenium, Se mcg	6.0	0.687	27	A	1		1.7	0.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	FLA	4		0.0	0.0	
Thiamin mg	0.289	0.026	7		1		0.082	0.029	
Riboflavin mg	0.266	0.011	10		1		0.075	0.027	
Niacin mg	2.767	0.122	10		1		0.784	0.277	
Pantothenic acid mg	0.309		0	FLA	4		0.088	0.031	
Vitamin B-6 mg	0.262		1		1		0.074	0.026	
Folate, total mcg	70		0	FLA	4		20	7	
Folic acid mcg	64		0	NC	4		18	6	
Folate, food mcg	6		0		4		2	1	
Folate, DFE mcg_DFE	115		0	NC	4		33	11	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.00		0		1		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	2		0	FLA	4		1	0	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	3.810		0	FLA	4		1.080	0.381	
4:0 g	0.000		0	FLA	4		0.000	0.000	
6:0 g	0.000		0	FLA	4		0.000	0.000	
8:0 g	0.000		0	FLA	4		0.000	0.000	
10:0 g	0.000		0	FLA	4		0.000	0.000	
12:0 g	0.007		0	FLA	4		0.002	0.001	
13:0 g									

NDB No. 18158

Cookies, chocolate chip, commercially prepared, regular, lower fat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.029		0	FLA	4		0.008	0.003	
15:0....g									
16:0....g	2.074		0	FLA	4		0.588	0.207	
17:0....g									
18:0....g	1.655		0	FLA	4		0.469	0.166	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.095		0	FLA	4		1.728	0.610	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.058		0	FLA	4		0.016	0.006	
17:1....g									
18:1 undifferentiated....g	6.027		0	FLA	4		1.709	0.603	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.649		0	FLA	4		1.318	0.465	
18:2 undifferentiated....g	4.320		0	FLA	4		1.225	0.432	
18:3 undifferentiated....g	0.318		0	FLA	4		0.090	0.032	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		1		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.083		0		1		0.024	0.008	
Threonine....g	0.174		0		1		0.049	0.017	
Isoleucine....g	0.234		0		1		0.066	0.023	
Leucine....g	0.418		0		1		0.119	0.042	
Lysine....g	0.223		0		1		0.063	0.022	
Methionine....g	0.103		0		1		0.029	0.010	
Cystine....g	0.114		0		1		0.032	0.011	
Phenylalanine....g	0.282		0		1		0.080	0.028	
Tyrosine....g	0.181		0		1		0.051	0.018	
Valine....g	0.274		0		1		0.078	0.027	
Arginine....g	0.216		0		1		0.061	0.022	
Histidine....g	0.115		0		1		0.033	0.012	
Alanine....g	0.180		0		1		0.051	0.018	
Aspartic acid....g	0.279		0		1		0.079	0.028	
Glutamic acid....g	1.829		0		1		0.519	0.183	
Glycine....g	0.190		0		1		0.054	0.019	
Proline....g	0.628		0		1		0.178	0.063	
Serine....g	0.302		0		1		0.086	0.030	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	7		0	FLA	4		2	1	
Theobromine....mg	55		0	FLA	4		16	6	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18158

Cookies, chocolate chip, commercially prepared, regular, lower fat

Measure 2 = 10.0g: 1 cookie

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18160
Cookies, chocolate chip, commercially prepared, soft-type

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	8.35	0.554	6	A	1		1.02		
Energy kcal	454		0	NC	4		55		
Energy kj	1898		0	NC	4		232		
Protein (N x 5.8) g	4.90	0.576	6	A	1		0.60		
Total lipid (fat) g	20.62	0.321	6	A	1		2.52		
Ash g	1.08	0.028	6	A	1		0.13		
Carbohydrate, by difference g	65.05		0	NC	4		7.94		
Fiber, total dietary g	2.4	0.579	5	A	1		0.3		
Sugars, total g	37.85	0.207	5	A	1		4.62		
Sucrose g	24.20	1.920	5	A	1		2.95		
Glucose (dextrose) g	7.46	1.108	5	A	1		0.91		
Fructose g	5.70	0.883	5	A	1		0.70		
Lactose g	0.00	0.000	5	A	1		0.00		
Maltose g	0.41	0.147	5	A	1		0.05		
Galactose g	0.07	0.020	5	A	1		0.01		
Starch g	24.76	0.157	5	A	1		3.02		
Minerals:									
Calcium, Ca mg	20	2.068	5	A	1		2		
Iron, Fe mg	2.97	0.169	5	A	1		0.36		
Magnesium, Mg mg	32	1.012	5	A	1		4		
Phosphorus, P mg	71	4.420	5	A	1		9		
Potassium, K mg	142	7.570	5	A	1		17		
Sodium, Na mg	272	3.734	5	A	1		33		
Zinc, Zn mg	0.63	0.014	5	A	1		0.08		
Copper, Cu mg	0.244	0.005	5	A	1		0.030		
Manganese, Mn mg	0.420	0.006	5	A	1		0.051		
Selenium, Se mcg	2.5	0.317	5	A	1		0.3		
Vitamins:									
Vitamin C, total ascorbic acid mg									
Thiamin mg	0.130	0.020	5	A	1		0.016		
Riboflavin mg	0.094	0.027	5	A	1		0.011		
Niacin mg	1.780	0.332	5	A	1		0.217		
Pantothenic acid mg	0.330		2	A	1		0.040		
Vitamin B-6 mg	0.000		2	A	1		0.000		
Folate, total mcg	46		1	A	1		6		
Folic acid mcg	25		1	A	1		3		
Folate, food mcg	21		0	AS	1		3		
Folate, DFE mcg_DFE	64		0	NC	4		8		
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.06		2	A	1		0.01		
Vitamin A, RAE mcg_RAE	0		0	AS	1		0		
Retinol mcg	0		0	Z	7		0		
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	0		0	AS	1		0		
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg	2.24	0.077	3	A	1		0.27		
Tocopherol, beta mg	0.09	0.018	3	A	1		0.01		
Tocopherol, gamma mg	2.54	0.469	3	A	1		0.31		
Tocopherol, delta mg	0.40	0.182	3	A	1		0.05		
Vitamin D IU									
Vitamin K (phylloquinone) mcg	5.2		2	A	1		0.6		
Lipids:									
Fatty acids, total saturated g	9.949		0	NC	4		1.214		

NDB No. 18160

Cookies, chocolate chip, commercially prepared, soft-type

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
4:0....g	0.000	0.000	6	A	1		0.000		
6:0....g	0.000	0.000	6	A	1		0.000		
8:0....g	0.000	0.000	6	A	1		0.000		
10:0....g	0.008	0.003	6	A	1		0.001		
12:0....g	0.043	0.008	6	A	1		0.005		
13:0....g									
14:0....g	0.148	0.005	6	A	1		0.018		
15:0....g	0.008	0.000	6	A	1		0.001		
16:0....g	7.214	0.046	6	A	1		0.880		
17:0....g	0.022	0.001	6	A	1		0.003		
18:0....g	2.372	0.066	6	A	1		0.289		
20:0....g	0.099	0.003	6	A	1		0.012		
22:0....g	0.021	0.001	6	A	1		0.003		
24:0....g	0.014	0.001	6	A	1		0.002		
Fatty acids, total monounsaturated....g	7.279		0	NC	4		0.888		
14:1....g	0.000	0.000	6	A	1		0.000		
15:1....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated....g	0.034	0.002	6	AS	1		0.004		
16:1 c....g	0.034	0.002	6	A	1		0.004		
16:1 t....g	0.000	0.000	6	A	1		0.000		
17:1....g	0.004	0.000	6	A	1		0.001		
18:1 undifferentiated....g	7.218	0.059	6	AS	1		0.881		
18:1 c....g	7.173	0.069	6	A	1		0.875		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.045	0.010	6	A	1		0.005		
18:1-11t (18:1t n-7)....g									
20:1....g	0.018	0.002	6	A	1		0.002		
22:1 undifferentiated....g	0.000	0.000	6	AS	1		0.000		
22:1 c....g	0.000	0.000	6	A	1		0.000		
22:1 t....g	0.000	0.000	6	A	1		0.000		
24:1 c....g	0.004	0.001	6	A	1		0.000		
Fatty acids, total polyunsaturated....g	2.681		0	NC	4		0.327		
18:2 undifferentiated....g	2.505	0.203	6	AS	1		0.306		
18:2 n-6 c,c....g	2.458	0.204	6	A	1		0.300		
18:2 CLAs....g	0.002	0.001	6	A	1		0.000		
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.045	0.002	6	A	1		0.006		
18:3 undifferentiated....g	0.169	0.030	6	AS	1		0.021		
18:3 n-3 c,c,c....g	0.160	0.029	6	A	1		0.019		
18:3 n-6 c,c,c....g	0.009	0.001	6	A	1		0.001		
18:3i....g									
18:4....g	0.001	0.001	6	A	1		0.000		
20:2 n-6 c,c....g	0.001	0.001	6	A	1		0.000		
20:3 undifferentiated....g	0.000	0.000	6	AS	1		0.000		
20:3 n-3....g	0.000	0.000	6	A	1		0.000		
20:3 n-6....g	0.000	0.000	6	A	1		0.000		
20:4 undifferentiated....g	0.002	0.001	6	A	1		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3....g	0.000	0.000	6	A	1		0.000		
21:5....g									
22:4....g	0.000	0.000	6	A	1		0.000		
22:5 n-3....g	0.002	0.000	6	A	1		0.000		
22:6 n-3....g	0.001	0.000	6	A	1		0.000		
Fatty acids, total trans....g	0.090		0	NC	4		0.011		
Fatty acids, total trans-monoenoic....g	0.045		0	NC	4		0.005		
Fatty acids, total trans-polyenoic....g	0.045		0	NC	4		0.006		
Cholesterol....mg									
Phytosterols....mg									

Amino Acids:

NDB No. 18160

Cookies, chocolate chip, commercially prepared, soft-type

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tryptophan....g	0.051		0		1		0.006		
Threonine....g	0.117		0		1		0.014		
Isoleucine....g	0.154		0		1		0.019		
Leucine....g	0.268		0		1		0.033		
Lysine....g	0.156		0		1		0.019		
Methionine....g	0.069		0		1		0.008		
Cystine....g	0.069		0		1		0.008		
Phenylalanine....g	0.177		0		1		0.022		
Tyrosine....g	0.118		0		1		0.014		
Valine....g	0.179		0		1		0.022		
Arginine....g	0.140		0		1		0.017		
Histidine....g	0.073		0		1		0.009		
Alanine....g	0.119		0		1		0.015		
Aspartic acid....g	0.195		0		1		0.024		
Glutamic acid....g	1.061		0		1		0.129		
Glycine....g	0.116		0		1		0.014		
Proline....g	0.367		0		1		0.045		
Serine....g	0.193		0		1		0.024		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 12.2g: 1 cookie (average weight of 1 cookie)

Calories Factors: **Protein** 3.8 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18198

Cookies, chocolate chip, commercially prepared, special dietary

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	5.10		1		1		1.45	0.36	
Energy....kcal	450		0		4		128	32	
Energy....kj	1883		0		4		534	132	
Protein (N x 5.8)....g	3.90		1		1		1.11	0.27	
Total lipid (fat)....g	16.80		1		1		4.76	1.18	
Ash....g	0.70		1		1		0.20	0.05	
Carbohydrate, by difference....g	73.40		0	NC	4		20.81	5.14	
Fiber, total dietary....g	1.6		0		4		0.5	0.1	
Sugars, total....g	39.81		0	FLC	4		11.29	2.79	
Starch....g									
Minerals:									
Calcium, Ca....mg	46		0	FLA	4		13	3	
Iron, Fe....mg	3.50		0	FLA	4		0.99	0.25	
Magnesium, Mg....mg	21		0	FLA	4		6	1	
Phosphorus, P....mg	109		0	FLA	4		31	8	
Potassium, K....mg	199		1		1		56	14	
Sodium, Na....mg	11		1		1		3	1	
Zinc, Zn....mg	0.47		0	FLA	4		0.13	0.03	
Copper, Cu....mg	0.218		0	FLA	4		0.062	0.015	
Manganese, Mn....mg	0.365		0	FLA	4		0.103	0.026	
Selenium, Se....mcg	2.6		0	FLA	4		0.7	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.373		0	FLA	4		0.106	0.026	
Riboflavin....mg	0.188		0	FLA	4		0.053	0.013	
Niacin....mg	2.843		0	FLA	4		0.806	0.199	
Pantothenic acid....mg	0.201		0	FLA	4		0.057	0.014	
Vitamin B-6....mg	0.018		0	FLA	4		0.005	0.001	
Folate, total....mcg	54		0	FLC	4		15	4	
Folic acid....mcg	48		0		4		14	3	
Folate, food....mcg	6		0		4		2	0	
Folate, DFE....mcg_DFE	88		0	NC	4		25	6	
Choline, total....mg	6.7		0	FLC	4		1.9	0.5	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	1		0	NC	4		0	0	
Retinol....mcg	1		0	FLC	4		0	0	
Carotene, beta....mcg	0		0	FLC	4		0	0	
Carotene, alpha....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	3		0	NC	4		1	0	
Lycopene....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....mcg	3		0	FLC	4		1	0	
Vitamin E (alpha-tocopherol)....mg	1.06		0	FLC	4		0.30	0.07	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	4.0		0	FLC	4		1.1	0.3	
Lipids:									
Fatty acids, total saturated....g	4.183		0	FLA	4		1.186	0.293	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 18198

Cookies, chocolate chip, commercially prepared, special dietary

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.008		0	FLA	4		0.002	0.001	
13:0 g									
14:0 g	0.032		0	FLA	4		0.009	0.002	
15:0 g									
16:0 g	2.263		0	FLA	4		0.642	0.158	
17:0 g									
18:0 g	1.832		0	FLA	4		0.519	0.128	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.730		0	FLA	4		1.908	0.471	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.063		0	FLA	4		0.018	0.004	
17:1 g									
18:1 undifferentiated g	6.655		0	FLA	4		1.887	0.466	
20:1 g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	5.035		0	FLA	4		1.427	0.352	
18:2 undifferentiated g	4.677		0	FLA	4		1.326	0.327	
18:3 undifferentiated g	0.346		0	FLA	4		0.098	0.024	
18:4 g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.055		0		1		0.016	0.004	
Threonine g	0.120		0		1		0.034	0.008	
Isoleucine g	0.160		0		1		0.045	0.011	
Leucine g	0.285		0		1		0.081	0.020	
Lysine g	0.154		0		1		0.044	0.011	
Methionine g	0.069		0		1		0.020	0.005	
Cystine g	0.075		0		1		0.021	0.005	
Phenylalanine g	0.191		0		1		0.054	0.013	
Tyrosine g	0.125		0		1		0.035	0.009	
Valine g	0.188		0		1		0.053	0.013	
Arginine g	0.144		0		1		0.041	0.010	
Histidine g	0.077		0		1		0.022	0.005	
Alanine g	0.122		0		1		0.035	0.009	
Aspartic acid g	0.194		0		1		0.055	0.014	
Glutamic acid g	1.213		0		1		0.344	0.085	
Glycine g	0.127		0		1		0.036	0.009	
Proline g	0.418		0		1		0.119	0.029	
Serine g	0.202		0		1		0.057	0.014	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	8		0	FLA	4		2	1	
Theobromine mg	61		0	FLA	4		17	4	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18198

Cookies, chocolate chip, commercially prepared, special dietary

Measure 1 = 28.35g: 1 oz

Measure 2 = 7.0g: 1 cookie, medium (1-5/8" dia)

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18161
Cookies, chocolate chip, dry mix

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	3.00		2		1		0.85	14.88	
Energy kcal	497		0	NC	4		141	2465	
Energy kj	2079				4		590	10314	
Protein (N x 5.8) g	4.60		2		1		1.30	22.82	
Total lipid (fat) g	25.20		2		1		7.14	124.99	
Ash g	1.20		2		1		0.34	5.95	
Carbohydrate, by difference g	66.10		0		4		18.74	327.86	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	43		2		1		12	213	
Iron, Fe mg	2.07		2		1		0.59	10.27	
Magnesium, Mg mg	36		1		1		10	179	
Phosphorus, P mg	80		2		1		23	397	
Potassium, K mg	208		2		1		59	1032	
Sodium, Na mg	290		2		1		82	1438	
Zinc, Zn mg	0.60		1		1		0.17	2.98	
Copper, Cu mg	0.300		1		1		0.085	1.488	
Manganese, Mn mg	0.363		0	FLA	4		0.103	1.800	
Selenium, Se mcg	2.4		0	FLA	4		0.7	11.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	FLA	4		0.0	0.0	
Thiamin mg	0.195		2		1		0.055	0.967	
Riboflavin mg	0.205		2		1		0.058	1.017	
Niacin mg	1.990		2		1		0.564	9.870	
Pantothenic acid mg	0.171		0	FLA	4		0.048	0.848	
Vitamin B-6 mg	0.017		0	FLA	4		0.005	0.084	
Folate, total mcg	51		0	FLA	4		14	253	
Folic acid mcg	45		0	NC	4		13	223	
Folate, food mcg	6		0		4		2	30	
Folate, DFE mcg_DFE	83		0	NC	4		23	409	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	1	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	4		0	FLA	4		1	20	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	8.316		0	FLA	4		2.358	41.247	
4:0 g	0.000		0	FLA	4		0.000	0.000	
6:0 g	0.000		0	FLA	4		0.000	0.000	
8:0 g	0.000		0	FLA	4		0.000	0.000	
10:0 g	0.000		0	FLA	4		0.000	0.000	
12:0 g	0.011		0	FLA	4		0.003	0.055	
13:0 g									

NDB No. 18161
Cookies, chocolate chip, dry mix

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0 g	0.125		0	FLA	4		0.035	0.620	
15:0 g									
16:0 g	3.996		0	FLA	4		1.133	19.820	
17:0 g									
18:0 g	4.116		0	FLA	4		1.167	20.415	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	13.077		0	FLA	4		3.707	64.862	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.018		0	FLA	4		0.005	0.089	
17:1 g									
18:1 undifferentiated g	13.061		0	FLA	4		3.703	64.783	
20:1 g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	2.620		0	FLA	4		0.743	12.995	
18:2 undifferentiated g	2.486		0	FLA	4		0.705	12.331	
18:3 undifferentiated g	0.134		0	FLA	4		0.038	0.665	
18:4 g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 g									
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.064		0		4		0.018	0.317	
Threonine g	0.141		0		4		0.040	0.699	
Isoleucine g	0.189		0		4		0.054	0.937	
Leucine g	0.337		0		4		0.096	1.672	
Lysine g	0.184		0		4		0.052	0.913	
Methionine g	0.081		0		4		0.023	0.402	
Cystine g	0.084		0		4		0.024	0.417	
Phenylalanine g	0.224		0		4		0.064	1.111	
Tyrosine g	0.148		0		4		0.042	0.734	
Valine g	0.222		0		4		0.063	1.101	
Arginine g	0.166		0		4		0.047	0.823	
Histidine g	0.089		0		4		0.025	0.441	
Alanine g	0.143		0		4		0.041	0.709	
Aspartic acid g	0.232		0		4		0.066	1.151	
Glutamic acid g	1.397		0		4		0.396	6.929	
Glycine g	0.146		0		4		0.041	0.724	
Proline g	0.484		0		4		0.137	2.401	
Serine g	0.235		0		4		0.067	1.166	
Hydroxyproline g									
Others:									
Alcohol, ethyl g									
Caffeine mg	12		0	FLA	4		3	60	
Theobromine mg	91		0	FLA	4		26	451	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18161
Cookies, chocolate chip, dry mix

Measure 2 = 496g: 1 package (17.5 oz)

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18378

Cookies, chocolate chip, prepared from recipe, made with butter

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	5.70		0		1		1.62	0.91	
Energy kcal	488		0	NC	4		138	78	
Energy kj	2042				4		579	327	
Protein (N x 0) g	5.70		0		1		1.62	0.91	
Total lipid (fat) g	28.40		0		1		8.05	4.54	
Ash g	1.50		0		1		0.43	0.24	
Carbohydrate, by difference g	58.20		0	NC	4		16.50	9.31	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	38		0		1		11	6	
Iron, Fe mg	2.48		0		1		0.70	0.40	
Magnesium, Mg mg	55		0		1		16	9	
Phosphorus, P mg	100		0		1		28	16	
Potassium, K mg	221		0		1		63	35	
Sodium, Na mg	341		0		1		97	55	
Zinc, Zn mg	0.94		0		1		0.27	0.15	
Copper, Cu mg	0.386		0		1		0.109	0.062	
Manganese, Mn mg	0.663		0		1		0.188	0.106	
Selenium, Se mcg	11.2		0	RK	4		3.2	1.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.2		0		1		0.1	0.0	
Thiamin mg	0.184		0		1		0.052	0.029	
Riboflavin mg	0.177		0		1		0.050	0.028	
Niacin mg	1.365		0		1		0.387	0.218	
Pantothenic acid mg	0.259		0		1		0.073	0.041	
Vitamin B-6 mg	0.084		0		1		0.024	0.013	
Folate, total mcg	33		0	RK	4		9	5	
Folic acid mcg	20		0	NC	4		6	3	
Folate, food mcg	13		0		1		4	2	
Folate, DFE mcg_DFE	47		0	NC	4		13	8	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.08		0		1		0.02	0.01	
Vitamin A, RAE mcg_RAE	139		0	NC	4		39	22	
Retinol mcg	131		0	NC	4		37	21	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	594		0		1		168	95	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	14.071		0		1		3.989	2.251	
4:0 g	0.455		0		1		0.129	0.073	
6:0 g	0.269		0		1		0.076	0.043	
8:0 g	0.157		0		1		0.045	0.025	
10:0 g	0.352		0		1		0.100	0.056	
12:0 g	0.394		0		1		0.112	0.063	
13:0 g									

NDB No. 18378

Cookies, chocolate chip, prepared from recipe, made with butter

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	1.444		0		1		0.409	0.231	
15:0....g									
16:0....g	6.373		0		1		1.807	1.020	
17:0....g									
18:0....g	4.262		0		1		1.208	0.682	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.241		0		1		2.336	1.319	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.352		0		1		0.100	0.056	
17:1....g									
18:1 undifferentiated....g	7.629		0		1		2.163	1.221	
20:1....g	0.050		0		1		0.014	0.008	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.541		0		1		1.287	0.727	
18:2 undifferentiated....g	3.682		0		1		1.044	0.589	
18:3 undifferentiated....g	0.843		0		1		0.239	0.135	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.013		0		1		0.004	0.002	
20:5 n-3....g	0.000		0		1		0.000	0.000	
22:5 n-3....g									
22:6 n-3....g	0.003		0		1		0.001	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	70		0		1		20	11	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.072		0		1		0.020	0.012	
Threonine....g	0.191		0		1		0.054	0.031	
Isoleucine....g	0.224		0		1		0.064	0.036	
Leucine....g	0.391		0		1		0.111	0.063	
Lysine....g	0.214		0		1		0.061	0.034	
Methionine....g	0.106		0		1		0.030	0.017	
Cystine....g	0.111		0		1		0.031	0.018	
Phenylalanine....g	0.270		0		1		0.077	0.043	
Tyrosine....g	0.188		0		1		0.053	0.030	
Valine....g	0.279		0		1		0.079	0.045	
Arginine....g	0.377		0		1		0.107	0.060	
Histidine....g	0.123		0		1		0.035	0.020	
Alanine....g	0.227		0		1		0.064	0.036	
Aspartic acid....g	0.424		0		1		0.120	0.068	
Glutamic acid....g	1.283		0		1		0.364	0.205	
Glycine....g	0.223		0		1		0.063	0.036	
Proline....g	0.398		0		1		0.113	0.064	
Serine....g	0.297		0		1		0.084	0.048	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 16g: 1 cookie, medium (2-1/4" dia)

Calories Factors: Protein Fat Carbohydrate

NDB No. 18378

Cookies, chocolate chip, prepared from recipe, made with butter

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18165

Cookies, chocolate chip, prepared from recipe, made with margarine

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	5.70		0		1		1.62	1.82	0.91
Energy kcal	488		0	NC	4		138	156	78
Energy kj	2042				4		579	653	327
Protein (N x 0) g	5.70		0		1		1.62	1.82	0.91
Total lipid (fat) g	28.30		0		1		8.02	9.06	4.53
Ash g	1.50		0		1		0.43	0.48	0.24
Carbohydrate, by difference g	58.40		0	NC	4		16.56	18.69	9.34
Fiber, total dietary g	2.8		0		4		0.8	0.9	0.4
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	39		0		1		11	12	6
Iron, Fe mg	2.46		0		1		0.70	0.79	0.39
Magnesium, Mg mg	55		0		1		16	18	9
Phosphorus, P mg	100		0		1		28	32	16
Potassium, K mg	224		0		1		64	72	36
Sodium, Na mg	361		0		1		102	116	58
Zinc, Zn mg	0.93		0		1		0.26	0.30	0.15
Copper, Cu mg	0.383		0		1		0.109	0.123	0.061
Manganese, Mn mg	0.663		0		1		0.188	0.212	0.106
Selenium, Se mcg	11.1		0	RK	4		3.1	3.6	1.8
Vitamins:									
Vitamin C, total ascorbic acid mg	0.3		0		1		0.1	0.1	0.0
Thiamin mg	0.185		0		1		0.052	0.059	0.030
Riboflavin mg	0.178		0		1		0.050	0.057	0.028
Niacin mg	1.362		0		1		0.386	0.436	0.218
Pantothenic acid mg	0.255		0		1		0.072	0.082	0.041
Vitamin B-6 mg	0.085		0		1		0.024	0.027	0.014
Folate, total mcg	33		0	RK	4		9	11	5
Folic acid mcg	20		0	NC	4		6	6	3
Folate, food mcg	13		0		1		4	4	2
Folate, DFE mcg_DFE	47		0	NC	4		13	15	8
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.08		0		1		0.02	0.03	0.01
Vitamin A, RAE mcg_RAE	143		0	NC	4		40	46	23
Retinol mcg	130		0	RK	4		37	42	21
Carotene, beta mcg	150		0	RK	4		43	48	24
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	683		0	NC	4		194	219	109
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	8.074		0		1		2.289	2.584	1.292
4:0 g	0.000		0		1		0.000	0.000	0.000
6:0 g	0.000		0		1		0.000	0.000	0.000
8:0 g	0.000		0		1		0.000	0.000	0.000
10:0 g	0.000		0		1		0.000	0.000	0.000
12:0 g	0.000		0		1		0.000	0.000	0.000
13:0 g									

NDB No. 18165

Cookies, chocolate chip, prepared from recipe, made with margarine

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0 g	0.068		0		1		0.019	0.022	0.011
15:0 g									
16:0 g	4.361		0		1		1.236	1.396	0.698
17:0 g									
18:0 g	3.582		0		1		1.015	1.146	0.573
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	10.377		0		1		2.942	3.321	1.660
14:1 g									
15:1 g									
16:1 undifferentiated g	0.038		0		1		0.011	0.012	0.006
17:1 g									
18:1 undifferentiated g	10.288		0		1		2.917	3.292	1.646
20:1 g	0.050		0		1		0.014	0.016	0.008
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	8.410		0		1		2.384	2.691	1.346
18:2 undifferentiated g	7.565		0		1		2.145	2.421	1.210
18:3 undifferentiated g	0.829		0		1		0.235	0.265	0.133
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.013		0		1		0.004	0.004	0.002
20:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 g	0.003		0		1		0.001	0.001	0.000
Fatty acids, total trans g									
Cholesterol mg	32		0		1		9	10	5
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.072		0		1		0.020	0.023	0.012
Threonine g	0.191		0		1		0.054	0.061	0.031
Isoleucine g	0.224		0		1		0.064	0.072	0.036
Leucine g	0.392		0		1		0.111	0.125	0.063
Lysine g	0.214		0		1		0.061	0.068	0.034
Methionine g	0.106		0		1		0.030	0.034	0.017
Cystine g	0.111		0		1		0.031	0.036	0.018
Phenylalanine g	0.271		0		1		0.077	0.087	0.043
Tyrosine g	0.188		0		1		0.053	0.060	0.030
Valine g	0.279		0		1		0.079	0.089	0.045
Arginine g	0.377		0		1		0.107	0.121	0.060
Histidine g	0.123		0		1		0.035	0.039	0.020
Alanine g	0.227		0		1		0.064	0.073	0.036
Aspartic acid g	0.424		0		1		0.120	0.136	0.068
Glutamic acid g	1.285		0		1		0.364	0.411	0.206
Glycine g	0.223		0		1		0.063	0.071	0.036
Proline g	0.399		0		1		0.113	0.128	0.064
Serine g	0.298		0		1		0.084	0.095	0.048
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	16		0	RK	4		5	5	3
Theobromine mg	127		0	RK	4		36	41	20

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18165

Cookies, chocolate chip, prepared from recipe, made with margarine

Measure 2 = 32g: 1 bar (2" square)

Measure 3 = 16g: 1 cookie, medium (2-1/4" dia)

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18163
Cookies, chocolate chip, refrigerated dough

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	12.70	0.180	29		1		3.68	3.60	
Energy kcal	443		0	NC	4		128	126	
Energy kj	1854				4		538	525	
Protein (N x 5.9) g	4.40	0.142	27		1		1.28	1.25	
Total lipid (fat) g	20.40	0.351	29		1		5.92	5.78	
Ash g	1.10	0.026	29		1		0.32	0.31	
Carbohydrate, by difference g	61.40		0	NC	4		17.81	17.41	
Fiber, total dietary g	1.5		0		4		0.4	0.4	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	25	1.199	17		1		7	7	
Iron, Fe mg	2.25	0.162	19		1		0.65	0.64	
Magnesium, Mg mg	24	1.122	9		1		7	7	
Phosphorus, P mg	69	1.098	9		1		20	20	
Potassium, K mg	180	27.864	19		1		52	51	
Sodium, Na mg	209	21.068	19		1		61	59	
Zinc, Zn mg	0.50	0.012	9		1		0.15	0.14	
Copper, Cu mg	0.180	0.013	5		1		0.052	0.051	
Manganese, Mn mg	0.373		0	FLA	4		0.108	0.106	
Selenium, Se mcg	5.0		0	FLA	4		1.5	1.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0	0.000	4		1		0.0	0.0	
Thiamin mg	0.187	0.052	15		1		0.054	0.053	
Riboflavin mg	0.191	0.033	19		1		0.055	0.054	
Niacin mg	1.975	0.126	19		1		0.573	0.560	
Pantothenic acid mg	0.308		0	FLA	4		0.089	0.087	
Vitamin B-6 mg	0.038		0	FLA	4		0.011	0.011	
Folate, total mcg	57		0	FLA	4		17	16	
Folic acid mcg	48		0	NC	4		14	14	
Folate, food mcg	9		0		4		3	3	
Folate, DFE mcg_DFE	91		0	NC	4		26	26	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.08		0	FLA	4		0.02	0.02	
Vitamin A, RAE mcg_RAE	18		0	NC	4		5	5	
Retinol mcg	18		0	NC	4		5	5	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	59	3.121	8		1		17	17	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	6.729		0	FLA	4		1.951	1.908	
4:0 g	0.000		0	FLA	4		0.000	0.000	
6:0 g	0.000		0	FLA	4		0.000	0.000	
8:0 g	0.000		0	FLA	4		0.000	0.000	
10:0 g	0.000		0	FLA	4		0.000	0.000	
12:0 g	0.000		0	FLA	4		0.000	0.000	
13:0 g									

NDB No. 18163
Cookies, chocolate chip, refrigerated dough

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0 g	0.100		0	FLA	4		0.029	0.028	
15:0 g									
16:0 g	3.298		0	FLA	4		0.956	0.935	
17:0 g									
18:0 g	3.267		0	FLA	4		0.947	0.926	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	10.414		0	FLA	4		3.020	2.952	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.035		0	FLA	4		0.010	0.010	
17:1 g									
18:1 undifferentiated g	10.378		0	FLA	4		3.010	2.942	
20:1 g	0.002		0	FLA	4		0.001	0.001	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	2.172		0	FLA	4		0.630	0.616	
18:2 undifferentiated g	2.042		0	FLA	4		0.592	0.579	
18:3 undifferentiated g	0.108		0	FLA	4		0.031	0.031	
18:4 g	0.001		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.011		0	FLA	4		0.003	0.003	
20:5 n-3 g	0.006		0	FLA	4		0.002	0.002	
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 g	0.004		0	FLA	4		0.001	0.001	
Fatty acids, total trans g									
Cholesterol mg	24	1.539	18		1		7	7	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.059		0		1		0.017	0.017	
Threonine g	0.149		0		1		0.043	0.042	
Isoleucine g	0.190		0		1		0.055	0.054	
Leucine g	0.328		0		1		0.095	0.093	
Lysine g	0.200		0		1		0.058	0.057	
Methionine g	0.089		0		1		0.026	0.025	
Cystine g	0.088		0		1		0.026	0.025	
Phenylalanine g	0.218		0		1		0.063	0.062	
Tyrosine g	0.146		0		1		0.042	0.041	
Valine g	0.220		0		1		0.064	0.062	
Arginine g	0.181		0		1		0.052	0.051	
Histidine g	0.090		0		1		0.026	0.026	
Alanine g	0.158		0		1		0.046	0.045	
Aspartic acid g	0.260		0		1		0.075	0.074	
Glutamic acid g	1.202		0		1		0.349	0.341	
Glycine g	0.143		0		1		0.041	0.041	
Proline g	0.409		0		1		0.119	0.116	
Serine g	0.246		0		1		0.071	0.070	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	9		0	FLA	4		3	3	
Theobromine mg	72		0	FLA	4		21	20	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 1 portion, dough spoon from roll

NDB No. 18163
Cookies, chocolate chip, refrigerated dough

Measure 2 = 28.35g: 1 oz

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18164
Cookies, chocolate chip, refrigerated dough, baked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	3.00		0		4		0.85	0.36	
Energy kcal	492		0		4		139	59	
Energy kj	2059				4		584	247	
Protein g	4.90		0		4		1.39	0.59	
Total lipid (fat) g	22.60		0		4		6.41	2.71	
Ash g	1.20		0		4		0.34	0.14	
Carbohydrate, by difference g	68.20		0		4		19.33	8.18	
Fiber, total dietary g	1.7		0		4		0.5	0.2	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	28		0		4		8	3	
Iron, Fe mg	2.50		0		4		0.71	0.30	
Magnesium, Mg mg	27		0		4		8	3	
Phosphorus, P mg	76		0		4		22	9	
Potassium, K mg	200		0		4		57	24	
Sodium, Na mg	232		0		4		66	28	
Zinc, Zn mg	0.56		0		4		0.16	0.07	
Copper, Cu mg	0.200		0		4		0.057	0.024	
Manganese, Mn mg	0.473		0		4		0.134	0.057	
Selenium, Se mcg	5.6		0	RP	4		1.6	0.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		4		0.0	0.0	
Thiamin mg	0.166		0		4		0.047	0.020	
Riboflavin mg	0.191		0		4		0.054	0.023	
Niacin mg	1.975		0		4		0.560	0.237	
Pantothenic acid mg	0.180		0		4		0.051	0.022	
Vitamin B-6 mg	0.005		0		4		0.001	0.001	
Folate, total mcg	44		0	RP	4		12	5	
Folic acid mcg	37		0	NC	4		10	4	
Folate, food mcg	7		0		4		2	1	
Folate, DFE mcg_DFE	70		0	NC	4		20	8	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.07		0		4		0.02	0.01	
Vitamin A, RAE mcg_RAE	18		0	NC	4		5	2	
Retinol mcg	18		0	NC	4		5	2	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	59		0		4		17	7	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	7.759		0		4		2.200	0.931	
4:0 g									
6:0 g									
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.000		0		4		0.000	0.000	
12:0 g	0.000		0		4		0.000	0.000	
13:0 g									

NDB No. 18164

Cookies, chocolate chip, refrigerated dough, baked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.086		0		4		0.024	0.010	
15:0....g									
16:0....g	3.769		0		4		1.069	0.452	
17:0....g									
18:0....g	3.900		0		4		1.106	0.468	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	11.258		0		4		3.192	1.351	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.043		0		4		0.012	0.005	
17:1....g									
18:1 undifferentiated....g	11.213		0		4		3.179	1.346	
20:1....g	0.003		0		4		0.001	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.319		0		4		0.657	0.278	
18:2 undifferentiated....g	2.190		0		4		0.621	0.263	
18:3 undifferentiated....g	0.111		0		4		0.031	0.013	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.014		0		4		0.004	0.002	
20:5 n-3....g	0.000		0		4		0.000	0.000	
22:5 n-3....g									
22:6 n-3....g	0.004		0		4		0.001	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	27		0		4		8	3	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.066		0		4		0.019	0.008	
Threonine....g	0.166		0		4		0.047	0.020	
Isoleucine....g	0.212		0		4		0.060	0.025	
Leucine....g	0.365		0		4		0.103	0.044	
Lysine....g	0.222		0		4		0.063	0.027	
Methionine....g	0.099		0		4		0.028	0.012	
Cystine....g	0.098		0		4		0.028	0.012	
Phenylalanine....g	0.242		0		4		0.069	0.029	
Tyrosine....g	0.162		0		4		0.046	0.019	
Valine....g	0.244		0		4		0.069	0.029	
Arginine....g	0.202		0		4		0.057	0.024	
Histidine....g	0.100		0		4		0.028	0.012	
Alanine....g	0.176		0		4		0.050	0.021	
Aspartic acid....g	0.289		0		4		0.082	0.035	
Glutamic acid....g	1.336		0		4		0.379	0.160	
Glycine....g	0.159		0		4		0.045	0.019	
Proline....g	0.454		0		4		0.129	0.054	
Serine....g	0.274		0		4		0.078	0.033	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 12.0g: 1 cookie, medium (2-1/4" dia)

Calories Factors: Protein Fat Carbohydrate

NDB No. 18164
Cookies, chocolate chip, refrigerated dough, baked

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18166
Cookies, chocolate sandwich, with creme filling, regular

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	2.20	0.075	4	A	1		0.25	0.75	
Energy kcal	469		0	NC	4		54	160	
Energy kj	1964		0	NC	4		226	668	
Protein (N x 5.7) g	5.61	0.030	4	A	1		0.65	1.91	
Total lipid (fat) g	19.78	0.135	4	A	1		2.27	6.72	
Ash g	1.74	0.030	4	A	1		0.20	0.59	
Carbohydrate, by difference g	70.67		0	NC	4		8.13	24.03	
Fiber, total dietary g	2.8	0.359	4	A	1		0.3	1.0	
Sugars, total g	41.01	0.293	4	A	1		4.72	13.94	
Sucrose g	39.85	0.297	4	A	1		4.58	13.55	
Glucose (dextrose) g	0.62	0.007	4	A	1		0.07	0.21	
Fructose g	0.53	0.016	4	A	1		0.06	0.18	
Lactose g	0.00	0.000	4	A	1		0.00	0.00	
Maltose g	0.00	0.000	4	A	1		0.00	0.00	
Galactose g	0.00	0.000	4	A	1		0.00	0.00	
Starch g	25.85	0.185	4	A	1		2.97	8.79	
Minerals:									
Calcium, Ca mg	22	0.290	4	A	1		3	7	
Iron, Fe mg	8.68	0.957	4	A	1		1.00	2.95	
Magnesium, Mg mg	49	0.189	4	A	1		6	17	
Phosphorus, P mg	100	0.965	4	A	1		12	34	
Potassium, K mg	215	2.287	4	A	1		25	73	
Sodium, Na mg	503	6.640	4	A	1		58	171	
Zinc, Zn mg	0.89	0.008	4	A	1		0.10	0.30	
Copper, Cu mg	0.364	0.004	4	A	1		0.042	0.124	
Manganese, Mn mg	0.678	0.005	4	A	1		0.078	0.231	
Selenium, Se mcg	3.5	0.416	4	A	1		0.4	1.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		2	A	1		0.0	0.0	
Thiamin mg	0.135	0.016	4	A	1		0.016	0.046	
Riboflavin mg	0.117	0.017	4	A	1		0.014	0.040	
Niacin mg	2.185	0.292	4	A	1		0.251	0.743	
Pantothenic acid mg	0.300	0.016	4	A	1		0.035	0.102	
Vitamin B-6 mg	0.000		1	A	1		0.000	0.000	
Folate, total mcg	70		1	A	1		8	24	
Folic acid mcg	58		1	A	1		7	20	
Folate, food mcg	12		0	AS	1		1	4	
Folate, DFE mcg_DFE	111		0	NC	4		13	38	
Choline, total mg	3.3		0	FLC	4		0.4	1.1	
Betaine mg									
Vitamin B-12 mcg	0.00		1	A	1		0.00	0.00	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	FLA	4		0	0	
Carotene, beta mcg	0		0	FLA	4		0	0	
Carotene, alpha mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta mcg	0		0	FLA	4		0	0	
Vitamin A, IU IU	2		0	NC	4		0	1	
Lycopene mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin mcg	4		0	FLA	4		0	1	
Vitamin E (alpha-tocopherol) mg	2.61	0.094	3	A	1		0.30	0.89	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.09	0.014	3	A	1		0.01	0.03	
Tocopherol, gamma mg	3.99	0.204	3	A	1		0.46	1.36	
Tocopherol, delta mg	0.19	0.009	3	A	1		0.02	0.07	
Vitamin D IU									
Vitamin K (phylloquinone) mcg	22.8		2	A	1		2.6	7.7	

NDB No. 18166

Cookies, chocolate sandwich, with creme filling, regular

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	6.375		0	NC	4		0.733	2.168	
4:0....g	0.000	0.000	4	A	1		0.000	0.000	
6:0....g	0.000	0.000	4	A	1		0.000	0.000	
8:0....g	0.000	0.000	4	A	1		0.000	0.000	
10:0....g	0.007	0.001	4	A	1		0.001	0.003	
12:0....g	0.022	0.001	4	A	1		0.003	0.008	
13:0....g									
14:0....g	0.105	0.001	4	A	1		0.012	0.036	
15:0....g	0.007	0.000	4	A	1		0.001	0.002	
16:0....g	5.220	0.068	4	A	1		0.600	1.775	
17:0....g	0.013	0.000	4	A	1		0.001	0.004	
18:0....g	0.858	0.007	4	A	1		0.099	0.292	
20:0....g	0.088	0.001	4	A	1		0.010	0.030	
22:0....g	0.037	0.001	4	A	1		0.004	0.013	
24:0....g	0.018	0.000	4	A	1		0.002	0.006	
Fatty acids, total monounsaturated....g	8.503		0	NC	4		0.978	2.891	
14:1....g	0.000	0.000	4	A	1		0.000	0.000	
15:1....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated....g	0.028	0.000	4	AS	1		0.003	0.009	
16:1 c....g	0.028	0.000	4	A	1		0.003	0.009	
16:1 t....g	0.000	0.000	4	A	1		0.000	0.000	
17:1....g	0.005	0.000	4	A	1		0.001	0.002	
18:1 undifferentiated....g	8.391	0.071	4	AS	1		0.965	2.853	
18:1 c....g									
18:1-11c (18:1c n-7)....g									
18:1 t....g									
18:1-11t (18:1t n-7)....g									
20:1....g	0.057	0.016	4	A	1		0.007	0.019	
22:1 undifferentiated....g	0.003	0.000	4	AS	1		0.000	0.001	
22:1 c....g	0.003	0.000	4	A	1		0.000	0.001	
22:1 t....g	0.000	0.000	4	A	1		0.000	0.000	
24:1 c....g	0.019	0.001	4	A	1		0.002	0.007	
Fatty acids, total polyunsaturated....g	3.554		0	NC	4		0.409	1.208	
18:2 undifferentiated....g	3.190	0.027	4	AS	1		0.367	1.085	
18:2 n-6 c,c....g									
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.034	0.001	4	A	1		0.004	0.011	
18:3 undifferentiated....g	0.354	0.021	4	AS	1		0.041	0.120	
18:3 n-3 c,c,c....g	0.342	0.022	4	A	1		0.039	0.116	
18:3 n-6 c,c,c....g	0.012	0.001	4	A	1		0.001	0.004	
18:3i....g									
18:4....g	0.000	0.000	4	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.006	0.000	4	A	1		0.001	0.002	
20:3 undifferentiated....g	0.001	0.001	4	AS	1		0.000	0.000	
20:3 n-3....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-6....g	0.001	0.001	4	A	1		0.000	0.000	
20:4 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3....g	0.000	0.000	4	A	1		0.000	0.000	
21:5....g									
22:4....g	0.000	0.000	4	A	1		0.000	0.000	
22:5 n-3....g	0.002	0.001	4	A	1		0.000	0.001	
22:6 n-3....g	0.001	0.000	4	A	1		0.000	0.000	
Fatty acids, total trans....g	0.054		0	NC	4		0.006	0.018	
Fatty acids, total trans-monoenoic....g	0.020		0	NC	4		0.002	0.007	
Fatty acids, total trans-polyenoic....g	0.034		0	NC	4		0.004	0.011	
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg									

NDB No. 18166

Cookies, chocolate sandwich, with creme filling, regular

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.090		0	A	1		0.010	0.031	
Threonine....g	0.150		0	A	1		0.017	0.051	
Isoleucine....g	0.170		0	A	1		0.020	0.058	
Leucine....g	0.320		0	A	1		0.037	0.109	
Lysine....g	0.050		0	A	1		0.006	0.017	
Methionine....g	0.080		0	A	1		0.009	0.027	
Cystine....g	0.090		0	A	1		0.010	0.031	
Phenylalanine....g	0.230		0	A	1		0.026	0.078	
Tyrosine....g	0.100		0	A	1		0.012	0.034	
Valine....g	0.230		0	A	1		0.026	0.078	
Arginine....g	0.140		0	A	1		0.016	0.048	
Histidine....g	0.090		0	A	1		0.010	0.031	
Alanine....g	0.180		0	A	1		0.021	0.061	
Aspartic acid....g	0.290		0	A	1		0.033	0.099	
Glutamic acid....g	1.460		0	A	1		0.168	0.496	
Glycine....g	0.190		0	A	1		0.022	0.065	
Proline....g	0.450		0	A	1		0.052	0.153	
Serine....g	0.220		0	A	1		0.025	0.075	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	13		0	FLA	4		1	4	
Theobromine....mg	430		0	FLA	4		49	146	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 11.5g: 1 cookie

Measure 2 = 34g: 3 cookies (1 NLEA serving)

Calories Factors: **Protein** 3.5 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18167

Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	2.00	0.256	11		1		0.57	0.34	
Energy kcal	481		0		4		136	82	
Energy kj	2013		0		4		571	342	
Protein (N x 5.7) g	3.60	0.177	11		1		1.02	0.61	
Total lipid (fat) g	26.40	0.817	11		1		7.48	4.49	
Ash g	1.60	0.138	11		1		0.45	0.27	
Carbohydrate, by difference g	66.10		0	NC	4		18.74	11.24	
Fiber, total dietary g	5.2		0		4		1.5	0.9	
Sugars, total g	63.40		0	FLA	4		17.97	10.78	
Starch g									
Minerals:									
Calcium, Ca mg	35	1.565	11		1		10	6	
Iron, Fe mg	3.13	0.252	10		1		0.89	0.53	
Magnesium, Mg mg	39	1.292	11		1		11	7	
Phosphorus, P mg	90	3.569	11		1		26	15	
Potassium, K mg	240	15.591	11		1		68	41	
Sodium, Na mg	326	8.088	11		1		92	55	
Zinc, Zn mg	0.58	0.027	11		1		0.16	0.10	
Copper, Cu mg	0.315	0.021	10		1		0.089	0.054	
Manganese, Mn mg	0.372	0.024	10		1		0.105	0.063	
Selenium, Se mcg	3.2		0	FLA	4		0.9	0.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	FLA	4		0.0	0.0	
Thiamin mg	0.095	0.014	10		1		0.027	0.016	
Riboflavin mg	0.204	0.018	11		1		0.058	0.035	
Niacin mg	1.373	0.067	11		1		0.389	0.233	
Pantothenic acid mg	0.178		0	FLA	4		0.050	0.030	
Vitamin B-6 mg	0.044		0	FLA	4		0.012	0.007	
Folate, total mcg	18		0	FLA	4		5	3	
Folic acid mcg	11		0	NC	4		3	2	
Folate, food mcg	7		0		4		2	1	
Folate, DFE mcg_DFE	26		0	NC	4		7	4	
Choline, total mg	21.3		0	FLC	4		6.1	3.6	
Betaine mg									
Vitamin B-12 mcg	0.05		0	FLA	4		0.01	0.01	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	2		0	NC	4		0	0	
Retinol mcg	2		0	FLA	4		0	0	
Carotene, beta mcg	0		0	FLA	4		0	0	
Carotene, alpha mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta mcg	0		0	FLA	4		0	0	
Vitamin A, IU IU	5		0	NC	4		2	1	
Lycopene mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin mcg	1		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.22		0	FLA	4		0.06	0.04	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	11.3		0	FLA	4		3.2	1.9	
Lipids:									
Fatty acids, total saturated g	7.426		0	FLA	4		2.105	1.262	
4:0 g	0.001		0	FLA	4		0.000	0.000	
6:0 g	0.000		0	FLA	4		0.000	0.000	
8:0 g	0.000		0	FLA	4		0.000	0.000	
10:0 g	0.000		0	FLA	4		0.000	0.000	

NDB No. 18167

Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0	FLA	4		0.000	0.000	
13:0 g									
14:0 g	0.124		0	FLA	4		0.035	0.021	
15:0 g									
16:0 g	3.714		0	FLA	4		1.053	0.631	
17:0 g									
18:0 g	3.571		0	FLA	4		1.012	0.607	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	14.584		0	FLA	4		4.135	2.479	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.001		0	FLA	4		0.000	0.000	
17:1 g									
18:1 undifferentiated g	14.582		0	FLA	4		4.134	2.479	
20:1 g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	3.001		0	FLA	4		0.851	0.510	
18:2 undifferentiated g	2.855		0	FLA	4		0.809	0.485	
18:3 undifferentiated g	0.146		0	FLA	4		0.041	0.025	
18:4 g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.056		0		1		0.016	0.010	
Threonine g	0.149		0		1		0.042	0.025	
Isoleucine g	0.155		0		1		0.044	0.026	
Leucine g	0.258		0		1		0.073	0.044	
Lysine g	0.185		0		1		0.052	0.031	
Methionine g	0.051		0		1		0.014	0.009	
Cystine g	0.062		0		1		0.018	0.011	
Phenylalanine g	0.176		0		1		0.050	0.030	
Tyrosine g	0.128		0		1		0.036	0.022	
Valine g	0.207		0		1		0.059	0.035	
Arginine g	0.182		0		1		0.052	0.031	
Histidine g	0.070		0		1		0.020	0.012	
Alanine g	0.160		0		1		0.045	0.027	
Aspartic acid g	0.311		0		1		0.088	0.053	
Glutamic acid g	0.793		0		1		0.225	0.135	
Glycine g	0.148		0		1		0.042	0.025	
Proline g	0.253		0		1		0.072	0.043	
Serine g	0.178		0		1		0.050	0.030	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	1		0	FLA	4		0	0	
Theobromine mg	26		0	FLA	4		7	4	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18167

Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated

Measure 1 = 28.35g: 1 oz

Measure 2 = 17g: 1 cookie

Calories Factors: **Protein** 2.7 **Fat** 8.8 **Carbohydrate** 3.6

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18199

Cookies, chocolate sandwich, with creme filling, special dietary

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.20		1		1		1.19	0.42	
Energy....kcal	461		0		4		131	46	
Energy....kj	1929		0		4		547	193	
Protein (N x 5.7)....g	4.50		1		1		1.28	0.45	
Total lipid (fat)....g	22.10		1		1		6.27	2.21	
Ash....g	1.20		1		1		0.34	0.12	
Carbohydrate, by difference....g	67.70		0	NC	4		19.19	6.77	
Fiber, total dietary....g	4.1		0		4		1.2	0.4	
Sugars, total....g	23.53		0	FLC	4		6.67	2.35	
Starch....g									
Minerals:									
Calcium, Ca....mg	98		0	FLA	4		28	10	
Iron, Fe....mg	4.72		0	FLA	4		1.34	0.47	
Magnesium, Mg....mg	26		0	FLA	4		7	3	
Phosphorus, P....mg	200		0	FLA	4		57	20	
Potassium, K....mg	295		1		1		84	30	
Sodium, Na....mg	243		1		1		69	24	
Zinc, Zn....mg	0.58		0	FLA	4		0.16	0.06	
Copper, Cu....mg	0.220		0	FLA	4		0.062	0.022	
Manganese, Mn....mg	0.403		0	FLA	4		0.114	0.040	
Selenium, Se....mcg	3.7		0	FLA	4		1.0	0.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin....mg	0.524		0	FLA	4		0.149	0.052	
Riboflavin....mg	0.292		0	FLA	4		0.083	0.029	
Niacin....mg	3.971		0	FLA	4		1.126	0.397	
Pantothenic acid....mg	0.359		0	FLA	4		0.102	0.036	
Vitamin B-6....mg	0.033		0	FLA	4		0.009	0.003	
Folate, total....mcg	72		0	FLC	4		20	7	
Folic acid....mcg	62		0		4		18	6	
Folate, food....mcg	10		0		4		3	1	
Folate, DFE....mcg_DFE	115		0	NC	4		33	12	
Choline, total....mg	5.5		0	FLC	4		1.5	0.5	
Betaine....mg									
Vitamin B-12....mcg	0.04		0	FLA	4		0.01	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	1		0	NC	4		0	0	
Retinol....mcg	1		0	FLC	4		0	0	
Carotene, beta....mcg	0		0	FLC	4		0	0	
Carotene, alpha....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	4		0	NC	4		1	0	
Lycopene....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....mcg	2		0	FLC	4		1	0	
Vitamin E (alpha-tocopherol)....mg	1.82		0	FLC	4		0.52	0.18	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	5.8		0	FLC	4		1.7	0.6	
Lipids:									
Fatty acids, total saturated....g	3.825		0	FLA	4		1.084	0.383	
4:0....g	0.001		0	FLA	4		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 18199

Cookies, chocolate sandwich, with creme filling, special dietary

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.181		0	FLA	4		0.051	0.018	
13:0 g									
14:0 g	0.025		0	FLA	4		0.007	0.003	
15:0 g									
16:0 g	2.392		0	FLA	4		0.678	0.239	
17:0 g									
18:0 g	1.393		0	FLA	4		0.395	0.139	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	9.228		0	FLA	4		2.616	0.923	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.084		0	FLA	4		0.024	0.008	
17:1 g									
18:1 undifferentiated g	9.123		0	FLA	4		2.586	0.912	
20:1 g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	7.940		0	FLA	4		2.251	0.794	
18:2 undifferentiated g	7.375		0	FLA	4		2.091	0.738	
18:3 undifferentiated g	0.544		0	FLA	4		0.154	0.054	
18:4 g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.066		0		1		0.019	0.007	
Threonine g	0.152		0		1		0.043	0.015	
Isoleucine g	0.180		0		1		0.051	0.018	
Leucine g	0.308		0		1		0.087	0.031	
Lysine g	0.193		0		1		0.055	0.019	
Methionine g	0.069		0		1		0.020	0.007	
Cystine g	0.082		0		1		0.023	0.008	
Phenylalanine g	0.213		0		1		0.060	0.021	
Tyrosine g	0.146		0		1		0.041	0.015	
Valine g	0.228		0		1		0.065	0.023	
Arginine g	0.194		0		1		0.055	0.019	
Histidine g	0.087		0		1		0.025	0.009	
Alanine g	0.163		0		1		0.046	0.016	
Aspartic acid g	0.290		0		1		0.082	0.029	
Glutamic acid g	1.187		0		1		0.337	0.119	
Glycine g	0.163		0		1		0.046	0.016	
Proline g	0.392		0		1		0.111	0.039	
Serine g	0.223		0		1		0.063	0.022	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	3		0	FLA	4		1	0	
Theobromine mg	20		0	FLA	4		6	2	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18199

Cookies, chocolate sandwich, with creme filling, special dietary

Measure 1 = 28.35g: 1 oz

Measure 2 = 10.0g: 1 cookie

Calories Factors: **Protein** 3.3 **Fat** 8.8 **Carbohydrate** 3.7

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18168
Cookies, chocolate sandwich, with extra creme filling

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.65		2	A	1		0.47	0.21	
Energy....kcal	497		0	NC	4		141	65	
Energy....kj	2081		0	NC	4		590	271	
Protein (N x 5.7)....g	4.33		2	A	1		1.23	0.56	
Total lipid (fat)....g	24.52		2	A	1		6.95	3.19	
Ash....g	1.30		2	A	1		0.37	0.17	
Carbohydrate, by difference....g	68.20		0	NC	4		19.33	8.87	
Fiber, total dietary....g	2.7		2	A	1		0.8	0.3	
Sugars, total....g	46.00		2	A	1		13.04	5.98	
Sucrose....g	44.53		2	A	1		12.63	5.79	
Glucose (dextrose)....g	1.10		2	A	1		0.31	0.14	
Fructose....g	0.36		2	A	1		0.10	0.05	
Lactose....g	0.00		2	A	1		0.00	0.00	
Maltose....g	0.00		2	A	1		0.00	0.00	
Galactose....g	0.00		2	A	1		0.00	0.00	
Starch....g	20.27		2	A	1		5.75	2.64	
Minerals:									
Calcium, Ca....mg	16		2	A	1		5	2	
Iron, Fe....mg	7.80		2	A	1		2.21	1.01	
Magnesium, Mg....mg	36		2	A	1		10	5	
Phosphorus, P....mg	69		2	A	1		20	9	
Potassium, K....mg	137		2	A	1		39	18	
Sodium, Na....mg	351		2	A	1		100	46	
Zinc, Zn....mg	0.78		2	A	1		0.22	0.10	
Copper, Cu....mg	0.337		2	A	1		0.096	0.044	
Manganese, Mn....mg	0.497		2	A	1		0.141	0.065	
Selenium, Se....mcg	8.1		1	A	1		2.3	1.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0	0.0	
Thiamin....mg	0.115		2	A	1		0.033	0.015	
Riboflavin....mg	0.120		2	A	1		0.034	0.016	
Niacin....mg	1.937		2	A	1		0.549	0.252	
Pantothenic acid....mg	0.142		1	A	1		0.040	0.018	
Vitamin B-6....mg	0.000		2	A	1		0.000	0.000	
Folate, total....mcg	46		2	A	1		13	6	
Folic acid....mcg	37		0	NC	4		10	5	
Folate, food....mcg	9		1	AS	1		3	1	
Folate, DFE....mcg_DFE	72		0	NC	4		20	9	
Choline, total....mg	3.3		0	BFZN	4		0.9	0.4	
Betaine....mg									
Vitamin B-12....mcg	0.02		0	FLA	4		0.01	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	FLA	4		0	0	
Carotene, beta....mcg	0		0	FLA	4		0	0	
Carotene, alpha....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	0		0	FLA	4		0	0	
Lycopene....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....mcg	2		0	FLA	4		1	0	
Vitamin E (alpha-tocopherol)....mg	1.89		1	A	1		0.54	0.25	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.15		1	A	1		0.04	0.02	
Tocopherol, gamma....mg	12.45		1	A	1		3.53	1.62	
Tocopherol, delta....mg	3.27		1	A	1		0.93	0.43	
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	6.2		0	FLA	4		1.8	0.8	

NDB No. 18168

Cookies, chocolate sandwich, with extra creme filling

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.454		0	NC	4		1.546	0.709	
4:0....g	0.000		1	A	1		0.000	0.000	
6:0....g	0.000		1	A	1		0.000	0.000	
8:0....g	0.000		1	A	1		0.000	0.000	
10:0....g	0.000		1	A	1		0.000	0.000	
12:0....g	0.000		1	A	1		0.000	0.000	
13:0....g									
14:0....g	0.021		1	A	1		0.006	0.003	
15:0....g									
16:0....g	2.774		1	A	1		0.786	0.361	
17:0....g	0.029		1	A	1		0.008	0.004	
18:0....g	2.436		1	A	1		0.691	0.317	
20:0....g	0.099		1	A	1		0.028	0.013	
22:0....g	0.095		1	A	1		0.027	0.012	
24:0....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	16.076		0	NC	4		4.558	2.090	
14:1....g	0.000		1	A	1		0.000	0.000	
15:1....g									
16:1 undifferentiated....g	0.000		0	AS	1		0.000	0.000	
16:1 c....g	0.000		1	A	1		0.000	0.000	
16:1 t....g									
17:1....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated....g	16.042		0	AS	1		4.548	2.085	
20:1....g	0.034		1	A	1		0.010	0.004	
22:1 undifferentiated....g	0.000		0	AS	1		0.000	0.000	
22:1 c....g	0.000		1	A	1		0.000	0.000	
22:1 t....g									
24:1 c....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	2.471		0	NC	4		0.700	0.321	
18:2 undifferentiated....g	2.418		0	AS	1		0.685	0.314	
18:3 undifferentiated....g	0.053		0	A	1		0.015	0.007	
18:4....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:5 n-3....g	0.000		1	A	1		0.000	0.000	
22:5 n-3....g	0.000		1	A	1		0.000	0.000	
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg									
Stigmasterol....mg	11		1	A	1		3	1	
Campesterol....mg	13		1	A	1		4	2	
Beta-sitosterol....mg	34		1	A	1		10	4	
Amino Acids:									
Tryptophan....g	0.051		0		1		0.014	0.007	
Threonine....g	0.114		0		1		0.032	0.015	
Isoleucine....g	0.138		0		1		0.039	0.018	
Leucine....g	0.248		0		1		0.070	0.032	
Lysine....g	0.141		0		1		0.040	0.018	
Methionine....g	0.056		0		1		0.016	0.007	
Cystine....g	0.070		0		1		0.020	0.009	
Phenylalanine....g	0.170		0		1		0.048	0.022	
Tyrosine....g	0.111		0		1		0.031	0.014	
Valine....g	0.173		0		1		0.049	0.022	
Arginine....g	0.153		0		1		0.043	0.020	
Histidine....g	0.073		0		1		0.021	0.009	
Alanine....g	0.129		0		1		0.037	0.017	
Aspartic acid....g	0.205		0		1		0.058	0.027	
Glutamic acid....g	1.019		0		1		0.289	0.132	
Glycine....g	0.130		0		1		0.037	0.017	
Proline....g	0.340		0		1		0.096	0.044	

NDB No. 18168
Cookies, chocolate sandwich, with extra creme filling

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Serine....g	0.182		0		1		0.052	0.024	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	5		0	FLA	4		1	1	
Theobromine....mg	169		0	FLA	4		48	22	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 13.0g: 1 cookie

Calories Factors: **Protein** 3.6 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18157
Cookies, chocolate wafers

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	4.50	0.364	14		1		5.04	1.28	0.27
Energy kcal	433		0		4		485	123	26
Energy kj	1812		0		4		2029	514	109
Protein (N x 5.7) g	6.60	0.141	17		1		7.39	1.87	0.40
Total lipid (fat) g	14.20	1.023	15		1		15.90	4.03	0.85
Ash g	2.00	0.115	14		1		2.24	0.57	0.12
Carbohydrate, by difference g	72.40		0		4		81.09	20.53	4.34
Fiber, total dietary g	3.4		0		4		3.8	1.0	0.2
Sugars, total g	29.66		0	FLA	4		33.22	8.41	1.78
Starch g									
Minerals:									
Calcium, Ca mg	31	1.049	16		1		35	9	2
Iron, Fe mg	4.01	0.225	17		1		4.49	1.14	0.24
Magnesium, Mg mg	53	2.847	13		1		59	15	3
Phosphorus, P mg	132	3.148	15		1		148	37	8
Potassium, K mg	210	11.881	16		1		235	60	13
Sodium, Na mg	580	38.417	18		1		650	164	35
Zinc, Zn mg	1.09	0.034	15		1		1.22	0.31	0.07
Copper, Cu mg	0.463	0.036	13		1		0.519	0.131	0.028
Manganese, Mn mg	0.696	0.045	9		1		0.780	0.197	0.042
Selenium, Se mcg	5.7		0	FLA	4		6.4	1.6	0.3
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin mg	0.203	0.032	14		1		0.227	0.058	0.012
Riboflavin mg	0.266	0.018	17		1		0.298	0.075	0.016
Niacin mg	2.858	0.150	17		1		3.201	0.810	0.171
Pantothenic acid mg	0.381		0	FLA	4		0.427	0.108	0.023
Vitamin B-6 mg	0.051		0	FLA	4		0.057	0.014	0.003
Folate, total mcg	61		0	FLA	4		69	17	4
Folic acid mcg	50		0		4		56	14	3
Folate, food mcg	11		0		4		12	3	1
Folate, DFE mcg_DFE	96		0	NC	4		108	27	6
Choline, total mg	14.6		0	FLC	4		16.3	4.1	0.9
Betaine mg									
Vitamin B-12 mcg	0.09		0	FLA	4		0.10	0.03	0.01
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	3		0	NC	4		4	1	0
Retinol mcg	3		0	FLA	4		4	1	0
Carotene, beta mcg	0		0	FLA	4		0	0	0
Carotene, alpha mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta mcg	0		0	FLA	4		0	0	0
Vitamin A, IU IU	12		0	NC	4		13	3	1
Lycopene mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin mcg	11		0	FLA	4		13	3	1
Vitamin E (alpha-tocopherol) mg	0.72		0	FLA	4		0.81	0.20	0.04
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	2.4		0	FLA	4		2.7	0.7	0.1
Lipids:									
Fatty acids, total saturated g	4.241		0	FLA	4		4.750	1.202	0.254
4:0 g	0.001		0	FLA	4		0.001	0.000	0.000
6:0 g	0.011		0	FLA	4		0.012	0.003	0.001
8:0 g	0.128		0	FLA	4		0.143	0.036	0.008
10:0 g	0.102		0	FLA	4		0.114	0.029	0.006

NDB No. 18157
Cookies, chocolate wafers

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.760		0	FLA	4		0.851	0.215	0.046
13:0 g									
14:0 g	0.305		0	FLA	4		0.342	0.086	0.018
15:0 g									
16:0 g	1.796		0	FLA	4		2.012	0.509	0.108
17:0 g									
18:0 g	1.125		0	FLA	4		1.260	0.319	0.068
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.865		0	FLA	4		5.449	1.379	0.292
14:1 g									
15:1 g									
16:1 undifferentiated g	0.048		0	FLA	4		0.054	0.014	0.003
17:1 g									
18:1 undifferentiated g	4.807		0	FLA	4		5.384	1.363	0.288
20:1 g	0.001		0	FLA	4		0.001	0.000	0.000
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	4.153		0	FLA	4		4.651	1.177	0.249
18:2 undifferentiated g	3.866		0	FLA	4		4.330	1.096	0.232
18:3 undifferentiated g	0.268		0	FLA	4		0.300	0.076	0.016
18:4 g	0.001		0	FLA	4		0.001	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.006		0	FLA	4		0.007	0.002	0.000
20:5 n-3 g	0.003		0	FLA	4		0.003	0.001	0.000
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 g	0.002		0	FLA	4		0.002	0.001	0.000
Fatty acids, total trans g									
Cholesterol mg	2		1		1		2	1	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.096		0		1		0.108	0.027	0.006
Threonine g	0.220		0		1		0.246	0.062	0.013
Isoleucine g	0.261		0		1		0.292	0.074	0.016
Leucine g	0.447		0		1		0.501	0.127	0.027
Lysine g	0.281		0		1		0.315	0.080	0.017
Methionine g	0.105		0		1		0.118	0.030	0.006
Cystine g	0.127		0		1		0.142	0.036	0.008
Phenylalanine g	0.308		0		1		0.345	0.087	0.018
Tyrosine g	0.205		0		1		0.230	0.058	0.012
Valine g	0.323		0		1		0.362	0.092	0.019
Arginine g	0.286		0		1		0.320	0.081	0.017
Histidine g	0.128		0		1		0.143	0.036	0.008
Alanine g	0.238		0		1		0.267	0.067	0.014
Aspartic acid g	0.407		0		1		0.456	0.115	0.024
Glutamic acid g	1.753		0		1		1.963	0.497	0.105
Glycine g	0.236		0		1		0.264	0.067	0.014
Proline g	0.577		0		1		0.646	0.164	0.035
Serine g	0.335		0		1		0.375	0.095	0.020
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	7		0	FLA	4		8	2	0
Theobromine mg	223		0	FLA	4		250	63	13

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18157
Cookies, chocolate wafers

Measure 1 = 112g: 1 cup, crumbs
Measure 2 = 28.35g: 1 oz
Measure 3 = 6.0g: 1 wafer

Calories Factors: **Protein** 3.5 **Fat** 8.9 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18169
Cookies, coconut macaroons, prepared from recipe

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	10.60		0		1		3.01	2.54	
Energy kcal	404		0	NC	4		115	97	
Energy kj	1690		0		4		479	406	
Protein (N x 0) g	3.60		0		1		1.02	0.86	
Total lipid (fat) g	12.70		0		1		3.60	3.05	
Ash g	1.00		0		1		0.28	0.24	
Carbohydrate, by difference g	72.20		0	NC	4		20.47	17.33	
Fiber, total dietary g	1.8		0		4		0.5	0.4	
Sugars, total g	70.65		0	RA	4		20.03	16.96	
Starch g									
Minerals:									
Calcium, Ca mg	7		0		1		2	2	
Iron, Fe mg	0.75		0		1		0.21	0.18	
Magnesium, Mg mg	21		0		1		6	5	
Phosphorus, P mg	43		0		1		12	10	
Potassium, K mg	156		0		1		44	37	
Sodium, Na mg	247		0		1		70	59	
Zinc, Zn mg	0.71		0		1		0.20	0.17	
Copper, Cu mg	0.143		0		1		0.041	0.034	
Manganese, Mn mg	0.947		0		1		0.268	0.227	
Selenium, Se mcg	10.5		0	RK	4		3.0	2.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	
Thiamin mg	0.011		0		1		0.003	0.003	
Riboflavin mg	0.110		0		1		0.031	0.026	
Niacin mg	0.130		0		1		0.037	0.031	
Pantothenic acid mg	0.270		0		1		0.077	0.065	
Vitamin B-6 mg	0.099		0		1		0.028	0.024	
Folate, total mcg	4		0	RK	4		1	1	
Folic acid mcg	0		0	Z	7		0	0	
Folate, food mcg	4		0	RK	4		1	1	
Folate, DFE mcg_DFE	4		0	NC	4		1	1	
Choline, total mg	7.8		0	RA	4		2.2	1.9	
Betaine mg									
Vitamin B-12 mcg	0.03		0		1		0.01	0.01	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	RA	4		0	0	
Carotene, beta mcg	0		0	RA	4		0	0	
Carotene, alpha mcg	0		0	RA	4		0	0	
Cryptoxanthin, beta mcg	0		0	RA	4		0	0	
Vitamin A, IU IU	0		0	NC	4		0	0	
Lycopene mcg	0		0	RA	4		0	0	
Lutein + zeaxanthin mcg	0		0	RA	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.15		0	RA	4		0.04	0.04	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	0.1		0	RA	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated g	11.236		0		1		3.185	2.697	
4:0 g	0.000		0		1		0.000	0.000	
6:0 g	0.069		0		1		0.020	0.017	
8:0 g	0.865		0		1		0.245	0.208	
10:0 g	0.697		0		1		0.198	0.167	

NDB No. 18169

Cookies, coconut macaroons, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	5.614		0		1		1.592	1.347	
13:0 g									
14:0 g	2.235		0		1		0.634	0.536	
15:0 g									
16:0 g	1.089		0		1		0.309	0.261	
17:0 g									
18:0 g	0.669		0		1		0.190	0.161	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.549		0		1		0.156	0.132	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		1		0.000	0.000	
17:1 g									
18:1 undifferentiated g	0.549		0		1		0.156	0.132	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.141		0		1		0.040	0.034	
18:2 undifferentiated g	0.141		0		1		0.040	0.034	
18:3 undifferentiated g	0.000		0		1		0.000	0.000	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 g	0.000		0		1		0.000	0.000	
22:5 n-3 g	0.000		0		1		0.000	0.000	
22:6 n-3 g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.041		0		1		0.012	0.010	
Threonine g	0.143		0		1		0.041	0.034	
Isoleucine g	0.171		0		1		0.048	0.041	
Leucine g	0.273		0		1		0.077	0.066	
Lysine g	0.203		0		1		0.058	0.049	
Methionine g	0.099		0		1		0.028	0.024	
Cystine g	0.081		0		1		0.023	0.019	
Phenylalanine g	0.188		0		1		0.053	0.045	
Tyrosine g	0.122		0		1		0.035	0.029	
Valine g	0.211		0		1		0.060	0.051	
Arginine g	0.303		0		1		0.086	0.073	
Histidine g	0.076		0		1		0.022	0.018	
Alanine g	0.187		0		1		0.053	0.045	
Aspartic acid g	0.338		0		1		0.096	0.081	
Glutamic acid g	0.552		0		1		0.156	0.132	
Glycine g	0.131		0		1		0.037	0.031	
Proline g	0.133		0		1		0.038	0.032	
Serine g	0.213		0		1		0.060	0.051	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		4		0.0	0.0	
Caffeine mg	0		0	RA	4		0	0	
Theobromine mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18169

Cookies, coconut macaroons, prepared from recipe

Measure 1 = 28.35g: 1 oz

Measure 2 = 24g: 1 cookie, medium (2" dia)

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18170
Cookies, fig bars

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	16.50	0.305	26		1		4.68	7.10	2.64
Energy kcal	348		0	NC	4		99	150	56
Energy kj	1456		0		4		413	626	233
Protein (N x 5.9) g	3.70	0.075	29		1		1.05	1.59	0.59
Total lipid (fat) g	7.30	0.285	31		1		2.07	3.14	1.17
Ash g	1.60	0.055	25		1		0.45	0.69	0.26
Carbohydrate, by difference g	70.90		0	NC	4		20.10	30.49	11.34
Fiber, total dietary g	4.6		0		1		1.3	2.0	0.7
Sugars, total g	46.36		0	FLA	4		13.14	19.93	7.42
Starch g									
Minerals:									
Calcium, Ca mg	64	3.985	28		1		18	28	10
Iron, Fe mg	2.90	0.129	29		1		0.82	1.25	0.46
Magnesium, Mg mg	27	0.820	25		1		8	12	4
Phosphorus, P mg	62	1.326	26		1		18	27	10
Potassium, K mg	207	9.247	26		1		59	89	33
Sodium, Na mg	350	21.427	27		1		99	151	56
Zinc, Zn mg	0.39	0.013	25		1		0.11	0.17	0.06
Copper, Cu mg	0.147	0.014	25		1		0.042	0.063	0.024
Manganese, Mn mg	0.343	0.012	21		1		0.097	0.147	0.055
Selenium, Se mcg	3.3		2	A	1		0.9	1.4	0.5
Vitamins:									
Vitamin C, total ascorbic acid mg	0.3		0	FLA	4		0.1	0.1	0.0
Thiamin mg	0.158	0.009	26		1		0.045	0.068	0.025
Riboflavin mg	0.217	0.025	26		1		0.062	0.093	0.035
Niacin mg	1.874	0.184	32		1		0.531	0.806	0.300
Pantothenic acid mg	0.364	0.016	12		1		0.103	0.157	0.058
Vitamin B-6 mg	0.075	0.002	10		1		0.021	0.032	0.012
Folate, total mcg	35		0	FLA	4		10	15	6
Folic acid mcg	25		0		4		7	11	4
Folate, food mcg	10	0.166	8		1		3	4	2
Folate, DFE mcg_DFE	53		0	NC	4		15	23	8
Choline, total mg	14.6		0	FLC	4		4.1	6.3	2.3
Betaine mg									
Vitamin B-12 mcg	0.09		0	FLA	4		0.03	0.04	0.01
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	9		0	NC	4		3	4	2
Retinol mcg	9		0	FLA	4		3	4	1
Carotene, beta mcg	1		0	FLA	4		0	1	0
Carotene, alpha mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta mcg	0		0	FLA	4		0	0	0
Vitamin A, IU IU	33		0	NC	4		9	14	5
Lycopene mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin mcg	8		0	FLA	4		2	3	1
Vitamin E (alpha-tocopherol) mg	0.65		0	FLA	4		0.18	0.28	0.10
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	5.8		0	FLA	4		1.6	2.5	0.9
Lipids:									
Fatty acids, total saturated g	1.123		0	FLA	4		0.318	0.483	0.180
4:0 g	0.002		0	FLA	4		0.001	0.001	0.000
6:0 g	0.000		0	FLA	4		0.000	0.000	0.000
8:0 g	0.000		0	FLA	4		0.000	0.000	0.000
10:0 g	0.001		0	FLA	4		0.000	0.000	0.000

NDB No. 18170
Cookies, fig bars

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0	FLA	4		0.000	0.000	0.000
13:0 g									
14:0 g	0.013		0	FLA	4		0.004	0.006	0.002
15:0 g									
16:0 g	0.747		0	FLA	4		0.212	0.321	0.120
17:0 g									
18:0 g	0.355		0	FLA	4		0.101	0.153	0.057
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.003		0	FLA	4		0.851	1.291	0.480
14:1 g									
15:1 g									
16:1 undifferentiated g	0.029		0	FLA	4		0.008	0.012	0.005
17:1 g									
18:1 undifferentiated g	2.966		0	FLA	4		0.841	1.275	0.475
20:1 g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	2.772		0	FLA	4		0.786	1.192	0.444
18:2 undifferentiated g	2.583		0	FLA	4		0.732	1.111	0.413
18:3 undifferentiated g	0.182		0	FLA	4		0.052	0.078	0.029
18:4 g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.046		0		1		0.013	0.020	0.007
Threonine g	0.113		0		1		0.032	0.049	0.018
Isoleucine g	0.132		0		1		0.037	0.057	0.021
Leucine g	0.224		0		1		0.064	0.096	0.036
Lysine g	0.140		0		1		0.040	0.060	0.022
Methionine g	0.053		0		1		0.015	0.023	0.008
Cystine g	0.073		0		1		0.021	0.031	0.012
Phenylalanine g	0.145		0		1		0.041	0.062	0.023
Tyrosine g	0.122		0		1		0.035	0.052	0.020
Valine g	0.155		0		1		0.044	0.067	0.025
Arginine g	0.121		0		1		0.034	0.052	0.019
Histidine g	0.067		0		1		0.019	0.029	0.011
Alanine g	0.148		0		1		0.042	0.064	0.024
Aspartic acid g	0.387		0		1		0.110	0.166	0.062
Glutamic acid g	0.914		0		1		0.259	0.393	0.146
Glycine g	0.122		0		1		0.035	0.052	0.020
Proline g	0.347		0		1		0.098	0.149	0.056
Serine g	0.189		0		1		0.054	0.081	0.030
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	FLA	4		0	0	0
Theobromine mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18170
Cookies, fig bars

Measure 1 = 28.35g: 1 oz
Measure 2 = 43g: 1 Figaroo (2 square halves)
Measure 3 = 16g: 1 cookie

Calories Factors: **Protein** 3.8 **Fat** 8.8 **Carbohydrate** 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18171
Cookies, fortune

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	8.00		2		1		2.27	0.64	
Energy kcal	378		0	NC	4		107	30	
Energy kj	1582		0		4		448	127	
Protein (N x 5.7) g	4.20		2		1		1.19	0.34	
Total lipid (fat) g	2.70	0.052	3		1		0.77	0.22	
Ash g	0.90	0.015	4		1		0.26	0.07	
Carbohydrate, by difference g	84.00		0	NC	4		23.81	6.72	
Fiber, total dietary g	1.6		0		1		0.5	0.1	
Sugars, total g	45.42		0	FLA	4		12.88	3.63	
Starch g									
Minerals:									
Calcium, Ca mg	12		2		1		3	1	
Iron, Fe mg	1.44		2		1		0.41	0.12	
Magnesium, Mg mg	7		2		1		2	1	
Phosphorus, P mg	35		2		1		10	3	
Potassium, K mg	41		2		1		12	3	
Sodium, Na mg	274		2		1		78	22	
Zinc, Zn mg	0.17		2		1		0.05	0.01	
Copper, Cu mg	0.060		2		1		0.017	0.005	
Manganese, Mn mg	0.190		2		1		0.054	0.015	
Selenium, Se mcg	2.9		0	FLA	4		0.8	0.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	
Thiamin mg	0.182	0.005	8		1		0.052	0.015	
Riboflavin mg	0.130	0.004	8		1		0.037	0.010	
Niacin mg	1.840	0.117	8		1		0.522	0.147	
Pantothenic acid mg	0.297	0.008	8		1		0.084	0.024	
Vitamin B-6 mg	0.013	0.000	8		1		0.004	0.001	
Folate, total mcg	66		0	FLA	4		19	5	
Folic acid mcg	56		0		4		16	4	
Folate, food mcg	10	0.244	8		1		3	1	
Folate, DFE mcg_DFE	105		0	NC	4		30	8	
Choline, total mg	6.0		0	FLC	4		1.7	0.5	
Betaine mg									
Vitamin B-12 mcg	0.01		0	FLA	4		0.00	0.00	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	1		0	NC	4		0	0	
Retinol mcg	1		0	FLA	4		0	0	
Carotene, beta mcg	0		0	FLA	4		0	0	
Carotene, alpha mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta mcg	0		0	FLA	4		0	0	
Vitamin A, IU IU	3		0	NC	4		1	0	
Lycopene mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin mcg	3		0	FLA	4		1	0	
Vitamin E (alpha-tocopherol) mg	0.03		0	FLA	4		0.01	0.00	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	1.1		0	FLA	4		0.3	0.1	
Lipids:									
Fatty acids, total saturated g	0.669		0		1		0.190	0.054	
4:0 g	0.000		0		1		0.000	0.000	
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	

NDB No. 18171
Cookies, fortune

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0		1		0.000	0.000	
13:0 g									
14:0 g	0.012		0		1		0.003	0.001	
15:0 g									
16:0 g	0.378		0		1		0.107	0.030	
17:0 g									
18:0 g	0.276		0		1		0.078	0.022	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.345		0		1		0.381	0.108	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.008		0		1		0.002	0.001	
17:1 g									
18:1 undifferentiated g	1.337		0		1		0.379	0.107	
20:1 g	0.001		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.466		0		1		0.132	0.037	
18:2 undifferentiated g	0.438		0		1		0.124	0.035	
18:3 undifferentiated g	0.024		0		1		0.007	0.002	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.003		0		1		0.001	0.000	
20:5 n-3 g	0.000		0		1		0.000	0.000	
22:5 n-3 g	0.000		0		1		0.000	0.000	
22:6 n-3 g	0.001		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	2		0	FLA	4		1	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.061		0		1		0.017	0.005	
Threonine g	0.123		0		1		0.035	0.010	
Isoleucine g	0.165		0		1		0.047	0.013	
Leucine g	0.295		0		1		0.084	0.024	
Lysine g	0.157		0		1		0.045	0.013	
Methionine g	0.076		0		1		0.022	0.006	
Cystine g	0.093		0		1		0.026	0.007	
Phenylalanine g	0.203		0		1		0.058	0.016	
Tyrosine g	0.125		0		1		0.035	0.010	
Valine g	0.192		0		1		0.054	0.015	
Arginine g	0.168		0		1		0.048	0.013	
Histidine g	0.088		0		1		0.025	0.007	
Alanine g	0.135		0		1		0.038	0.011	
Aspartic acid g	0.193		0		1		0.055	0.015	
Glutamic acid g	1.359		0		1		0.385	0.109	
Glycine g	0.144		0		1		0.041	0.012	
Proline g	0.457		0		1		0.130	0.037	
Serine g	0.230		0		1		0.065	0.018	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18171
Cookies, fortune

Measure 1 = 28.35g: 1 oz
Measure 2 = 8.0g: 1 cookie

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18156
Cookies, fudge, cake-type (includes trolley cakes)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	11.80	0.225	35		1		3.35	2.48	
Energy kcal	349		0		4		99	73	
Energy kj	1460				4		414	307	
Protein (N x 5.7) g	5.00	0.064	35		1		1.42	1.05	
Total lipid (fat) g	3.70	0.088	35		1		1.05	0.78	
Ash g	0.90	0.017	35		1		0.26	0.19	
Carbohydrate, by difference g	78.30		0	NC	4		22.20	16.44	
Fiber, total dietary g	2.8		0		4		0.8	0.6	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	34	0.646	38		1		10	7	
Iron, Fe mg	2.48	0.111	38		1		0.70	0.52	
Magnesium, Mg mg	32	1.423	7		1		9	7	
Phosphorus, P mg	83	1.230	38		1		24	17	
Potassium, K mg	138	2.026	37		1		39	29	
Sodium, Na mg	192	3.214	38		1		54	40	
Zinc, Zn mg	0.55	0.022	7		1		0.16	0.12	
Copper, Cu mg	0.291	0.038	7		1		0.082	0.061	
Manganese, Mn mg	0.322	0.015	6		1		0.091	0.068	
Selenium, Se mcg	3.6		0	FLA	4		1.0	0.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.1		0	FLA	4		0.0	0.0	
Thiamin mg	0.226	0.018	38		1		0.064	0.047	
Riboflavin mg	0.194	0.006	38		1		0.055	0.041	
Niacin mg	1.203	0.048	38		1		0.341	0.253	
Pantothenic acid mg	0.244		0	FLA	4		0.069	0.051	
Vitamin B-6 mg	0.031		0	FLA	4		0.009	0.007	
Folate, total mcg	43		0	FLA	4		12	9	
Folic acid mcg	34		0	NC	4		10	7	
Folate, food mcg	9		0		4		3	2	
Folate, DFE mcg_DFE	67		0	NC	4		19	14	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.08		0	FLA	4		0.02	0.02	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	2		0	FLA	4		1	0	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	1.112		0		1		0.315	0.234	
4:0 g	0.000		0		1		0.000	0.000	
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.000		0		1		0.000	0.000	
13:0 g									

NDB No. 18156
Cookies, fudge, cake-type (includes trolley cakes)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.002		0		1		0.001	0.000	
15:0....g									
16:0....g	0.548		0		1		0.155	0.115	
17:0....g									
18:0....g	0.545		0		1		0.155	0.114	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.813		0		1		0.514	0.381	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.005		0		1		0.001	0.001	
17:1....g									
18:1 undifferentiated....g	1.807		0		1		0.512	0.379	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.466		0		1		0.132	0.098	
18:2 undifferentiated....g	0.453		0		1		0.128	0.095	
18:3 undifferentiated....g	0.013		0		1		0.004	0.003	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.055		0		1		0.016	0.012	
Threonine....g	0.148		0		1		0.042	0.031	
Isoleucine....g	0.174		0		1		0.049	0.037	
Leucine....g	0.305		0		1		0.086	0.064	
Lysine....g	0.225		0		1		0.064	0.047	
Methionine....g	0.071		0		1		0.020	0.015	
Cystine....g	0.067		0		1		0.019	0.014	
Phenylalanine....g	0.207		0		1		0.059	0.043	
Tyrosine....g	0.131		0		1		0.037	0.028	
Valine....g	0.225		0		1		0.064	0.047	
Arginine....g	0.269		0		1		0.076	0.056	
Histidine....g	0.088		0		1		0.025	0.018	
Alanine....g	0.263		0		1		0.075	0.055	
Aspartic acid....g	0.314		0		1		0.089	0.066	
Glutamic acid....g	1.162		0		1		0.329	0.244	
Glycine....g	0.448		0		1		0.127	0.094	
Proline....g	0.553		0		1		0.157	0.116	
Serine....g	0.233		0		1		0.066	0.049	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 21g: 1 cookie

Calories Factors: **Protein** 3.6 **Fat** 8.7 **Carbohydrate** 3.8

NDB No. 18156
Cookies, fudge, cake-type (includes trolley cakes)

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18172
Cookies, gingersnaps

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	5.30	0.283	23		1		1.50	0.37	1.70
Energy....kcal	416		0	NC	4		118	29	133
Energy....kj	1741		0		4		493	122	557
Protein (N x 5.7)....g	5.60	0.117	25		1		1.59	0.39	1.79
Total lipid (fat)....g	9.80	0.219	25		1		2.78	0.69	3.14
Ash....g	2.40	0.082	24		1		0.68	0.17	0.77
Carbohydrate, by difference....g	76.90		0	NC	4		21.80	5.38	24.61
Fiber, total dietary....g	2.2		0		1		0.6	0.2	0.7
Sugars, total....g	19.92		0	FLA	4		5.65	1.39	6.37
Starch....g									
Minerals:									
Calcium, Ca....mg	77	4.415	24		1		22	5	25
Iron, Fe....mg	6.40	0.301	24		1		1.81	0.45	2.05
Magnesium, Mg....mg	49	2.470	23		1		14	3	16
Phosphorus, P....mg	83	2.007	24		1		24	6	27
Potassium, K....mg	346	20.574	22		1		98	24	111
Sodium, Na....mg	654	16.033	23		1		185	46	209
Zinc, Zn....mg	0.55	0.031	23		1		0.16	0.04	0.18
Copper, Cu....mg	0.305	0.025	22		1		0.086	0.021	0.098
Manganese, Mn....mg	1.555	0.116	18		1		0.441	0.109	0.498
Selenium, Se....mcg	5.1		0	FLA	4		1.4	0.4	1.6
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.200	0.013	21		1		0.057	0.014	0.064
Riboflavin....mg	0.293	0.014	24		1		0.083	0.021	0.094
Niacin....mg	3.235	0.097	24		1		0.917	0.226	1.035
Pantothenic acid....mg	0.380		0	FLA	4		0.108	0.027	0.122
Vitamin B-6....mg	0.098		0	FLA	4		0.028	0.007	0.031
Folate, total....mcg	87		0	FLA	4		25	6	28
Folic acid....mcg	82		0		4		23	6	26
Folate, food....mcg	6		0		4		2	0	2
Folate, DFE....mcg_DFE	145		0	NC	4		41	10	47
Choline, total....mg	8.8		0	FLC	4		2.5	0.6	2.8
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	0
Retinol....mcg	0		0	FLA	4		0	0	0
Carotene, beta....mcg	1		0	FLA	4		0	0	0
Carotene, alpha....mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	0
Vitamin A, IU....IU	2		0	NC	4		1	0	1
Lycopene....mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....mcg	2		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.97		0	FLA	4		0.28	0.07	0.31
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	2.5		0	FLA	4		0.7	0.2	0.8
Lipids:									
Fatty acids, total saturated....g	2.451		0	FLA	4		0.695	0.172	0.784
4:0....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0....g	0.001		0	FLA	4		0.000	0.000	0.000
10:0....g	0.002		0	FLA	4		0.001	0.000	0.001

NDB No. 18172
Cookies, gingersnaps

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.004		0	FLA	4		0.001	0.000	0.001
13:0 g									
14:0 g	0.048		0	FLA	4		0.014	0.003	0.015
15:0 g									
16:0 g	1.279		0	FLA	4		0.363	0.090	0.409
17:0 g									
18:0 g	1.111		0	FLA	4		0.315	0.078	0.356
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.365		0	FLA	4		1.521	0.376	1.717
14:1 g									
15:1 g									
16:1 undifferentiated g	0.002		0	FLA	4		0.001	0.000	0.001
17:1 g									
18:1 undifferentiated g	5.363		0	FLA	4		1.520	0.375	1.716
20:1 g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	1.372		0	FLA	4		0.389	0.096	0.439
18:2 undifferentiated g	1.298		0	FLA	4		0.368	0.091	0.415
18:3 undifferentiated g	0.073		0	FLA	4		0.021	0.005	0.023
18:4 g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.080		0		1		0.023	0.006	0.026
Threonine g	0.155		0		1		0.044	0.011	0.050
Isoleucine g	0.212		0		1		0.060	0.015	0.068
Leucine g	0.380		0		1		0.108	0.027	0.122
Lysine g	0.195		0		1		0.055	0.014	0.062
Methionine g	0.094		0		1		0.027	0.007	0.030
Cystine g	0.120		0		1		0.034	0.008	0.038
Phenylalanine g	0.263		0		1		0.075	0.018	0.084
Tyrosine g	0.159		0		1		0.045	0.011	0.051
Valine g	0.248		0		1		0.070	0.017	0.079
Arginine g	0.213		0		1		0.060	0.015	0.068
Histidine g	0.114		0		1		0.032	0.008	0.036
Alanine g	0.169		0		1		0.048	0.012	0.054
Aspartic acid g	0.248		0		1		0.070	0.017	0.079
Glutamic acid g	1.825		0		1		0.517	0.128	0.584
Glycine g	0.189		0		1		0.054	0.013	0.060
Proline g	0.614		0		1		0.174	0.043	0.196
Serine g	0.292		0		1		0.083	0.020	0.093
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	FLA	4		0	0	0
Theobromine mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18172
Cookies, gingersnaps

Measure 1 = 28.35g: 1 oz
Measure 2 = 7.0g: 1 cookie
Measure 3 = 32g: 1 large (approx 3-1/2" to 4" dia)

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18174
Cookies, graham crackers, chocolate-coated

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.60	0.263	14		1		0.74	0.36	
Energy....kcal	484		0		4		137	68	
Energy....kj	2025		0		4		574	284	
Protein (N x 5.9)....g	5.80	0.323	14		1		1.64	0.81	
Total lipid (fat)....g	23.20	1.139	14		1		6.58	3.25	
Ash....g	1.80	0.249	14		1		0.51	0.25	
Carbohydrate, by difference....g	66.50		0	NC	4		18.85	9.31	
Fiber, total dietary....g	3.1		0		4		0.9	0.4	
Sugars, total....g	41.56		0	FLA	4		11.78	5.82	
Starch....g									
Minerals:									
Calcium, Ca....mg	58	14.374	14		1		16	8	
Iron, Fe....mg	3.58	0.303	14		1		1.01	0.50	
Magnesium, Mg....mg	58	8.217	13		1		16	8	
Phosphorus, P....mg	134	8.182	13		1		38	19	
Potassium, K....mg	209	18.789	13		1		59	29	
Sodium, Na....mg	291	20.261	14		1		82	41	
Zinc, Zn....mg	0.97	0.107	13		1		0.27	0.14	
Copper, Cu....mg	0.430	0.060	13		1		0.122	0.060	
Manganese, Mn....mg	0.726	0.075	12		1		0.206	0.102	
Selenium, Se....mcg	14.2		0	FLA	4		4.0	2.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.144	0.014	14		1		0.041	0.020	
Riboflavin....mg	0.212	0.018	14		1		0.060	0.030	
Niacin....mg	2.176	0.137	14		1		0.617	0.305	
Pantothenic acid....mg	0.245		0	FLA	4		0.069	0.034	
Vitamin B-6....mg	0.074		0	FLA	4		0.021	0.010	
Folate, total....mcg	20		0	FLA	4		6	3	
Folic acid....mcg	10		0		4		3	1	
Folate, food....mcg	10		0		4		3	1	
Folate, DFE....mcg_DFE	27		0	NC	4		8	4	
Choline, total....mg	22.3		0	BFZN	4		6.3	3.1	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	5		0	NC	4		1	1	
Retinol....mcg	5		0	FLA	4		1	1	
Carotene, beta....mcg	1		0	FLA	4		0	0	
Carotene, alpha....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	17		0	NC	4		5	2	
Lycopene....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....mcg	38		0	FLA	4		11	5	
Vitamin E (alpha-tocopherol)....mg	0.27		0	FLA	4		0.08	0.04	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	4.7		0	FLA	4		1.3	0.7	
Lipids:									
Fatty acids, total saturated....g	13.380		0	FLA	4		3.793	1.873	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.002		0	FLA	4		0.001	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 18174

Cookies, graham crackers, chocolate-coated

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.045		0	FLA	4		0.013	0.006	
13:0 g									
14:0 g	0.113		0	FLA	4		0.032	0.016	
15:0 g									
16:0 g	5.859		0	FLA	4		1.661	0.820	
17:0 g									
18:0 g	7.098		0	FLA	4		2.012	0.994	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.687		0	FLA	4		2.179	1.076	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.071		0	FLA	4		0.020	0.010	
17:1 g									
18:1 undifferentiated g	7.623		0	FLA	4		2.161	1.067	
20:1 g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.038		0	FLA	4		0.294	0.145	
18:2 undifferentiated g	0.973		0	FLA	4		0.276	0.136	
18:3 undifferentiated g	0.064		0	FLA	4		0.018	0.009	
18:4 g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		1		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.073		0		1		0.021	0.010	
Threonine g	0.198		0		1		0.056	0.028	
Isoleucine g	0.250		0		1		0.071	0.035	
Leucine g	0.460		0		1		0.130	0.064	
Lysine g	0.226		0		1		0.064	0.032	
Methionine g	0.110		0		1		0.031	0.015	
Cystine g	0.087		0		1		0.025	0.012	
Phenylalanine g	0.301		0		1		0.085	0.042	
Tyrosine g	0.213		0		1		0.060	0.030	
Valine g	0.302		0		1		0.086	0.042	
Arginine g	0.211		0		1		0.060	0.030	
Histidine g	0.112		0		1		0.032	0.016	
Alanine g	0.196		0		1		0.056	0.027	
Aspartic acid g	0.356		0		1		0.101	0.050	
Glutamic acid g	1.623		0		1		0.460	0.227	
Glycine g	0.184		0		1		0.052	0.026	
Proline g	0.584		0		1		0.166	0.082	
Serine g	0.279		0		1		0.079	0.039	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	46		0	FLA	4		13	6	
Theobromine mg	363		0	FLA	4		103	51	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18174

Cookies, graham crackers, chocolate-coated

Measure 1 = 28.35g: 1 oz

Measure 2 = 14.0g: 1 cracker (2-1/2" square)

Calories Factors: **Protein** 3.8 **Fat** 8.7 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18173

Cookies, graham crackers, plain or honey (includes cinnamon)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.40	0.128	67		1		3.70	1.25	0.62
Energy....kcal	423		0	NC	4		355	120	59
Energy....kj	1770		0		4		1487	502	248
Protein (N x 5.7)....g	6.90	0.091	70		1		5.80	1.96	0.97
Total lipid (fat)....g	10.10	0.127	78		1		8.48	2.86	1.41
Ash....g	1.80	0.039	74		1		1.51	0.51	0.25
Carbohydrate, by difference....g	76.80		0	NC	4		64.51	21.77	10.75
Fiber, total dietary....g	2.8		0		1		2.4	0.8	0.4
Sugars, total....g	31.10		0	FLA	4		26.13	8.82	4.35
Starch....g									
Minerals:									
Calcium, Ca....mg	24	1.139	57		1		20	7	3
Iron, Fe....mg	3.73	0.080	50		1		3.13	1.06	0.52
Magnesium, Mg....mg	30	1.119	48		1		25	9	4
Phosphorus, P....mg	104	2.614	47		1		87	29	15
Potassium, K....mg	135	6.528	50		1		113	38	19
Sodium, Na....mg	605	15.868	65		1		508	172	85
Zinc, Zn....mg	0.81	0.021	42		1		0.68	0.23	0.11
Copper, Cu....mg	0.202	0.011	41		1		0.170	0.057	0.028
Manganese, Mn....mg	0.804	0.026	35		1		0.675	0.228	0.113
Selenium, Se....mcg	10.2	0.886	11	A	1		8.6	2.9	1.4
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.222	0.017	62		1		0.186	0.063	0.031
Riboflavin....mg	0.314	0.013	73		1		0.264	0.089	0.044
Niacin....mg	4.122	0.096	67		1		3.462	1.169	0.577
Pantothenic acid....mg	0.537	0.011	18		1		0.451	0.152	0.075
Vitamin B-6....mg	0.065		2		1		0.055	0.018	0.009
Folate, total....mcg	46		0	FLA	4		38	13	6
Folic acid....mcg	29		0		4		24	8	4
Folate, food....mcg	17	1.350	18		1		14	5	2
Folate, DFE....mcg_DFE	66		0	NC	4		56	19	9
Choline, total....mg	22.3		0	A	1		18.7	6.3	3.1
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	0
Retinol....mcg	0		0	FLA	4		0	0	0
Carotene, beta....mcg	1		0	FLA	4		1	0	0
Carotene, alpha....mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	0
Vitamin A, IU....IU	2		0	NC	4		2	1	0
Lycopene....mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....mcg	61		0	FLA	4		52	17	9
Vitamin E (alpha-tocopherol)....mg	0.33		0	FLA	4		0.27	0.09	0.05
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	4.6		0	FLA	4		3.9	1.3	0.6
Lipids:									
Fatty acids, total saturated....g	1.519		0	FLA	4		1.276	0.431	0.213
4:0....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0....g	0.005		0	FLA	4		0.004	0.001	0.001
10:0....g	0.000		0	FLA	4		0.000	0.000	0.000

NDB No. 18173

Cookies, graham crackers, plain or honey (includes cinnamon)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0	FLA	4		0.000	0.000	0.000
13:0 g									
14:0 g	0.010		0	FLA	4		0.008	0.003	0.001
15:0 g									
16:0 g	1.029		0	FLA	4		0.864	0.292	0.144
17:0 g									
18:0 g	0.471		0	FLA	4		0.396	0.134	0.066
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.086		0	FLA	4		3.432	1.158	0.572
14:1 g									
15:1 g									
16:1 undifferentiated g	0.041		0	FLA	4		0.034	0.012	0.006
17:1 g									
18:1 undifferentiated g	4.036		0	FLA	4		3.390	1.144	0.565
20:1 g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	3.832		0	FLA	4		3.219	1.086	0.536
18:2 undifferentiated g	3.563		0	FLA	4		2.993	1.010	0.499
18:3 undifferentiated g	0.259		0	FLA	4		0.218	0.073	0.036
18:4 g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.001		0	FLA	4		0.001	0.000	0.000
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0	0.233	9		1		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.091		0		1		0.076	0.026	0.013
Threonine g	0.191		0		1		0.160	0.054	0.027
Isoleucine g	0.243		0		1		0.204	0.069	0.034
Leucine g	0.475		0		1		0.399	0.135	0.067
Lysine g	0.162		0		1		0.136	0.046	0.023
Methionine g	0.119		0		1		0.100	0.034	0.017
Cystine g	0.150		0		1		0.126	0.043	0.021
Phenylalanine g	0.345		0		1		0.290	0.098	0.048
Tyrosine g	0.208		0		1		0.175	0.059	0.029
Valine g	0.287		0		1		0.241	0.081	0.040
Arginine g	0.292		0		1		0.245	0.083	0.041
Histidine g	0.155		0		1		0.130	0.044	0.022
Alanine g	0.227		0		1		0.191	0.064	0.032
Aspartic acid g	0.308		0		1		0.259	0.087	0.043
Glutamic acid g	2.301		0		1		1.933	0.652	0.322
Glycine g	0.256		0		1		0.215	0.073	0.036
Proline g	0.784		0		1		0.659	0.222	0.110
Serine g	0.341		0		1		0.286	0.097	0.048
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	FLA	4		0	0	0
Theobromine mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18173

Cookies, graham crackers, plain or honey (includes cinnamon)

Measure 1 = 84g: 1 cup, crushed

Measure 2 = 28.35g: 1 oz

Measure 3 = 14.0g: 1 large rectangular piece or 2 squares or 4 small rectangular pieces

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18175
Cookies, ladyfingers, with lemon juice and rind

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	19.50		0		1		5.53	2.54	4.68
Energy kcal	365		0	NC	4		103	47	88
Energy kj	1527		0		4		433	199	367
Protein (N x 0) g	10.60		0		1		3.01	1.38	2.54
Total lipid (fat) g	9.10		0		1		2.58	1.18	2.18
Ash g	1.10		0		1		0.31	0.14	0.26
Carbohydrate, by difference g	59.70		0	NC	4		16.92	7.76	14.33
Fiber, total dietary g	1.0		0		4		0.3	0.1	0.2
Sugars, total g	25.39		0	FLC	4		7.20	3.30	6.09
Starch g									
Minerals:									
Calcium, Ca mg	47		0		1		13	6	11
Iron, Fe mg	3.58		0		1		1.01	0.47	0.86
Magnesium, Mg mg	12		0		1		3	2	3
Phosphorus, P mg	173		0		1		49	22	42
Potassium, K mg	113		0		1		32	15	27
Sodium, Na mg	147		0		1		42	19	35
Zinc, Zn mg	1.14		0		1		0.32	0.15	0.27
Copper, Cu mg	0.095		0		1		0.027	0.012	0.023
Manganese, Mn mg	0.240		0		1		0.068	0.031	0.058
Selenium, Se mcg	21.1		0	FLA	4		6.0	2.7	5.1
Vitamins:									
Vitamin C, total ascorbic acid mg	3.7		0		1		1.0	0.5	0.9
Thiamin mg	0.284		0		1		0.081	0.037	0.068
Riboflavin mg	0.428		0		1		0.121	0.056	0.103
Niacin mg	2.104		0		1		0.596	0.274	0.505
Pantothenic acid mg	1.116		0		1		0.316	0.145	0.268
Vitamin B-6 mg	0.122		0		1		0.035	0.016	0.029
Folate, total mcg	60		0	FLC	4		17	8	14
Folic acid mcg	23		0		4		7	3	6
Folate, food mcg	37		0		1		10	5	9
Folate, DFE mcg_DFE	76		0	NC	4		22	10	18
Choline, total mg	92.0		0	RC	4		26.1	12.0	22.1
Betaine mg									
Vitamin B-12 mcg	0.75		0		1		0.21	0.10	0.18
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	3		0	NC	4		1	0	1
Retinol mcg	0		0	NR	4		0	0	0
Carotene, beta mcg	22		0	FLC	4		6	3	5
Carotene, alpha mcg	9		0	FLC	4		3	1	2
Cryptoxanthin, beta mcg	8		0	FLC	4		2	1	2
Vitamin A, IU IU	50		0	NC	4		14	7	12
Lycopene mcg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin mcg	266		0	FLC	4		75	35	64
Vitamin E (alpha-tocopherol) mg	0.63		0	FLC	4		0.18	0.08	0.15
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	0.2		0	FLC	4		0.1	0.0	0.1
Lipids:									
Fatty acids, total saturated g	3.477		0	FLA	4		0.986	0.452	0.834
4:0 g	0.000		0	FLA	4		0.000	0.000	0.000
6:0 g	0.000		0	FLA	4		0.000	0.000	0.000
8:0 g	0.003		0	FLA	4		0.001	0.000	0.001
10:0 g	0.003		0	FLA	4		0.001	0.000	0.001

NDB No. 18175

Cookies, ladyfingers, with lemon juice and rind

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.003		0	FLA	4		0.001	0.000	0.001
13:0 g									
14:0 g	0.038		0	FLA	4		0.011	0.005	0.009
15:0 g									
16:0 g	2.503		0	FLA	4		0.710	0.325	0.601
17:0 g									
18:0 g	0.873		0	FLA	4		0.247	0.113	0.210
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.253		0	FLA	4		1.206	0.553	1.021
14:1 g									
15:1 g									
16:1 undifferentiated g	0.332		0	FLA	4		0.094	0.043	0.080
17:1 g									
18:1 undifferentiated g	3.877		0	FLA	4		1.099	0.504	0.930
20:1 g	0.031		0	FLA	4		0.009	0.004	0.007
22:1 undifferentiated g	0.003		0	FLA	4		0.001	0.000	0.001
24:1 c g									
Fatty acids, total polyunsaturated g	1.611		0	FLA	4		0.457	0.209	0.387
18:2 undifferentiated g	1.366		0	FLA	4		0.387	0.178	0.328
18:3 undifferentiated g	0.043		0	FLA	4		0.012	0.006	0.010
18:4 g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.158		0	FLA	4		0.045	0.021	0.038
20:5 n-3 g	0.004		0	FLA	4		0.001	0.001	0.001
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 g	0.041		0	FLA	4		0.012	0.005	0.010
Fatty acids, total trans g									
Cholesterol mg	221		0	FLA	4		63	29	53
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.133		0		1		0.038	0.017	0.032
Threonine g	0.467		0		1		0.132	0.061	0.112
Isoleucine g	0.516		0		1		0.146	0.067	0.124
Leucine g	0.861		0		1		0.244	0.112	0.207
Lysine g	0.679		0		1		0.192	0.088	0.163
Methionine g	0.268		0		1		0.076	0.035	0.064
Cystine g	0.224		0		1		0.064	0.029	0.054
Phenylalanine g	0.511		0		1		0.145	0.066	0.123
Tyrosine g	0.408		0		1		0.116	0.053	0.098
Valine g	0.579		0		1		0.164	0.075	0.139
Arginine g	0.610		0		1		0.173	0.079	0.146
Histidine g	0.248		0		1		0.070	0.032	0.060
Alanine g	0.502		0		1		0.142	0.065	0.120
Aspartic acid g	0.888		0		1		0.252	0.115	0.213
Glutamic acid g	1.920		0		1		0.544	0.250	0.461
Glycine g	0.346		0		1		0.098	0.045	0.083
Proline g	0.625		0		1		0.177	0.081	0.150
Serine g	0.761		0		1		0.216	0.099	0.183
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	FLC	4		0	0	0
Theobromine mg	0		0	FLC	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18175

Cookies, ladyfingers, with lemon juice and rind

Measure 1 = 28.35g: 1 oz

Measure 2 = 13.0g: 1 anisette sponge (4" x 1-1/8" x 7/8")

Measure 3 = 24g: 1 breakfast treat (approx 4" x 2" x 7/8")

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18423
Cookies, ladyfingers, without lemon juice and rind

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	19.50		0		1		5.53	2.54	4.68
Energy kcal	365		0	NC	4		103	47	88
Energy kj	1527		0		4		433	199	367
Protein (N x 0) g	10.60		0		1		3.01	1.38	2.54
Total lipid (fat) g	9.10		0		1		2.58	1.18	2.18
Ash g	1.10		0		1		0.31	0.14	0.26
Carbohydrate, by difference g	59.70		0	NC	4		16.92	7.76	14.33
Fiber, total dietary g	1.0		0	BFZN	4		0.3	0.1	0.2
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	47		0		1		13	6	11
Iron, Fe mg	3.58		0		1		1.01	0.47	0.86
Magnesium, Mg mg	12		0		1		3	2	3
Phosphorus, P mg	173		0		1		49	22	42
Potassium, K mg	113		0		1		32	15	27
Sodium, Na mg	147		0		1		42	19	35
Zinc, Zn mg	1.14		0		1		0.32	0.15	0.27
Copper, Cu mg	0.095		0		1		0.027	0.012	0.023
Manganese, Mn mg	0.240		0		1		0.068	0.031	0.058
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	0.0
Thiamin mg	0.284		0		1		0.081	0.037	0.068
Riboflavin mg	0.428		0		1		0.121	0.056	0.103
Niacin mg	2.104		0		1		0.596	0.274	0.505
Pantothenic acid mg	1.116		0		1		0.316	0.145	0.268
Vitamin B-6 mg	0.122		0		1		0.035	0.016	0.029
Folate, total mcg	77		0	FLA	4		22	10	18
Folic acid mcg	40		0	NC	4		11	5	10
Folate, food mcg	37		0		1		10	5	9
Folate, DFE mcg_DFE	105		0	NC	4		30	14	25
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.75		0		1		0.21	0.10	0.18
Vitamin A, RAE mcg_RAE	167		0	NC	4		47	22	40
Retinol mcg	167		0	NC	4		47	22	40
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	556		0		1		158	72	133
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	3.477		0	BFZN	4		0.986	0.452	0.834
4:0 g									
6:0 g									
8:0 g	0.003		0		1		0.001	0.000	0.001
10:0 g	0.003		0		1		0.001	0.000	0.001
12:0 g	0.003		0		1		0.001	0.000	0.001
13:0 g									

NDB No. 18423

Cookies, ladyfingers, without lemon juice and rind

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0 g	0.038		0	BFZN	4		0.011	0.005	0.009
15:0 g									
16:0 g	2.503		0	BFZN	4		0.710	0.325	0.601
17:0 g									
18:0 g	0.873		0	BFZN	4		0.247	0.113	0.210
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.253		0	BFZN	4		1.206	0.553	1.021
14:1 g									
15:1 g									
16:1 undifferentiated g	0.332		0	BFZN	4		0.094	0.043	0.080
17:1 g									
18:1 undifferentiated g	3.877		0	BFZN	4		1.099	0.504	0.930
20:1 g	0.031		0	BFZN	4		0.009	0.004	0.007
22:1 undifferentiated g	0.003		0		1		0.001	0.000	0.001
24:1 c g									
Fatty acids, total polyunsaturated g	1.611		0	BFZN	4		0.457	0.209	0.387
18:2 undifferentiated g	1.366		0	BFZN	4		0.387	0.178	0.328
18:3 undifferentiated g	0.043		0	BFZN	4		0.012	0.006	0.010
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.158		0	BFZN	4		0.045	0.021	0.038
20:5 n-3 g	0.004		0	BFZN	4		0.001	0.001	0.001
22:5 n-3 g									
22:6 n-3 g	0.041		0	BFZN	4		0.012	0.005	0.010
Fatty acids, total trans g									
Cholesterol mg	221		0	BFZN	4		63	29	53
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.133		0		1		0.038	0.017	0.032
Threonine g	0.467		0		1		0.132	0.061	0.112
Isoleucine g	0.516		0		1		0.146	0.067	0.124
Leucine g	0.861		0		1		0.244	0.112	0.207
Lysine g	0.679		0		1		0.192	0.088	0.163
Methionine g	0.268		0		1		0.076	0.035	0.064
Cystine g	0.224		0		1		0.064	0.029	0.054
Phenylalanine g	0.511		0		1		0.145	0.066	0.123
Tyrosine g	0.408		0		1		0.116	0.053	0.098
Valine g	0.579		0		1		0.164	0.075	0.139
Arginine g	0.610		0		1		0.173	0.079	0.146
Histidine g	0.248		0		1		0.070	0.032	0.060
Alanine g	0.502		0		1		0.142	0.065	0.120
Aspartic acid g	0.888		0		1		0.252	0.115	0.213
Glutamic acid g	1.920		0		1		0.544	0.250	0.461
Glycine g	0.346		0		1		0.098	0.045	0.083
Proline g	0.625		0		1		0.177	0.081	0.150
Serine g	0.761		0		1		0.216	0.099	0.183
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 13.0g: 1 anisette sponge (4" x 1-1/8" x 7/8")

Measure 3 = 24g: 1 breakfast treat (approx 4" x 2" x 7/8")

NDB No. 18423
Cookies, ladyfingers, without lemon juice and rind

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18176

Cookies, marshmallow, chocolate-coated (includes marshmallow pies)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	10.10	0.592	20		1		2.86	2.83	3.94
Energy....kcal	421		0		4		119	118	164
Energy....kj	1761		0		4		499	493	687
Protein (N x 5.7)....g	4.00	0.123	20		1		1.13	1.12	1.56
Total lipid (fat)....g	16.90	0.578	20		1		4.79	4.73	6.59
Ash....g	1.10	0.061	20		1		0.31	0.31	0.43
Carbohydrate, by difference....g	67.70		0	NC	4		19.19	18.96	26.40
Fiber, total dietary....g	2.0		0		4		0.6	0.6	0.8
Sugars, total....g	44.80		0	FLA	4		12.70	12.54	17.47
Starch....g									
Minerals:									
Calcium, Ca....mg	46	3.554	21		1		13	13	18
Iron, Fe....mg	2.53	0.268	18		1		0.72	0.71	0.99
Magnesium, Mg....mg	36	3.794	21		1		10	10	14
Phosphorus, P....mg	97	3.615	21		1		27	27	38
Potassium, K....mg	182	5.627	21		1		52	51	71
Sodium, Na....mg	168	6.125	21		1		48	47	66
Zinc, Zn....mg	0.65	0.079	18		1		0.18	0.18	0.25
Copper, Cu....mg	0.262	0.039	18		1		0.074	0.073	0.102
Manganese, Mn....mg	0.285	0.037	17		1		0.081	0.080	0.111
Selenium, Se....mcg	4.4		0	FLA	4		1.2	1.2	1.7
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	FLA	4		0.0	0.0	0.0
Thiamin....mg	0.093	0.007	17		1		0.026	0.026	0.036
Riboflavin....mg	0.208	0.013	20		1		0.059	0.058	0.081
Niacin....mg	0.784	0.132	17		1		0.222	0.220	0.306
Pantothenic acid....mg	0.476		0	FLA	4		0.135	0.133	0.186
Vitamin B-6....mg	0.062		0	FLA	4		0.018	0.017	0.024
Folate, total....mcg	23		0	FLA	4		7	7	9
Folic acid....mcg	20		0		4		6	6	8
Folate, food....mcg	4		0		4		1	1	2
Folate, DFE....mcg_DFE	38		0	NC	4		11	11	15
Choline, total....mg	13.6		0	FLC	4		3.8	3.8	5.3
Betaine....mg									
Vitamin B-12....mcg	0.17		0	FLA	4		0.05	0.05	0.07
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	1		0	NC	4		0	0	1
Retinol....mcg	1		0	FLA	4		0	0	1
Carotene, beta....mcg	0		0	FLA	4		0	0	0
Carotene, alpha....mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	0
Vitamin A, IU....IU	5		0	NC	4		1	1	2
Lycopene....mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....mcg	3		0	FLA	4		1	1	1
Vitamin E (alpha-tocopherol)....mg	0.14		0	FLA	4		0.04	0.04	0.05
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	7.0		0	FLA	4		2.0	2.0	2.7
Lipids:									
Fatty acids, total saturated....g	4.722		0	FLA	4		1.339	1.322	1.842
4:0....g	0.004		0	FLA	4		0.001	0.001	0.002
6:0....g	0.001		0	FLA	4		0.000	0.000	0.000
8:0....g	0.001		0	FLA	4		0.000	0.000	0.000
10:0....g	0.001		0	FLA	4		0.000	0.000	0.000

NDB No. 18176

Cookies, marshmallow, chocolate-coated (includes marshmallow pies)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.001		0	FLA	4		0.000	0.000	0.000
13:0 g									
14:0 g	0.086		0	FLA	4		0.024	0.024	0.034
15:0 g									
16:0 g	2.367		0	FLA	4		0.671	0.663	0.923
17:0 g									
18:0 g	2.249		0	FLA	4		0.638	0.630	0.877
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	9.345		0	FLA	4		2.649	2.617	3.645
14:1 g									
15:1 g									
16:1 undifferentiated g	0.003		0	FLA	4		0.001	0.001	0.001
17:1 g									
18:1 undifferentiated g	9.341		0	FLA	4		2.648	2.615	3.643
20:1 g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	1.943		0	FLA	4		0.551	0.544	0.758
18:2 undifferentiated g	1.847		0	FLA	4		0.524	0.517	0.720
18:3 undifferentiated g	0.096		0	FLA	4		0.027	0.027	0.037
18:4 g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.036		0		1		0.010	0.010	0.014
Threonine g	0.128		0		1		0.036	0.036	0.050
Isoleucine g	0.127		0		1		0.036	0.036	0.050
Leucine g	0.225		0		1		0.064	0.063	0.088
Lysine g	0.197		0		1		0.056	0.055	0.077
Methionine g	0.049		0		1		0.014	0.014	0.019
Cystine g	0.043		0		1		0.012	0.012	0.017
Phenylalanine g	0.142		0		1		0.040	0.040	0.055
Tyrosine g	0.083		0		1		0.024	0.023	0.032
Valine g	0.170		0		1		0.048	0.048	0.066
Arginine g	0.242		0		1		0.069	0.068	0.094
Histidine g	0.059		0		1		0.017	0.017	0.023
Alanine g	0.265		0		1		0.075	0.074	0.103
Aspartic acid g	0.294		0		1		0.083	0.082	0.115
Glutamic acid g	0.742		0		1		0.210	0.208	0.289
Glycine g	0.487		0		1		0.138	0.136	0.190
Proline g	0.442		0		1		0.125	0.124	0.172
Serine g	0.172		0		1		0.049	0.048	0.067
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	5		0	FLA	4		1	1	2
Theobromine mg	159		0	FLA	4		45	45	62

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18176

Cookies, marshmallow, chocolate-coated (includes marshmallow pies)

Measure 1 = 28.35g: 1 oz

Measure 2 = 28g: 1 Fudge Marshmallow

Measure 3 = 39g: 1 pie, marshmallow (3" dia x 3/4")

Calories Factors: **Protein** 3.6 **Fat** 8.8 **Carbohydrate** 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18177
Cookies, molasses

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	5.80	0.448	14		1		1.64	1.86	0.87
Energy kcal	430		0	NC	4		122	138	65
Energy kj	1799		0		4		510	576	270
Protein (N x 5.7) g	5.60	0.183	14		1		1.59	1.79	0.84
Total lipid (fat) g	12.80	0.489	15		1		3.63	4.10	1.92
Ash g	2.00	0.081	15		1		0.57	0.64	0.30
Carbohydrate, by difference g	73.80		0	NC	4		20.92	23.62	11.07
Fiber, total dietary g	1.0		0		4		0.3	0.3	0.1
Sugars, total g	17.60		0	FLA	4		4.99	5.63	2.64
Starch g									
Minerals:									
Calcium, Ca mg	74	5.223	14		1		21	24	11
Iron, Fe mg	6.43	0.544	12		1		1.82	2.06	0.96
Magnesium, Mg mg	52	3.644	9		1		15	17	8
Phosphorus, P mg	95	5.257	10		1		27	30	14
Potassium, K mg	346	30.901	12		1		98	111	52
Sodium, Na mg	459	21.240	13		1		130	147	69
Zinc, Zn mg	0.45	0.038	9		1		0.13	0.14	0.07
Copper, Cu mg	0.373	0.043	7		1		0.106	0.119	0.056
Manganese, Mn mg	1.257	0.269	9		1		0.356	0.402	0.189
Selenium, Se mcg	5.6		0	FLA	4		1.6	1.8	0.8
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	0.0
Thiamin mg	0.355	0.064	13		1		0.101	0.114	0.053
Riboflavin mg	0.264	0.014	14		1		0.075	0.084	0.040
Niacin mg	3.031	0.162	13		1		0.859	0.970	0.455
Pantothenic acid mg	0.411		0	FLA	4		0.117	0.132	0.062
Vitamin B-6 mg	0.104		0	FLA	4		0.029	0.033	0.016
Folate, total mcg	89		0	FLA	4		25	28	13
Folic acid mcg	82		0		4		23	26	12
Folate, food mcg	7		0		4		2	2	1
Folate, DFE mcg_DFE	146		0	NC	4		42	47	22
Choline, total mg	8.4		0	FLC	4		2.4	2.7	1.3
Betaine mg									
Vitamin B-12 mcg	0.00		0		1		0.00	0.00	0.00
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	0
Retinol mcg	0		0	FLA	4		0	0	0
Carotene, beta mcg	0		0	FLA	4		0	0	0
Carotene, alpha mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta mcg	0		0	FLA	4		0	0	0
Vitamin A, IU IU	0		0	NC	4		0	0	0
Lycopene mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin mcg	2		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol) mg	0.11		0	FLA	4		0.03	0.04	0.02
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	5.5		0	FLA	4		1.5	1.7	0.8
Lipids:									
Fatty acids, total saturated g	3.212		0	FLA	4		0.911	1.028	0.482
4:0 g	0.000		0	FLA	4		0.000	0.000	0.000
6:0 g	0.000		0	FLA	4		0.000	0.000	0.000
8:0 g	0.000		0	FLA	4		0.000	0.000	0.000
10:0 g	0.000		0	FLA	4		0.000	0.000	0.000

NDB No. 18177
Cookies, molasses

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0	FLA	4		0.000	0.000	0.000
13:0 g									
14:0 g	0.062		0	FLA	4		0.018	0.020	0.009
15:0 g									
16:0 g	1.666		0	FLA	4		0.472	0.533	0.250
17:0 g									
18:0 g	1.480		0	FLA	4		0.420	0.474	0.222
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.130		0	FLA	4		2.021	2.282	1.070
14:1 g									
15:1 g									
16:1 undifferentiated g	0.002		0	FLA	4		0.001	0.001	0.000
17:1 g									
18:1 undifferentiated g	7.128		0	FLA	4		2.021	2.281	1.069
20:1 g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	1.729		0	FLA	4		0.490	0.553	0.259
18:2 undifferentiated g	1.641		0	FLA	4		0.465	0.525	0.246
18:3 undifferentiated g	0.088		0	FLA	4		0.025	0.028	0.013
18:4 g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.080		0		1		0.023	0.026	0.012
Threonine g	0.154		0		1		0.044	0.049	0.023
Isoleucine g	0.210		0		1		0.060	0.067	0.032
Leucine g	0.377		0		1		0.107	0.121	0.057
Lysine g	0.193		0		1		0.055	0.062	0.029
Methionine g	0.094		0		1		0.027	0.030	0.014
Cystine g	0.120		0		1		0.034	0.038	0.018
Phenylalanine g	0.263		0		1		0.075	0.084	0.039
Tyrosine g	0.158		0		1		0.045	0.051	0.024
Valine g	0.244		0		1		0.069	0.078	0.037
Arginine g	0.212		0		1		0.060	0.068	0.032
Histidine g	0.113		0		1		0.032	0.036	0.017
Alanine g	0.167		0		1		0.047	0.053	0.025
Aspartic acid g	0.238		0		1		0.067	0.076	0.036
Glutamic acid g	1.824		0		1		0.517	0.584	0.274
Glycine g	0.188		0		1		0.053	0.060	0.028
Proline g	0.614		0		1		0.174	0.196	0.092
Serine g	0.291		0		1		0.082	0.093	0.044
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	FLA	4		0	0	0
Theobromine mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18177
Cookies, molasses

Measure 1 = 28.35g: 1 oz
Measure 2 = 32g: 1 large (3-1/2" to 4" dia) (include Archway brand)
Measure 3 = 15.0g: 1 medium

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18456
Cookies, oatmeal, commercially prepared, fat-free

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	12.50		1		1		3.54		
Energy....kcal	326		0	NC	4		92		
Energy....kj	1364		0		4		387		
Protein (N x 5.8)....g	5.90		1		1		1.67		
Total lipid (fat)....g	1.50		1		1		0.43		
Ash....g	1.50		1		1		0.43		
Carbohydrate, by difference....g	78.60		0	NC	4		22.28		
Fiber, total dietary....g	7.3		1		1		2.1		
Sugars, total....g	41.90		0	FLA	4		11.88		
Starch....g									
Minerals:									
Calcium, Ca....mg	40		1		1		11		
Iron, Fe....mg	2.19		1		1		0.62		
Magnesium, Mg....mg	35		1		1		10		
Phosphorus, P....mg	105		1		1		30		
Potassium, K....mg	212		1		1		60		
Sodium, Na....mg	298		1		1		84		
Zinc, Zn....mg	0.64		1		1		0.18		
Copper, Cu....mg	0.215		1		1		0.061		
Manganese, Mn....mg	0.793		1		1		0.225		
Selenium, Se....mcg	8.0		0	FLA	4		2.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0		
Thiamin....mg	0.142		1		1		0.040		
Riboflavin....mg	0.241		1		1		0.068		
Niacin....mg	1.193		1		1		0.338		
Pantothenic acid....mg	0.364		1		1		0.103		
Vitamin B-6....mg	0.065		1		1		0.018		
Folate, total....mcg	44		0	FLA	4		12		
Folic acid....mcg	38		0		4		11		
Folate, food....mcg	6		1		1		2		
Folate, DFE....mcg_DFE	71		0	NC	4		20		
Choline, total....mg	12.0		0	BFZN	4		3.4		
Betaine....mg									
Vitamin B-12....mcg	0.00		1		1		0.00		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg	0		0	FLA	4		0		
Carotene, beta....mcg	0		0		7		0		
Carotene, alpha....mcg	0		0		7		0		
Cryptoxanthin, beta....mcg	0		0		7		0		
Vitamin A, IU....IU	0		1		1		0		
Lycopene....mcg	0		0	FLA	4		0		
Lutein + zeaxanthin....mcg	34		0	FLA	4		10		
Vitamin E (alpha-tocopherol)....mg	0.16		0	FLA	4		0.04		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.3		0	FLA	4		0.4		
Lipids:									
Fatty acids, total saturated....g	0.314		0		1		0.089		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		

NDB No. 18456

Cookies, oatmeal, commercially prepared, fat-free

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0		1		0.000		
13:0 g									
14:0 g	0.005		0		1		0.001		
15:0 g									
16:0 g	0.286		0		1		0.081		
17:0 g									
18:0 g	0.020		0		1		0.006		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.388		0		1		0.110		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.005		0		1		0.001		
17:1 g									
18:1 undifferentiated g	0.384		0		1		0.109		
20:1 g	0.000		0		1		0.000		
22:1 undifferentiated g	0.000		0		1		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.635		0		1		0.180		
18:2 undifferentiated g	0.596		0		1		0.169		
18:3 undifferentiated g	0.039		0		1		0.011		
18:4 g	0.000		0		1		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000		
20:5 n-3 g	0.000		0		1		0.000		
22:5 n-3 g	0.000		0		1		0.000		
22:6 n-3 g	0.000		0		1		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.080		0		1		0.023		
Threonine g	0.175		0		1		0.050		
Isoleucine g	0.218		0		1		0.062		
Leucine g	0.398		0		1		0.113		
Lysine g	0.213		0		1		0.060		
Methionine g	0.108		0		1		0.031		
Cystine g	0.131		0		1		0.037		
Phenylalanine g	0.280		0		1		0.079		
Tyrosine g	0.174		0		1		0.049		
Valine g	0.274		0		1		0.078		
Arginine g	0.300		0		1		0.085		
Histidine g	0.133		0		1		0.038		
Alanine g	0.223		0		1		0.063		
Aspartic acid g	0.360		0		1		0.102		
Glutamic acid g	1.691		0		1		0.479		
Glycine g	0.228		0		1		0.065		
Proline g	0.520		0		1		0.147		
Serine g	0.293		0		1		0.083		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		4		0.0		
Caffeine mg	0		0	FLA	4		0		
Theobromine mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18456
Cookies, oatmeal, commercially prepared, fat-free

Measure 1 = 28.35g: 1 oz

Calories Factors: **Protein** 3.8 **Fat** 8.4 **Carbohydrate** 3.7

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18178
Cookies, oatmeal, commercially prepared, regular

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	5.70	0.171	28		1		1.62	1.43	1.03
Energy....kcal	450		0	NC	4		128	113	81
Energy....kj	1883		0		4		534	471	339
Protein (N x 5.8)....g	6.20	0.104	32		1		1.76	1.55	1.12
Total lipid (fat)....g	18.10	0.382	31		1		5.13	4.53	3.26
Ash....g	1.40	0.032	28		1		0.40	0.35	0.25
Carbohydrate, by difference....g	68.70		0	NC	4		19.48	17.18	12.37
Fiber, total dietary....g	2.8		0		1		0.8	0.7	0.5
Sugars, total....g	24.66		0	FLA	4		6.99	6.16	4.44
Starch....g									
Minerals:									
Calcium, Ca....mg	37	2.122	28		1		10	9	7
Iron, Fe....mg	2.58	0.099	24		1		0.73	0.65	0.46
Magnesium, Mg....mg	33	1.802	20		1		9	8	6
Phosphorus, P....mg	138	6.038	24		1		39	35	25
Potassium, K....mg	142	9.343	24		1		40	36	26
Sodium, Na....mg	383	14.081	28		1		109	96	69
Zinc, Zn....mg	0.79	0.036	18		1		0.22	0.20	0.14
Copper, Cu....mg	0.134	0.007	16		1		0.038	0.034	0.024
Manganese, Mn....mg	0.839	0.026	13		1		0.238	0.210	0.151
Selenium, Se....mcg	9.8	0.208	7	A	1		2.8	2.5	1.8
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		0	FLA	4		0.1	0.1	0.1
Thiamin....mg	0.267	0.020	26		1		0.076	0.067	0.048
Riboflavin....mg	0.230	0.014	26		1		0.065	0.058	0.041
Niacin....mg	2.227	0.097	28		1		0.631	0.557	0.401
Pantothenic acid....mg	0.386		0	FLA	4		0.109	0.097	0.069
Vitamin B-6....mg	0.066		0	FLA	4		0.019	0.017	0.012
Folate, total....mcg	59		0	FLA	4		17	15	11
Folic acid....mcg	52		0		4		15	13	9
Folate, food....mcg	7		0		4		2	2	1
Folate, DFE....mcg_DFE	95		0	NC	4		27	24	17
Choline, total....mg	12.0		0	FLC	4		3.4	3.0	2.2
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	5		0	NC	4		2	1	1
Retinol....mcg	5		0	FLA	4		2	1	1
Carotene, beta....mcg	0		0	FLA	4		0	0	0
Carotene, alpha....mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	0
Vitamin A, IU....IU	18		0	NC	4		5	5	3
Lycopene....mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....mcg	31		0	FLA	4		9	8	6
Vitamin E (alpha-tocopherol)....mg	0.26		0	FLA	4		0.07	0.07	0.05
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	8.0		0	FLA	4		2.3	2.0	1.4
Lipids:									
Fatty acids, total saturated....g	4.519		0	FLA	4		1.281	1.130	0.813
4:0....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0....g	0.000		0	FLA	4		0.000	0.000	0.000

NDB No. 18178

Cookies, oatmeal, commercially prepared, regular

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.003		0	FLA	4		0.001	0.001	0.001
13:0 g									
14:0 g	0.086		0	FLA	4		0.024	0.022	0.015
15:0 g									
16:0 g	2.383		0	FLA	4		0.676	0.596	0.429
17:0 g									
18:0 g	2.031		0	FLA	4		0.576	0.508	0.366
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	10.025		0	FLA	4		2.842	2.506	1.805
14:1 g									
15:1 g									
16:1 undifferentiated g	0.003		0	FLA	4		0.001	0.001	0.001
17:1 g									
18:1 undifferentiated g	10.022		0	FLA	4		2.841	2.506	1.804
20:1 g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	2.543		0	FLA	4		0.721	0.636	0.458
18:2 undifferentiated g	2.413		0	FLA	4		0.684	0.603	0.434
18:3 undifferentiated g	0.129		0	FLA	4		0.037	0.032	0.023
18:4 g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.099		0		1		0.028	0.025	0.018
Threonine g	0.174		0		1		0.049	0.044	0.031
Isoleucine g	0.221		0		1		0.063	0.055	0.040
Leucine g	0.431		0		1		0.122	0.108	0.078
Lysine g	0.237		0		1		0.067	0.059	0.043
Methionine g	0.120		0		1		0.034	0.030	0.022
Cystine g	0.168		0		1		0.048	0.042	0.030
Phenylalanine g	0.295		0		1		0.084	0.074	0.053
Tyrosine g	0.202		0		1		0.057	0.051	0.036
Valine g	0.298		0		1		0.084	0.075	0.054
Arginine g	0.365		0		1		0.103	0.091	0.066
Histidine g	0.144		0		1		0.041	0.036	0.026
Alanine g	0.255		0		1		0.072	0.064	0.046
Aspartic acid g	0.452		0		1		0.128	0.113	0.081
Glutamic acid g	1.618		0		1		0.459	0.405	0.291
Glycine g	0.272		0		1		0.077	0.068	0.049
Proline g	0.476		0		1		0.135	0.119	0.086
Serine g	0.317		0		1		0.090	0.079	0.057
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	FLA	4		0	0	0
Theobromine mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18178

Cookies, oatmeal, commercially prepared, regular

Measure 1 = 28.35g: 1 oz

Measure 2 = 25g: 1 cookie, big (3-1/2" - 4" dia) (include Archway brand, Grandma brand)

Measure 3 = 18g: 1 large

Calories Factors: **Protein** 3.7 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18179
Cookies, oatmeal, commercially prepared, soft-type

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	11.00	0.505	5		1		3.12	1.65	
Energy kcal	409		0	NC	4		116	61	
Energy kj	1711				4		485	257	
Protein (N x 5.9) g	6.10	0.126	4		1		1.73	0.92	
Total lipid (fat) g	14.70	0.475	4		1		4.17	2.21	
Ash g	2.40	0.148	4		1		0.68	0.36	
Carbohydrate, by difference g	65.70		0	NC	4		18.63	9.86	
Fiber, total dietary g	2.7		0		1		0.8	0.4	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	90	20.405	3		1		26	14	
Iron, Fe mg	2.79	0.765	3		1		0.79	0.42	
Magnesium, Mg mg	30	2.615	3		1		9	5	
Phosphorus, P mg	209	4.806	3		1		59	31	
Potassium, K mg	135	28.727	3		1		38	20	
Sodium, Na mg	349	43.247	3		1		99	52	
Zinc, Zn mg	0.44	0.081	3		1		0.12	0.07	
Copper, Cu mg	0.550	0.029	3		1		0.156	0.083	
Manganese, Mn mg	0.421	0.017	3		1		0.119	0.063	
Selenium, Se mcg	10.5		0	FLA	4		3.0	1.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.2		0	FLA	4		0.1	0.0	
Thiamin mg	0.186	0.012	4		1		0.053	0.028	
Riboflavin mg	0.228	0.009	4		1		0.065	0.034	
Niacin mg	1.823	0.159	4		1		0.517	0.273	
Pantothenic acid mg	0.461		0	FLA	4		0.131	0.069	
Vitamin B-6 mg	0.085		0	FLA	4		0.024	0.013	
Folate, total mcg	34		0	FLA	4		10	5	
Folic acid mcg	26		0	NC	4		7	4	
Folate, food mcg	8		0		4		2	1	
Folate, DFE mcg_DFE	52		0	NC	4		15	8	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.01		0	FLA	4		0.00	0.00	
Vitamin A, RAE mcg_RAE	5		0	NC	4		1	1	
Retinol mcg	4		0	NC	4		1	1	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	32		0	FLA	4		9	5	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	3.630		0	FLA	4		1.029	0.545	
4:0 g	0.000		0	FLA	4		0.000	0.000	
6:0 g	0.000		0	FLA	4		0.000	0.000	
8:0 g	0.000		0	FLA	4		0.000	0.000	
10:0 g	0.000		0	FLA	4		0.000	0.000	
12:0 g	0.005		0	FLA	4		0.001	0.001	
13:0 g									

NDB No. 18179

Cookies, oatmeal, commercially prepared, soft-type

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.068		0	FLA	4		0.019	0.010	
15:0....g									
16:0....g	1.956		0	FLA	4		0.555	0.293	
17:0....g									
18:0....g	1.581		0	FLA	4		0.448	0.237	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.988		0	FLA	4		2.265	1.198	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.006		0	FLA	4		0.002	0.001	
17:1....g									
18:1 undifferentiated....g	7.981		0	FLA	4		2.263	1.197	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.204		0	FLA	4		0.625	0.331	
18:2 undifferentiated....g	2.093		0	FLA	4		0.593	0.314	
18:3 undifferentiated....g	0.109		0	FLA	4		0.031	0.016	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.002		0	FLA	4		0.001	0.000	
20:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	5		0	FLA	4		1	1	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.096		0		1		0.027	0.014	
Threonine....g	0.193		0		1		0.055	0.029	
Isoleucine....g	0.240		0		1		0.068	0.036	
Leucine....g	0.450		0		1		0.128	0.068	
Lysine....g	0.271		0		1		0.077	0.041	
Methionine....g	0.130		0		1		0.037	0.020	
Cystine....g	0.168		0		1		0.048	0.025	
Phenylalanine....g	0.301		0		1		0.085	0.045	
Tyrosine....g	0.213		0		1		0.060	0.032	
Valine....g	0.314		0		1		0.089	0.047	
Arginine....g	0.375		0		1		0.106	0.056	
Histidine....g	0.142		0		1		0.040	0.021	
Alanine....g	0.275		0		1		0.078	0.041	
Aspartic acid....g	0.489		0		1		0.139	0.073	
Glutamic acid....g	1.434		0		1		0.407	0.215	
Glycine....g	0.268		0		1		0.076	0.040	
Proline....g	0.416		0		1		0.118	0.062	
Serine....g	0.337		0		1		0.096	0.051	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 15.0g: 1 cookie

Calories Factors: **Protein** 3.8 **Fat** 8.8 **Carbohydrate** 3.9

NDB No. 18179
Cookies, oatmeal, commercially prepared, soft-type

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18200
Cookies, oatmeal, commercially prepared, special dietary

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	6.50		1		1		1.84	0.46	
Energy....kcal	449		0	NC	4		127	31	
Energy....kj	1879		0		4		533	132	
Protein (N x 5.8)....g	4.80		1		1		1.36	0.34	
Total lipid (fat)....g	18.00		1		1		5.10	1.26	
Ash....g	0.70		1		1		0.20	0.05	
Carbohydrate, by difference....g	69.90		0	NC	4		19.82	4.89	
Fiber, total dietary....g	2.9		0		4		0.8	0.2	
Sugars, total....g	31.65		0	FLC	4		8.97	2.22	
Starch....g									
Minerals:									
Calcium, Ca....mg	54		0	FLA	4		15	4	
Iron, Fe....mg	4.07		0	FLA	4		1.15	0.28	
Magnesium, Mg....mg	17		0	FLA	4		5	1	
Phosphorus, P....mg	122		0	FLA	4		35	9	
Potassium, K....mg	175		1		1		50	12	
Sodium, Na....mg	9		1		1		3	1	
Zinc, Zn....mg	0.49		0	FLA	4		0.14	0.03	
Copper, Cu....mg	0.151		0	FLA	4		0.043	0.011	
Manganese, Mn....mg	0.640		0	FLA	4		0.181	0.045	
Selenium, Se....mcg	4.4		0	FLA	4		1.2	0.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0	FLA	4		0.1	0.0	
Thiamin....mg	0.460		0	FLA	4		0.130	0.032	
Riboflavin....mg	0.211		0	FLA	4		0.060	0.015	
Niacin....mg	3.236		0	FLA	4		0.917	0.227	
Pantothenic acid....mg	0.285		0	FLA	4		0.081	0.020	
Vitamin B-6....mg	0.026		0	FLA	4		0.007	0.002	
Folate, total....mcg	46		0	FLC	4		13	3	
Folic acid....mcg	39		0		4		11	3	
Folate, food....mcg	8		0		4		2	1	
Folate, DFE....mcg_DFE	74		0	NC	4		21	5	
Choline, total....mg	12.0		0	BFZN	4		3.4	0.8	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	1		0	NC	4		0	0	
Retinol....mcg	0		0	FLC	4		0	0	
Carotene, beta....mcg	3		0	FLC	4		1	0	
Carotene, alpha....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....mcg	18		0	FLC	4		5	1	
Vitamin A, IU....IU	19		0	NC	4		5	1	
Lycopene....mcg	2		0	FLC	4		1	0	
Lutein + zeaxanthin....mcg	49		0	FLC	4		14	3	
Vitamin E (alpha-tocopherol)....mg	1.52		0	FLC	4		0.43	0.11	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	7.0		0	FLC	4		2.0	0.5	
Lipids:									
Fatty acids, total saturated....g	2.693		0	FLA	4		0.763	0.189	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 18200

Cookies, oatmeal, commercially prepared, special dietary

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.001		0	FLA	4		0.000	0.000	
13:0 g									
14:0 g	0.019		0	FLA	4		0.005	0.001	
15:0 g									
16:0 g	1.798		0	FLA	4		0.510	0.126	
17:0 g									
18:0 g	0.867		0	FLA	4		0.246	0.061	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.550		0	FLA	4		2.140	0.529	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.071		0	FLA	4		0.020	0.005	
17:1 g									
18:1 undifferentiated g	7.462		0	FLA	4		2.115	0.522	
20:1 g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	6.784		0	FLA	4		1.923	0.475	
18:2 undifferentiated g	6.303		0	FLA	4		1.787	0.441	
18:3 undifferentiated g	0.464		0	FLA	4		0.132	0.032	
18:4 g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.077		0		1		0.022	0.005	
Threonine g	0.137		0		1		0.039	0.010	
Isoleucine g	0.174		0		1		0.049	0.012	
Leucine g	0.337		0		1		0.096	0.024	
Lysine g	0.185		0		1		0.052	0.013	
Methionine g	0.093		0		1		0.026	0.007	
Cystine g	0.129		0		1		0.037	0.009	
Phenylalanine g	0.230		0		1		0.065	0.016	
Tyrosine g	0.157		0		1		0.045	0.011	
Valine g	0.232		0		1		0.066	0.016	
Arginine g	0.280		0		1		0.079	0.020	
Histidine g	0.112		0		1		0.032	0.008	
Alanine g	0.196		0		1		0.056	0.014	
Aspartic acid g	0.345		0		1		0.098	0.024	
Glutamic acid g	1.287		0		1		0.365	0.090	
Glycine g	0.210		0		1		0.060	0.015	
Proline g	0.383		0		1		0.109	0.027	
Serine g	0.250		0		1		0.071	0.018	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLC	4		0	0	
Theobromine mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18200

Cookies, oatmeal, commercially prepared, special dietary

Measure 1 = 28.35g: 1 oz

Measure 2 = 7.0g: 1 cookie, medium (1-5/8" dia)

Calories Factors: **Protein** 3.7 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18180
Cookies, oatmeal, dry mix

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	5.30	0.091	26		1		1.50	26.29	
Energy kcal	462		0	NC	4		131	2292	
Energy kj	1933				4		548	9588	
Protein (N x 5.8) g	6.50	0.108	27		1		1.84	32.24	
Total lipid (fat) g	19.20	0.198	27		1		5.44	95.23	
Ash g	1.70	0.022	27		1		0.48	8.43	
Carbohydrate, by difference g	67.30		0	NC	4		19.08	333.81	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	25	4.052	13		1		7	124	
Iron, Fe mg	2.22		1		1		0.63	11.01	
Magnesium, Mg mg	48		1		1		14	238	
Phosphorus, P mg	163	13.333	3		1		46	808	
Potassium, K mg	183	9.425	9		1		52	908	
Sodium, Na mg	473	33.867	9		1		134	2346	
Zinc, Zn mg	0.80		1		1		0.23	3.97	
Copper, Cu mg	0.200		1		1		0.057	0.992	
Manganese, Mn mg	1.230		0	FLA	4		0.349	6.101	
Selenium, Se mcg	10.6		0	FLA	4		3.0	52.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.1		0	FLA	4		0.0	0.5	
Thiamin mg	0.142		0	FLA	4		0.040	0.704	
Riboflavin mg	0.140		1		1		0.040	0.694	
Niacin mg	1.300		1		1		0.369	6.448	
Pantothenic acid mg	0.457		0	FLA	4		0.130	2.267	
Vitamin B-6 mg	0.042		0	FLA	4		0.012	0.208	
Folate, total mcg	50		0	FLA	4		14	248	
Folic acid mcg	39		0	NC	4		11	193	
Folate, food mcg	11		0		4		3	55	
Folate, DFE mcg_DFE	77		0	NC	4		22	383	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.00		0		1		0.00	0.00	
Vitamin A, RAE mcg_RAE	1		0	NC	4		0	7	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	28		0	FLA	4		8	139	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	4.755		0	FLA	4		1.348	23.585	
4:0 g	0.000		0	FLA	4		0.000	0.000	
6:0 g	0.000		0	FLA	4		0.000	0.000	
8:0 g	0.000		0	FLA	4		0.000	0.000	
10:0 g	0.000		0	FLA	4		0.000	0.000	
12:0 g	0.006		0	FLA	4		0.002	0.030	
13:0 g									

NDB No. 18180
Cookies, oatmeal, dry mix

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.090		0	FLA	4		0.026	0.446	
15:0....g									
16:0....g	2.529		0	FLA	4		0.717	12.544	
17:0....g									
18:0....g	2.107		0	FLA	4		0.597	10.451	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.567		0	FLA	4		2.996	52.412	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.004		0	FLA	4		0.001	0.020	
17:1....g									
18:1 undifferentiated....g	10.563		0	FLA	4		2.995	52.392	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.792		0	FLA	4		0.792	13.848	
18:2 undifferentiated....g	2.656		0	FLA	4		0.753	13.174	
18:3 undifferentiated....g	0.136		0	FLA	4		0.039	0.675	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.113		0		1		0.032	0.560	
Threonine....g	0.183		0		1		0.052	0.908	
Isoleucine....g	0.247		0		1		0.070	1.225	
Leucine....g	0.486		0		1		0.138	2.411	
Lysine....g	0.262		0		1		0.074	1.300	
Methionine....g	0.119		0		1		0.034	0.590	
Cystine....g	0.188		0		1		0.053	0.932	
Phenylalanine....g	0.327		0		1		0.093	1.622	
Tyrosine....g	0.226		0		1		0.064	1.121	
Valine....g	0.332		0		1		0.094	1.647	
Arginine....g	0.394		0		1		0.112	1.954	
Histidine....g	0.145		0		1		0.041	0.719	
Alanine....g	0.277		0		1		0.079	1.374	
Aspartic acid....g	0.473		0		1		0.134	2.346	
Glutamic acid....g	1.662		0		1		0.471	8.244	
Glycine....g	0.304		0		1		0.086	1.508	
Proline....g	0.494		0		1		0.140	2.450	
Serine....g	0.335		0		1		0.095	1.662	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 496g: 1 package (17.5 oz)

Calories Factors: **Protein** 3.7 **Fat** 8.8 **Carbohydrate** 4

NDB No. 18180
Cookies, oatmeal, dry mix

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18184
Cookies, oatmeal, prepared from recipe, with raisins

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	6.40		0		1		1.81	0.96	
Energy kcal	435		0	NC	4		123	65	
Energy kj	1820		0		4		516	273	
Protein (N x 0) g	6.50		0		1		1.84	0.98	
Total lipid (fat) g	16.20		0		1		4.59	2.43	
Ash g	2.40		0		1		0.68	0.36	
Carbohydrate, by difference g	68.40		0	NC	4		19.39	10.26	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	100		0		1		28	15	
Iron, Fe mg	2.65		0		1		0.75	0.40	
Magnesium, Mg mg	42		0		1		12	6	
Phosphorus, P mg	161		0		1		46	24	
Potassium, K mg	239		0		1		68	36	
Sodium, Na mg	538		0		1		153	81	
Zinc, Zn mg	0.86		0		1		0.24	0.13	
Copper, Cu mg	0.181		0		1		0.051	0.027	
Manganese, Mn mg	0.987		0		1		0.280	0.148	
Selenium, Se mcg	15.6		0	RK	4		4.4	2.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.5		0		1		0.1	0.1	
Thiamin mg	0.249		0		1		0.071	0.037	
Riboflavin mg	0.166		0		1		0.047	0.025	
Niacin mg	1.259		0		1		0.357	0.189	
Pantothenic acid mg	0.329		0		1		0.093	0.049	
Vitamin B-6 mg	0.071		0		1		0.020	0.011	
Folate, total mcg	30		0	RK	4		9	5	
Folic acid mcg	19		0	NC	4		5	3	
Folate, food mcg	11		0		1		3	2	
Folate, DFE mcg_DFE	43		0	NC	4		12	6	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.08		0		1		0.02	0.01	
Vitamin A, RAE mcg_RAE	143		0	NC	4		41	21	
Retinol mcg	131		0	RK	4		37	20	
Carotene, beta mcg	144		0		4		41	22	
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	677		0	NC	4		192	101	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	3.232		0		1		0.916	0.485	
4:0 g	0.000		0		1		0.000	0.000	
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.004		0		1		0.001	0.001	
13:0 g									

NDB No. 18184

Cookies, oatmeal, prepared from recipe, with raisins

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.041		0		1		0.012	0.006	
15:0....g									
16:0....g	2.072		0		1		0.587	0.311	
17:0....g									
18:0....g	1.098		0		1		0.311	0.165	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.888		0		1		1.953	1.033	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.025		0		1		0.007	0.004	
17:1....g									
18:1 undifferentiated....g	6.860		0		1		1.945	1.029	
20:1....g	0.002		0		1		0.001	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	5.034		0		1		1.427	0.755	
18:2 undifferentiated....g	4.800		0		1		1.361	0.720	
18:3 undifferentiated....g	0.220		0		1		0.062	0.033	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.011		0		1		0.003	0.002	
20:5 n-3....g	0.000		0		1		0.000	0.000	
22:5 n-3....g	0.000		0		1		0.000	0.000	
22:6 n-3....g	0.003		0		1		0.001	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	33		0		1		9	5	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.081		0		1		0.023	0.012	
Threonine....g	0.217		0		1		0.062	0.033	
Isoleucine....g	0.254		0		1		0.072	0.038	
Leucine....g	0.466		0		1		0.132	0.070	
Lysine....g	0.256		0		1		0.073	0.038	
Methionine....g	0.135		0		1		0.038	0.020	
Cystine....g	0.143		0		1		0.041	0.021	
Phenylalanine....g	0.322		0		1		0.091	0.048	
Tyrosine....g	0.213		0		1		0.060	0.032	
Valine....g	0.322		0		1		0.091	0.048	
Arginine....g	0.379		0		1		0.107	0.057	
Histidine....g	0.155		0		1		0.044	0.023	
Alanine....g	0.292		0		1		0.083	0.044	
Aspartic acid....g	0.489		0		1		0.139	0.073	
Glutamic acid....g	1.549		0		1		0.439	0.232	
Glycine....g	0.254		0		1		0.072	0.038	
Proline....g	0.446		0		1		0.126	0.067	
Serine....g	0.310		0		1		0.088	0.047	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 15.0g: 1 cookie (2-5/8" dia)

Calories Factors: Protein Fat Carbohydrate

NDB No. 18184
Cookies, oatmeal, prepared from recipe, with raisins

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18377

Cookies, oatmeal, prepared from recipe, without raisins

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	6.20		0		1		1.76	0.93	
Energy kcal	447		0	NC	4		127	67	
Energy kj	1870				4		530	281	
Protein (N x 0) g	6.80		0		1		1.93	1.02	
Total lipid (fat) g	17.90		0		1		5.07	2.69	
Ash g	2.40		0		1		0.68	0.36	
Carbohydrate, by difference g	66.40		0	NC	4		18.82	9.96	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	105		0		1		30	16	
Iron, Fe mg	2.70		0		1		0.77	0.41	
Magnesium, Mg mg	43		0		1		12	6	
Phosphorus, P mg	167		0		1		47	25	
Potassium, K mg	182		0		1		52	27	
Sodium, Na mg	598		0		1		170	90	
Zinc, Zn mg	0.93		0		1		0.26	0.14	
Copper, Cu mg	0.168		0		1		0.048	0.025	
Manganese, Mn mg	1.061		0		1		0.301	0.159	
Selenium, Se mcg	17.2		0	RK	4		4.9	2.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.2		0		1		0.1	0.0	
Thiamin mg	0.262		0		1		0.074	0.039	
Riboflavin mg	0.174		0		1		0.049	0.026	
Niacin mg	1.311		0		1		0.372	0.197	
Pantothenic acid mg	0.361		0		1		0.102	0.054	
Vitamin B-6 mg	0.050		0		1		0.014	0.008	
Folate, total mcg	33		0	RK	4		9	5	
Folic acid mcg	21		0	NC	4		6	3	
Folate, food mcg	12		0		1		3	2	
Folate, DFE mcg_DFE	48		0	NC	4		14	7	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.09		0		1		0.03	0.01	
Vitamin A, RAE mcg_RAE	160		0	NC	4		45	24	
Retinol mcg	146		0	RK	4		41	22	
Carotene, beta mcg	162		0	RK	4		46	24	
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	757		0	NC	4		215	113	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	3.581		0		1		1.015	0.537	
4:0 g	0.000		0		1		0.000	0.000	
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.005		0		1		0.001	0.001	
13:0 g									

NDB No. 18377

Cookies, oatmeal, prepared from recipe, without raisins

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.045		0		1		0.013	0.007	
15:0....g									
16:0....g	2.291		0		1		0.649	0.344	
17:0....g									
18:0....g	1.221		0		1		0.346	0.183	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.669		0		1		2.174	1.150	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.028		0		1		0.008	0.004	
17:1....g									
18:1 undifferentiated....g	7.638		0		1		2.165	1.146	
20:1....g	0.002		0		1		0.001	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	5.589		0		1		1.584	0.838	
18:2 undifferentiated....g	5.333		0		1		1.512	0.800	
18:3 undifferentiated....g	0.241		0		1		0.068	0.036	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.012		0		1		0.003	0.002	
20:5 n-3....g	0.000		0		1		0.000	0.000	
22:5 n-3....g	0.000		0		1		0.000	0.000	
22:6 n-3....g	0.003		0		1		0.001	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	36		0		1		10	5	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.088		0		1		0.025	0.013	
Threonine....g	0.231		0		1		0.065	0.035	
Isoleucine....g	0.280		0		1		0.079	0.042	
Leucine....g	0.510		0		1		0.145	0.077	
Lysine....g	0.276		0		1		0.078	0.041	
Methionine....g	0.137		0		1		0.039	0.021	
Cystine....g	0.153		0		1		0.043	0.023	
Phenylalanine....g	0.351		0		1		0.100	0.053	
Tyrosine....g	0.230		0		1		0.065	0.035	
Valine....g	0.348		0		1		0.099	0.052	
Arginine....g	0.392		0		1		0.111	0.059	
Histidine....g	0.158		0		1		0.045	0.024	
Alanine....g	0.308		0		1		0.087	0.046	
Aspartic acid....g	0.496		0		1		0.141	0.074	
Glutamic acid....g	1.643		0		1		0.466	0.246	
Glycine....g	0.283		0		1		0.080	0.042	
Proline....g	0.497		0		1		0.141	0.075	
Serine....g	0.345		0		1		0.098	0.052	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 15.0g: 1 cookie (2-5/8" dia)

Calories Factors: Protein Fat Carbohydrate

NDB No. 18377
Cookies, oatmeal, prepared from recipe, without raisins

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18182
Cookies, oatmeal, refrigerated dough

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	15.30	0.277	35		1		4.34	2.45	
Energy kcal	424		0	NC	4		120	68	
Energy kj	1774				4		503	284	
Protein (N x 5.9) g	5.40	0.108	34		1		1.53	0.86	
Total lipid (fat) g	18.90	0.314	36		1		5.36	3.02	
Ash g	1.30	0.055	35		1		0.37	0.21	
Carbohydrate, by difference g	59.10		0	NC	4		16.75	9.46	
Fiber, total dietary g	2.5		0		4		0.7	0.4	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	31	1.478	26		1		9	5	
Iron, Fe mg	2.14	0.100	22		1		0.61	0.34	
Magnesium, Mg mg	28	1.284	17		1		8	4	
Phosphorus, P mg	104	3.531	18		1		29	17	
Potassium, K mg	147	15.432	18		1		42	24	
Sodium, Na mg	294	12.727	30		1		83	47	
Zinc, Zn mg	0.64	0.036	17		1		0.18	0.10	
Copper, Cu mg	0.110	0.010	16		1		0.031	0.018	
Manganese, Mn mg	0.765		0	FLA	4		0.217	0.122	
Selenium, Se mcg	9.1		0	FLA	4		2.6	1.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	FLA	4		0.0	0.0	
Thiamin mg	0.234	0.021	22		1		0.066	0.037	
Riboflavin mg	0.148	0.008	25		1		0.042	0.024	
Niacin mg	1.865	0.123	23		1		0.529	0.298	
Pantothenic acid mg	0.372		0	FLA	4		0.105	0.060	
Vitamin B-6 mg	0.041		0	FLA	4		0.012	0.007	
Folate, total mcg	35		0	FLA	4		10	6	
Folic acid mcg	26		0	NC	4		7	4	
Folate, food mcg	9		0		4		3	1	
Folate, DFE mcg_DFE	53		0	NC	4		15	9	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.04		0	FLA	4		0.01	0.01	
Vitamin A, RAE mcg_RAE	4		0	NC	4		1	1	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	70	9.073	6		1		20	11	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	4.751		0	FLA	4		1.347	0.760	
4:0 g	0.000		0	FLA	4		0.000	0.000	
6:0 g	0.000		0	FLA	4		0.000	0.000	
8:0 g	0.000		0	FLA	4		0.000	0.000	
10:0 g	0.000		0	FLA	4		0.000	0.000	
12:0 g	0.003		0	FLA	4		0.001	0.000	
13:0 g									

NDB No. 18182
Cookies, oatmeal, refrigerated dough

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.090		0	FLA	4		0.026	0.014	
15:0....g									
16:0....g	2.509		0	FLA	4		0.711	0.401	
17:0....g									
18:0....g	2.134		0	FLA	4		0.605	0.341	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.531		0	FLA	4		2.986	1.685	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.010		0	FLA	4		0.003	0.002	
17:1....g									
18:1 undifferentiated....g	10.520		0	FLA	4		2.982	1.683	
20:1....g	0.001		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.592		0	FLA	4		0.735	0.415	
18:2 undifferentiated....g	2.458		0	FLA	4		0.697	0.393	
18:3 undifferentiated....g	0.126		0	FLA	4		0.036	0.020	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.005		0	FLA	4		0.001	0.001	
20:5 n-3....g	0.001		0	FLA	4		0.000	0.000	
22:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3....g	0.001		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	24	1.980	15		1		7	4	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.088		0		1		0.025	0.014	
Threonine....g	0.177		0		1		0.050	0.028	
Isoleucine....g	0.227		0		1		0.064	0.036	
Leucine....g	0.414		0		1		0.117	0.066	
Lysine....g	0.257		0		1		0.073	0.041	
Methionine....g	0.122		0		1		0.035	0.020	
Cystine....g	0.153		0		1		0.043	0.024	
Phenylalanine....g	0.278		0		1		0.079	0.044	
Tyrosine....g	0.195		0		1		0.055	0.031	
Valine....g	0.291		0		1		0.082	0.047	
Arginine....g	0.334		0		1		0.095	0.053	
Histidine....g	0.125		0		1		0.035	0.020	
Alanine....g	0.255		0		1		0.072	0.041	
Aspartic acid....g	0.451		0		1		0.128	0.072	
Glutamic acid....g	1.206		0		1		0.342	0.193	
Glycine....g	0.241		0		1		0.068	0.039	
Proline....g	0.348		0		1		0.099	0.056	
Serine....g	0.305		0		1		0.086	0.049	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18182
Cookies, oatmeal, refrigerated dough

Measure 2 = 16g: 1 portion, dough for 1 cookie

Calories Factors: **Protein** 3.8 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18183
Cookies, oatmeal, refrigerated dough, baked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	5.80		0		4		1.64	0.70	
Energy kcal	471		0		4		134	57	
Energy kj	1971				4		559	236	
Protein g	6.00		0		4		1.70	0.72	
Total lipid (fat) g	21.00		0		4		5.95	2.52	
Ash g	1.40		0		4		0.40	0.17	
Carbohydrate, by difference g	65.70		0		4		18.63	7.88	
Fiber, total dietary g	2.8		0		4		0.8	0.3	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	35		0		4		10	4	
Iron, Fe mg	2.38		0		4		0.67	0.29	
Magnesium, Mg mg	32		0		4		9	4	
Phosphorus, P mg	116		0		4		33	14	
Potassium, K mg	163		0		4		46	20	
Sodium, Na mg	327		0		4		93	39	
Zinc, Zn mg	0.71		0		4		0.20	0.09	
Copper, Cu mg	0.122		0		4		0.035	0.015	
Manganese, Mn mg	0.953		0		4		0.270	0.114	
Selenium, Se mcg	10.1		0	RP	4		2.9	1.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.1		0		4		0.0	0.0	
Thiamin mg	0.208		0		4		0.059	0.025	
Riboflavin mg	0.148		0		4		0.042	0.018	
Niacin mg	1.865		0		4		0.529	0.224	
Pantothenic acid mg	0.210		0		4		0.060	0.025	
Vitamin B-6 mg	0.055		0		4		0.016	0.007	
Folate, total mcg	27		0	RP	4		8	3	
Folic acid mcg	20		0	NC	4		6	2	
Folate, food mcg	7		0		4		2	1	
Folate, DFE mcg_DFE	41		0	NC	4		12	5	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.04		0		4		0.01	0.00	
Vitamin A, RAE mcg_RAE	4		0	NC	4		1	0	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	70		0		4		20	8	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	5.339		0		4		1.514	0.641	
4:0 g									
6:0 g									
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.000		0		4		0.000	0.000	
12:0 g	0.000		0		4		0.000	0.000	
13:0 g									

NDB No. 18183
Cookies, oatmeal, refrigerated dough, baked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.102		0		4		0.029	0.012	
15:0....g									
16:0....g	2.871		0		4		0.814	0.345	
17:0....g									
18:0....g	2.365		0		4		0.670	0.284	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	11.729		0		4		3.325	1.407	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.015		0		4		0.004	0.002	
17:1....g									
18:1 undifferentiated....g	11.713		0		4		3.321	1.406	
20:1....g	0.001		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.976		0		4		0.844	0.357	
18:2 undifferentiated....g	2.818		0		4		0.799	0.338	
18:3 undifferentiated....g	0.152		0		4		0.043	0.018	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.005		0		4		0.001	0.001	
20:5 n-3....g	0.000		0		4		0.000	0.000	
22:5 n-3....g									
22:6 n-3....g	0.001		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	26		0		4		7	3	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.098		0		4		0.028	0.012	
Threonine....g	0.197		0		4		0.056	0.024	
Isoleucine....g	0.252		0		4		0.071	0.030	
Leucine....g	0.460		0		4		0.130	0.055	
Lysine....g	0.286		0		4		0.081	0.034	
Methionine....g	0.136		0		4		0.039	0.016	
Cystine....g	0.170		0		4		0.048	0.020	
Phenylalanine....g	0.309		0		4		0.088	0.037	
Tyrosine....g	0.217		0		4		0.062	0.026	
Valine....g	0.323		0		4		0.092	0.039	
Arginine....g	0.371		0		4		0.105	0.045	
Histidine....g	0.139		0		4		0.039	0.017	
Alanine....g	0.284		0		4		0.081	0.034	
Aspartic acid....g	0.501		0		4		0.142	0.060	
Glutamic acid....g	1.340		0		4		0.380	0.161	
Glycine....g	0.268		0		4		0.076	0.032	
Proline....g	0.387		0		4		0.110	0.046	
Serine....g	0.339		0		4		0.096	0.041	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 12.0g: 1 cookie

Calories Factors: Protein Fat Carbohydrate

NDB No. 18183
Cookies, oatmeal, refrigerated dough, baked

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18190
Cookies, peanut butter sandwich, regular

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	2.80	0.146	21		1		0.79	0.39	
Energy kcal	478		0	NC	4		136	67	
Energy kj	2000		0		4		567	280	
Protein (N x 5.6) g	8.80	0.171	21		1		2.49	1.23	
Total lipid (fat) g	21.10	0.401	24		1		5.98	2.95	
Ash g	1.60	0.042	22		1		0.45	0.22	
Carbohydrate, by difference g	65.60		0	NC	4		18.60	9.18	
Fiber, total dietary g	1.9		0		4		0.5	0.3	
Sugars, total g	35.44		0	FLC	4		10.05	4.96	
Starch g									
Minerals:									
Calcium, Ca mg	53	1.900	19		1		15	7	
Iron, Fe mg	2.60	0.060	19		1		0.74	0.36	
Magnesium, Mg mg	49	0.999	19		1		14	7	
Phosphorus, P mg	188	6.870	18		1		53	26	
Potassium, K mg	192	4.326	19		1		54	27	
Sodium, Na mg	368	8.869	19		1		104	52	
Zinc, Zn mg	1.06	0.019	19		1		0.30	0.15	
Copper, Cu mg	0.237	0.015	19		1		0.067	0.033	
Manganese, Mn mg	0.912	0.022	17		1		0.259	0.128	
Selenium, Se mcg	7.7	1.570	3	A	1		2.2	1.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.1	0.033	3		1		0.0	0.0	
Thiamin mg	0.325	0.015	17		1		0.092	0.046	
Riboflavin mg	0.263	0.013	18		1		0.075	0.037	
Niacin mg	3.739	0.088	19		1		1.060	0.523	
Pantothenic acid mg	0.915		0	FLA	4		0.259	0.128	
Vitamin B-6 mg	0.139		0	FLA	4		0.039	0.019	
Folate, total mcg	61		0	FLC	4		17	8	
Folic acid mcg	46		0		4		13	6	
Folate, food mcg	15		0		4		4	2	
Folate, DFE mcg_DFE	93		0	NC	4		26	13	
Choline, total mg	18.7		0	FLC	4		5.3	2.6	
Betaine mg									
Vitamin B-12 mcg	0.23		0	FLA	4		0.07	0.03	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	1		0	NC	4		0	0	
Retinol mcg	1		0	FLC	4		0	0	
Carotene, beta mcg	0		0	FLC	4		0	0	
Carotene, alpha mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta mcg	0		0	FLC	4		0	0	
Vitamin A, IU IU	4		0	NC	4		1	1	
Lycopene mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin mcg	7		0	FLC	4		2	1	
Vitamin E (alpha-tocopherol) mg	1.87		0	FLC	4		0.53	0.26	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	3.9		0	FLC	4		1.1	0.6	
Lipids:									
Fatty acids, total saturated g	4.995		0	FLA	4		1.416	0.699	
4:0 g	0.006		0	FLA	4		0.002	0.001	
6:0 g	0.001		0	FLA	4		0.000	0.000	
8:0 g	0.001		0	FLA	4		0.000	0.000	
10:0 g	0.002		0	FLA	4		0.001	0.000	

NDB No. 18190

Cookies, peanut butter sandwich, regular

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.006		0	FLA	4		0.002	0.001	
13:0 g									
14:0 g	0.107		0	FLA	4		0.030	0.015	
15:0 g									
16:0 g	2.649		0	FLA	4		0.751	0.371	
17:0 g									
18:0 g	1.980		0	FLA	4		0.561	0.277	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	11.191		0	FLA	4		3.173	1.567	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
17:1 g									
18:1 undifferentiated g	11.126		0	FLA	4		3.154	1.558	
20:1 g	0.059		0	FLA	4		0.017	0.008	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	3.795		0	FLA	4		1.076	0.531	
18:2 undifferentiated g	3.688		0	FLA	4		1.046	0.516	
18:3 undifferentiated g	0.107		0	FLA	4		0.030	0.015	
18:4 g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0	0.044	3		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.110		0		1		0.031	0.015	
Threonine g	0.297		0		1		0.084	0.042	
Isoleucine g	0.341		0		1		0.097	0.048	
Leucine g	0.617		0		1		0.175	0.086	
Lysine g	0.352		0		1		0.100	0.049	
Methionine g	0.128		0		1		0.036	0.018	
Cystine g	0.164		0		1		0.046	0.023	
Phenylalanine g	0.442		0		1		0.125	0.062	
Tyrosine g	0.319		0		1		0.090	0.045	
Valine g	0.402		0		1		0.114	0.056	
Arginine g	0.716		0		1		0.203	0.100	
Histidine g	0.205		0		1		0.058	0.029	
Alanine g	0.341		0		1		0.097	0.048	
Aspartic acid g	0.791		0		1		0.224	0.111	
Glutamic acid g	2.206		0		1		0.625	0.309	
Glycine g	0.420		0		1		0.119	0.059	
Proline g	0.622		0		1		0.176	0.087	
Serine g	0.462		0		1		0.131	0.065	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLC	4		0	0	
Theobromine mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18190
Cookies, peanut butter sandwich, regular

Measure 1 = 28.35g: 1 oz
Measure 2 = 14.0g: 1 cookie

Calories Factors: **Protein** 3.8 **Fat** 8.6 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18201
Cookies, peanut butter sandwich, special dietary

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	3.70		1		1		1.05	0.37	
Energy kcal	535		0	NC	4		152	54	
Energy kj	2238				4		635	224	
Protein (N x 5.5) g	10.00		1		1		2.84	1.00	
Total lipid (fat) g	34.00		1		1		9.64	3.40	
Ash g	1.40		1		1		0.40	0.14	
Carbohydrate, by difference g	50.80		0	NC	4		14.40	5.08	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	43		0	FLA	4		12	4	
Iron, Fe mg	2.55		0	FLA	4		0.72	0.26	
Magnesium, Mg mg	51		0	FLA	4		14	5	
Phosphorus, P mg	154		0	FLA	4		44	15	
Potassium, K mg	294		1		1		83	29	
Sodium, Na mg	412		1		1		117	41	
Zinc, Zn mg	1.03		0	FLA	4		0.29	0.10	
Copper, Cu mg	0.267		0	FLA	4		0.076	0.027	
Manganese, Mn mg	0.705		0	FLA	4		0.200	0.071	
Selenium, Se mcg	3.5		0	FLA	4		1.0	0.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	FLA	4		0.0	0.0	
Thiamin mg	0.346		0	FLA	4		0.098	0.035	
Riboflavin mg	0.148		0	FLA	4		0.042	0.015	
Niacin mg	5.259		0	FLA	4		1.491	0.526	
Pantothenic acid mg	0.507		0	FLA	4		0.144	0.051	
Vitamin B-6 mg	0.078		0	FLA	4		0.022	0.008	
Folate, total mcg	54		0	FLA	4		15	5	
Folic acid mcg	21		0	NC	4		6	2	
Folate, food mcg	33		0		4		9	3	
Folate, DFE mcg_DFE	69		0	NC	4		19	7	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.01		0	FLA	4		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	0		0		4		0	0	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	4.937		0	FLA	4		1.400	0.494	
4:0 g	0.000		0	FLA	4		0.000	0.000	
6:0 g	0.000		0	FLA	4		0.000	0.000	
8:0 g	0.000		0	FLA	4		0.000	0.000	
10:0 g	0.000		0	FLA	4		0.000	0.000	
12:0 g	0.000		0	FLA	4		0.000	0.000	
13:0 g									

NDB No. 18201

Cookies, peanut butter sandwich, special dietary

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0 g	0.028		0	FLA	4		0.008	0.003	
15:0 g									
16:0 g	3.426		0	FLA	4		0.971	0.343	
17:0 g									
18:0 g	1.335		0	FLA	4		0.378	0.134	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	15.391		0	FLA	4		4.363	1.539	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.087		0	FLA	4		0.025	0.009	
17:1 g									
18:1 undifferentiated g	15.110		0	FLA	4		4.284	1.511	
20:1 g	0.172		0	FLA	4		0.049	0.017	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	12.026		0	FLA	4		3.409	1.203	
18:2 undifferentiated g	11.454		0	FLA	4		3.247	1.145	
18:3 undifferentiated g	0.551		0	FLA	4		0.156	0.055	
18:4 g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.111		0		1		0.031	0.011	
Threonine g	0.334		0		1		0.095	0.033	
Isoleucine g	0.363		0		1		0.103	0.036	
Leucine g	0.668		0		1		0.189	0.067	
Lysine g	0.367		0		1		0.104	0.037	
Methionine g	0.109		0		1		0.031	0.011	
Cystine g	0.151		0		1		0.043	0.015	
Phenylalanine g	0.509		0		1		0.144	0.051	
Tyrosine g	0.379		0		1		0.107	0.038	
Valine g	0.429		0		1		0.122	0.043	
Arginine g	0.998		0		1		0.283	0.100	
Histidine g	0.243		0		1		0.069	0.024	
Alanine g	0.378		0		1		0.107	0.038	
Aspartic acid g	1.034		0		1		0.293	0.103	
Glutamic acid g	2.391		0		1		0.678	0.239	
Glycine g	0.538		0		1		0.153	0.054	
Proline g	0.607		0		1		0.172	0.061	
Serine g	0.505		0		1		0.143	0.051	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 10.0g: 1 cookie

Calories Factors: Protein 3.6 **Fat** 8.7 **Carbohydrate** 4

NDB No. 18201
Cookies, peanut butter sandwich, special dietary

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18185
Cookies, peanut butter, commercially prepared, regular

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	6.10	0.648	6		1		1.73	0.92	
Energy....kcal	477		0	NC	4		135	72	
Energy....kj	1996		0		4		566	299	
Protein (N x 5.6)....g	9.60	0.688	6		1		2.72	1.44	
Total lipid (fat)....g	23.60	0.682	6		1		6.69	3.54	
Ash....g	1.80	0.054	5		1		0.51	0.27	
Carbohydrate, by difference....g	58.90		0	NC	4		16.70	8.84	
Fiber, total dietary....g	1.8		0		1		0.5	0.3	
Sugars, total....g	31.83		0	FLC	4		9.02	4.77	
Starch....g									
Minerals:									
Calcium, Ca....mg	35	6.467	6		1		10	5	
Iron, Fe....mg	2.51	0.417	7		1		0.71	0.38	
Magnesium, Mg....mg	45	0.743	5		1		13	7	
Phosphorus, P....mg	86	12.021	5		1		24	13	
Potassium, K....mg	167	24.641	5		1		47	25	
Sodium, Na....mg	415	27.519	6		1		118	62	
Zinc, Zn....mg	0.53	0.092	4		1		0.15	0.08	
Copper, Cu....mg	0.200		1		1		0.057	0.030	
Manganese, Mn....mg	0.280	0.032	3		1		0.079	0.042	
Selenium, Se....mcg	5.9	1.164	6	A	1		1.7	0.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.170	0.020	7		1		0.048	0.026	
Riboflavin....mg	0.180	0.020	7		1		0.051	0.027	
Niacin....mg	4.270	0.547	7		1		1.211	0.641	
Pantothenic acid....mg	0.582		0	FLA	4		0.165	0.087	
Vitamin B-6....mg	0.087		0	FLA	4		0.025	0.013	
Folate, total....mcg	72		0	FLC	4		20	11	
Folic acid....mcg	40		0		4		11	6	
Folate, food....mcg	32		0		4		9	5	
Folate, DFE....mcg_DFE	100		0	NC	4		28	15	
Choline, total....mg	15.8		0	FLC	4		4.5	2.4	
Betaine....mg									
Vitamin B-12....mcg	0.04		0	FLA	4		0.01	0.01	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	3		0	NC	4		1	0	
Retinol....mcg	3		0	FLC	4		1	0	
Carotene, beta....mcg	1		0	FLC	4		0	0	
Carotene, alpha....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	10		0	NC	4		3	2	
Lycopene....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....mcg	14		0	FLC	4		4	2	
Vitamin E (alpha-tocopherol)....mg	2.20		0	FLC	4		0.62	0.33	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	4.4		0	FLC	4		1.2	0.7	
Lipids:									
Fatty acids, total saturated....g	4.485		0	FLA	4		1.271	0.673	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 18185

Cookies, peanut butter, commercially prepared, regular

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0	FLA	4		0.000	0.000	
13:0 g									
14:0 g	0.057		0	FLA	4		0.016	0.009	
15:0 g									
16:0 g	2.772		0	FLA	4		0.786	0.416	
17:0 g									
18:0 g	1.504		0	FLA	4		0.426	0.226	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	12.368		0	FLA	4		3.506	1.855	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.013		0	FLA	4		0.004	0.002	
17:1 g									
18:1 undifferentiated g	12.174		0	FLA	4		3.451	1.826	
20:1 g	0.179		0	FLA	4		0.051	0.027	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	5.518		0	FLA	4		1.564	0.828	
18:2 undifferentiated g	5.440		0	FLA	4		1.542	0.816	
18:3 undifferentiated g	0.067		0	FLA	4		0.019	0.010	
18:4 g	0.001		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.006		0	FLA	4		0.002	0.001	
20:5 n-3 g	0.003		0	FLA	4		0.001	0.000	
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 g	0.002		0	FLA	4		0.001	0.000	
Fatty acids, total trans g									
Cholesterol mg	1	0.010	3		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.110		0		1		0.031	0.017	
Threonine g	0.323		0		1		0.092	0.048	
Isoleucine g	0.363		0		1		0.103	0.054	
Leucine g	0.652		0		1		0.185	0.098	
Lysine g	0.380		0		1		0.108	0.057	
Methionine g	0.148		0		1		0.042	0.022	
Cystine g	0.160		0		1		0.045	0.024	
Phenylalanine g	0.485		0		1		0.137	0.073	
Tyrosine g	0.353		0		1		0.100	0.053	
Valine g	0.425		0		1		0.120	0.064	
Arginine g	0.852		0		1		0.242	0.128	
Histidine g	0.225		0		1		0.064	0.034	
Alanine g	0.370		0		1		0.105	0.056	
Aspartic acid g	0.922		0		1		0.261	0.138	
Glutamic acid g	2.271		0		1		0.644	0.341	
Glycine g	0.477		0		1		0.135	0.072	
Proline g	0.612		0		1		0.174	0.092	
Serine g	0.504		0		1		0.143	0.076	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLC	4		0	0	
Theobromine mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18185

Cookies, peanut butter, commercially prepared, regular

Measure 1 = 28.35g: 1 oz

Measure 2 = 15.0g: 1 cookie

Calories Factors: **Protein** 3.7 **Fat** 8.7 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18186
Cookies, peanut butter, commercially prepared, soft-type

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	11.50		2		1		3.26	1.73	
Energy....kcal	457		0	NC	4		130	69	
Energy....kj	1912				4		542	287	
Protein (N x 5.5)....g	5.30		2		1		1.50	0.80	
Total lipid (fat)....g	24.40	0.237	3		1		6.92	3.66	
Ash....g	1.10		2		1		0.31	0.17	
Carbohydrate, by difference....g	57.70		0	NC	4		16.36	8.66	
Fiber, total dietary....g	1.7		0		1		0.5	0.3	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	12		2		1		3	2	
Iron, Fe....mg	0.89		2		1		0.25	0.13	
Magnesium, Mg....mg	32		2		1		9	5	
Phosphorus, P....mg	87		2		1		25	13	
Potassium, K....mg	107		2		1		30	16	
Sodium, Na....mg	336		2		1		95	50	
Zinc, Zn....mg	0.55		2		1		0.16	0.08	
Copper, Cu....mg	0.080		2		1		0.023	0.012	
Manganese, Mn....mg	0.430		2		1		0.122	0.065	
Selenium, Se....mcg	4.4		1	A	1		1.2	0.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0	0.0	
Thiamin....mg	0.248	0.008	8		1		0.070	0.037	
Riboflavin....mg	0.165	0.001	8		1		0.047	0.025	
Niacin....mg	2.160	0.042	8		1		0.612	0.324	
Pantothenic acid....mg	0.362	0.007	8		1		0.103	0.054	
Vitamin B-6....mg	0.027		0	FLA	4		0.008	0.004	
Folate, total....mcg	67		0	FLA	4		19	10	
Folic acid....mcg	62		0	NC	4		18	9	
Folate, food....mcg	5	0.032	8		1		1	1	
Folate, DFE....mcg_DFE	110		0	NC	4		31	17	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	6.149		0	FLA	4		1.743	0.922	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.002		0		1		0.001	0.000	
13:0....g									

NDB No. 18186

Cookies, peanut butter, commercially prepared, soft-type

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.089		0		1		0.025	0.013	
15:0....g									
16:0....g	3.006		0		1		0.852	0.451	
17:0....g									
18:0....g	2.268		0		1		0.643	0.340	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	13.844		0	FLA	4		3.925	2.077	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	13.169		0		1		3.733	1.975	
20:1....g	0.098		0		1		0.028	0.015	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.181		0	FLA	4		0.902	0.477	
18:2 undifferentiated....g	4.243		0		1		1.203	0.636	
18:3 undifferentiated....g	0.113		0		1		0.032	0.017	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.018		0		1		0.005	0.003	
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.063		0		1		0.018	0.009	
Threonine....g	0.174		0		1		0.049	0.026	
Isoleucine....g	0.200		0		1		0.057	0.030	
Leucine....g	0.360		0		1		0.102	0.054	
Lysine....g	0.201		0		1		0.057	0.030	
Methionine....g	0.069		0		1		0.020	0.010	
Cystine....g	0.087		0		1		0.025	0.013	
Phenylalanine....g	0.268		0		1		0.076	0.040	
Tyrosine....g	0.194		0		1		0.055	0.029	
Valine....g	0.234		0		1		0.066	0.035	
Arginine....g	0.461		0		1		0.131	0.069	
Histidine....g	0.126		0		1		0.036	0.019	
Alanine....g	0.196		0		1		0.056	0.029	
Aspartic acid....g	0.488		0		1		0.138	0.073	
Glutamic acid....g	1.329		0		1		0.377	0.199	
Glycine....g	0.262		0		1		0.074	0.039	
Proline....g	0.368		0		1		0.104	0.055	
Serine....g	0.274		0		1		0.078	0.041	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 15.0g: 1 cookie

Calories Factors: **Protein** 3.7 **Fat** 8.7 **Carbohydrate** 3.9

NDB No. 18186
Cookies, peanut butter, commercially prepared, soft-type

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18189
Cookies, peanut butter, prepared from recipe

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	5.90		0		1		1.67	1.18	
Energy kcal	475		0	NC	4		135	95	
Energy kj	1987				4		563	397	
Protein (N x 0) g	9.00		0		1		2.55	1.80	
Total lipid (fat) g	23.80		0		1		6.75	4.76	
Ash g	2.00		0		1		0.57	0.40	
Carbohydrate, by difference g	58.90		0	NC	4		16.70	11.78	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	39		0		1		11	8	
Iron, Fe mg	2.23		0		1		0.63	0.45	
Magnesium, Mg mg	39		0		1		11	8	
Phosphorus, P mg	116		0		1		33	23	
Potassium, K mg	231		0		1		65	46	
Sodium, Na mg	518		0		1		147	104	
Zinc, Zn mg	0.82		0		1		0.23	0.16	
Copper, Cu mg	0.183		0		1		0.052	0.037	
Manganese, Mn mg	0.570		0		1		0.162	0.114	
Selenium, Se mcg	14.8		0	RK	4		4.2	3.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.1		0		1		0.0	0.0	
Thiamin mg	0.222		0		1		0.063	0.044	
Riboflavin mg	0.210		0		1		0.060	0.042	
Niacin mg	3.514		0		1		0.996	0.703	
Pantothenic acid mg	0.345		0		1		0.098	0.069	
Vitamin B-6 mg	0.084		0		1		0.024	0.017	
Folate, total mcg	55		0	RK	4		16	11	
Folic acid mcg	37		0	NC	4		10	7	
Folate, food mcg	18		0		1		5	4	
Folate, DFE mcg_DFE	81		0	NC	4		23	16	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.09		0		1		0.03	0.02	
Vitamin A, RAE mcg_RAE	137		0	NC	4		39	27	
Retinol mcg	125		0		4		35	25	
Carotene, beta mcg	138		0	RK	4		39	28	
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	647		0	NC	4		183	129	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	4.438		0		1		1.258	0.888	
4:0 g	0.003		0		1		0.001	0.001	
6:0 g	0.002		0		1		0.001	0.000	
8:0 g	0.001		0		1		0.000	0.000	
10:0 g	0.002		0		1		0.001	0.000	
12:0 g	0.007		0		1		0.002	0.001	
13:0 g									

NDB No. 18189

Cookies, peanut butter, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.054		0		1		0.015	0.011	
15:0....g									
16:0....g	2.905		0		1		0.824	0.581	
17:0....g									
18:0....g	1.461		0		1		0.414	0.292	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.832		0		1		3.071	2.166	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.024		0		1		0.007	0.005	
17:1....g									
18:1 undifferentiated....g	10.684		0		1		3.029	2.137	
20:1....g	0.123		0		1		0.035	0.025	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	7.223		0		1		2.048	1.445	
18:2 undifferentiated....g	6.966		0		1		1.975	1.393	
18:3 undifferentiated....g	0.207		0		1		0.059	0.041	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.047		0		1		0.013	0.009	
20:5 n-3....g	0.000		0		1		0.000	0.000	
22:5 n-3....g	0.000		0		1		0.000	0.000	
22:6 n-3....g	0.003		0		1		0.001	0.001	
Fatty acids, total trans....g									
Cholesterol....mg	31		0		1		9	6	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.099		0		1		0.028	0.020	
Threonine....g	0.299		0		1		0.085	0.060	
Isoleucine....g	0.338		0		1		0.096	0.068	
Leucine....g	0.623		0		1		0.177	0.125	
Lysine....g	0.321		0		1		0.091	0.064	
Methionine....g	0.149		0		1		0.042	0.030	
Cystine....g	0.151		0		1		0.043	0.030	
Phenylalanine....g	0.460		0		1		0.130	0.092	
Tyrosine....g	0.332		0		1		0.094	0.066	
Valine....g	0.395		0		1		0.112	0.079	
Arginine....g	0.734		0		1		0.208	0.147	
Histidine....g	0.216		0		1		0.061	0.043	
Alanine....g	0.344		0		1		0.098	0.069	
Aspartic acid....g	0.799		0		1		0.227	0.160	
Glutamic acid....g	2.223		0		1		0.630	0.445	
Glycine....g	0.425		0		1		0.120	0.085	
Proline....g	0.643		0		1		0.182	0.129	
Serine....g	0.469		0		1		0.133	0.094	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 20g: 1 cookie (3" dia)

Calories Factors: Protein Fat Carbohydrate

NDB No. 18189
Cookies, peanut butter, prepared from recipe

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18187
Cookies, peanut butter, refrigerated dough

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	12.60	0.187	38		1		3.57	2.02	
Energy kcal	458		0	NC	4		130	73	
Energy kj	1916				4		543	307	
Protein (N x 5.7) g	8.20	0.171	38		1		2.32	1.31	
Total lipid (fat) g	25.00	0.357	40		1		7.09	4.00	
Ash g	2.00	0.086	38		1		0.57	0.32	
Carbohydrate, by difference g	52.10		0	NC	4		14.77	8.34	
Fiber, total dietary g	1.1		0		4		0.3	0.2	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	101	8.905	34		1		29	16	
Iron, Fe mg	1.70	0.083	30		1		0.48	0.27	
Magnesium, Mg mg	37	1.046	22		1		10	6	
Phosphorus, P mg	241	7.821	23		1		68	39	
Potassium, K mg	308	31.025	26		1		87	49	
Sodium, Na mg	397	32.309	38		1		113	64	
Zinc, Zn mg	0.68	0.021	22		1		0.19	0.11	
Copper, Cu mg	0.151	0.006	22		1		0.043	0.024	
Manganese, Mn mg	0.326		0	FLA	4		0.092	0.052	
Selenium, Se mcg	5.0		0	FLA	4		1.4	0.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0	0.000	4		1		0.0	0.0	
Thiamin mg	0.191	0.025	15		1		0.054	0.031	
Riboflavin mg	0.186	0.012	8		1		0.053	0.030	
Niacin mg	4.143	0.186	30		1		1.175	0.663	
Pantothenic acid mg	0.379		0	FLA	4		0.107	0.061	
Vitamin B-6 mg	0.142		0	FLA	4		0.040	0.023	
Folate, total mcg	57		0	FLA	4		16	9	
Folic acid mcg	45		0	NC	4		13	7	
Folate, food mcg	12		0		4		3	2	
Folate, DFE mcg_DFE	89		0	NC	4		25	14	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.04		0	FLA	4		0.01	0.01	
Vitamin A, RAE mcg_RAE	14		0	NC	4		4	2	
Retinol mcg	14		0	NC	4		4	2	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	47		1		1		13	8	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	5.791		0	FLA	4		1.642	0.927	
4:0 g	0.000		0	FLA	4		0.000	0.000	
6:0 g	0.000		0	FLA	4		0.000	0.000	
8:0 g	0.000		0	FLA	4		0.000	0.000	
10:0 g	0.000		0	FLA	4		0.000	0.000	
12:0 g	0.005		0	FLA	4		0.001	0.001	
13:0 g									

NDB No. 18187
Cookies, peanut butter, refrigerated dough

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.115		0	FLA	4		0.033	0.018	
15:0....g									
16:0....g	3.083		0	FLA	4		0.874	0.493	
17:0....g									
18:0....g	2.205		0	FLA	4		0.625	0.353	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	13.124		0	FLA	4		3.721	2.100	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.013		0	FLA	4		0.004	0.002	
17:1....g									
18:1 undifferentiated....g	13.013		0	FLA	4		3.689	2.082	
20:1....g	0.098		0	FLA	4		0.028	0.016	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.787		0	FLA	4		1.357	0.766	
18:2 undifferentiated....g	4.677		0	FLA	4		1.326	0.748	
18:3 undifferentiated....g	0.102		0	FLA	4		0.029	0.016	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.006		0	FLA	4		0.002	0.001	
20:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3....g	0.002		0	FLA	4		0.001	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	27	2.199	17		1		8	4	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.098		0		1		0.028	0.016	
Threonine....g	0.278		0		1		0.079	0.044	
Isoleucine....g	0.324		0		1		0.092	0.052	
Leucine....g	0.571		0		1		0.162	0.091	
Lysine....g	0.339		0		1		0.096	0.054	
Methionine....g	0.129		0		1		0.037	0.021	
Cystine....g	0.148		0		1		0.042	0.024	
Phenylalanine....g	0.412		0		1		0.117	0.066	
Tyrosine....g	0.292		0		1		0.083	0.047	
Valine....g	0.378		0		1		0.107	0.060	
Arginine....g	0.632		0		1		0.179	0.101	
Histidine....g	0.190		0		1		0.054	0.030	
Alanine....g	0.315		0		1		0.089	0.050	
Aspartic acid....g	0.705		0		1		0.200	0.113	
Glutamic acid....g	2.018		0		1		0.572	0.323	
Glycine....g	0.370		0		1		0.105	0.059	
Proline....g	0.582		0		1		0.165	0.093	
Serine....g	0.450		0		1		0.128	0.072	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18187

Cookies, peanut butter, refrigerated dough

Measure 2 = 16g: 1 portion, dough for 1 cookie

Calories Factors: **Protein** 3.8 **Fat** 8.7 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18188
Cookies, peanut butter, refrigerated dough, baked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	4.00		0		4		1.13	0.48	
Energy kcal	503		0		4		143	60	
Energy kj	2105				4		597	253	
Protein g	9.10		0		4		2.58	1.09	
Total lipid (fat) g	27.50		0		4		7.80	3.30	
Ash g	2.10		0		4		0.60	0.25	
Carbohydrate, by difference g	57.30		0		4		16.24	6.88	
Fiber, total dietary g	1.2		0		4		0.4	0.1	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	111		0		4		31	13	
Iron, Fe mg	1.87		0		4		0.53	0.22	
Magnesium, Mg mg	41		0		4		12	5	
Phosphorus, P mg	264		0		4		75	32	
Potassium, K mg	338		0		4		96	41	
Sodium, Na mg	436		0		4		124	52	
Zinc, Zn mg	0.75		0		4		0.21	0.09	
Copper, Cu mg	0.166		0		4		0.047	0.020	
Manganese, Mn mg	0.461		0		4		0.131	0.055	
Selenium, Se mcg	5.1		1	A	1		1.4	0.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		4		0.0	0.0	
Thiamin mg	0.168		0		4		0.048	0.020	
Riboflavin mg	0.184		0		4		0.052	0.022	
Niacin mg	4.098		0		4		1.162	0.492	
Pantothenic acid mg	0.300		0		4		0.085	0.036	
Vitamin B-6 mg	0.064		0		4		0.018	0.008	
Folate, total mcg	44		0	RP	4		12	5	
Folic acid mcg	35		0	NC	4		10	4	
Folate, food mcg	9		0		4		3	1	
Folate, DFE mcg_DFE	69		0	NC	4		19	8	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.06		0		4		0.02	0.01	
Vitamin A, RAE mcg_RAE	14		0	NC	4		4	2	
Retinol mcg	14		0	NC	4		4	2	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	46		0		4		13	6	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	6.199		0		4		1.757	0.744	
4:0 g									
6:0 g									
8:0 g	0.001		0		4		0.000	0.000	
10:0 g	0.001		0		4		0.000	0.000	
12:0 g	0.004		0		4		0.001	0.000	
13:0 g									

NDB No. 18188

Cookies, peanut butter, refrigerated dough, baked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.099		0		4		0.028	0.012	
15:0....g									
16:0....g	3.539		0		4		1.003	0.425	
17:0....g									
18:0....g	2.552		0		4		0.723	0.306	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	14.526		0		4		4.118	1.743	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.044		0		4		0.012	0.005	
17:1....g									
18:1 undifferentiated....g	14.372		0		4		4.074	1.725	
20:1....g	0.110		0		4		0.031	0.013	
22:1 undifferentiated....g	0.001		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.889		0		4		1.386	0.587	
18:2 undifferentiated....g	4.700		0		4		1.332	0.564	
18:3 undifferentiated....g	0.131		0		4		0.037	0.016	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.052		0		4		0.015	0.006	
20:5 n-3....g	0.001		0		4		0.000	0.000	
22:5 n-3....g									
22:6 n-3....g	0.005		0		4		0.001	0.001	
Fatty acids, total trans....g									
Cholesterol....mg	30		0		4		9	4	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.108		0		4		0.031	0.013	
Threonine....g	0.305		0		4		0.086	0.037	
Isoleucine....g	0.356		0		4		0.101	0.043	
Leucine....g	0.628		0		4		0.178	0.075	
Lysine....g	0.372		0		4		0.105	0.045	
Methionine....g	0.141		0		4		0.040	0.017	
Cystine....g	0.162		0		4		0.046	0.019	
Phenylalanine....g	0.453		0		4		0.128	0.054	
Tyrosine....g	0.321		0		4		0.091	0.039	
Valine....g	0.415		0		4		0.118	0.050	
Arginine....g	0.695		0		4		0.197	0.083	
Histidine....g	0.208		0		4		0.059	0.025	
Alanine....g	0.347		0		4		0.098	0.042	
Aspartic acid....g	0.774		0		4		0.219	0.093	
Glutamic acid....g	2.218		0		4		0.629	0.266	
Glycine....g	0.407		0		4		0.115	0.049	
Proline....g	0.639		0		4		0.181	0.077	
Serine....g	0.494		0		4		0.140	0.059	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 12.0g: 1 cookie

Calories Factors: Protein Fat Carbohydrate

NDB No. 18188
Cookies, peanut butter, refrigerated dough, baked

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18191
Cookies, raisin, soft-type

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	13.10	1.368	4		1		3.71	1.97	
Energy kcal	401		0	NC	4		114	60	
Energy kj	1678		0		4		476	252	
Protein (N x 5.9) g	4.10	0.473	4		1		1.16	0.62	
Total lipid (fat) g	13.60	1.300	4		1		3.86	2.04	
Ash g	1.20	0.039	4		1		0.34	0.18	
Carbohydrate, by difference g	68.00		0	NC	4		19.28	10.20	
Fiber, total dietary g	1.2		0		4		0.3	0.2	
Sugars, total g	47.56		0	FLC	4		13.48	7.13	
Starch g									
Minerals:									
Calcium, Ca mg	46	9.820	4		1		13	7	
Iron, Fe mg	2.29	0.366	4		1		0.65	0.34	
Magnesium, Mg mg	21	0.569	3		1		6	3	
Phosphorus, P mg	83	14.226	3		1		24	12	
Potassium, K mg	140	22.995	3		1		40	21	
Sodium, Na mg	338	42.721	4		1		96	51	
Zinc, Zn mg	0.32	0.047	3		1		0.09	0.05	
Copper, Cu mg	0.413	0.022	3		1		0.117	0.062	
Manganese, Mn mg	0.305		0	FLA	4		0.086	0.046	
Selenium, Se mcg	2.8		0	FLA	4		0.8	0.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.4		0	FLA	4		0.1	0.1	
Thiamin mg	0.216	0.032	4		1		0.061	0.032	
Riboflavin mg	0.206	0.012	4		1		0.058	0.031	
Niacin mg	1.967	0.144	4		1		0.558	0.295	
Pantothenic acid mg	0.244		0	FLA	4		0.069	0.037	
Vitamin B-6 mg	0.052		0	FLA	4		0.015	0.008	
Folate, total mcg	32		0	FLC	4		9	5	
Folic acid mcg	23		0		4		7	3	
Folate, food mcg	9		0		4		3	1	
Folate, DFE mcg_DFE	48		0	NC	4		14	7	
Choline, total mg	14.7		0	FLC	4		4.2	2.2	
Betaine mg									
Vitamin B-12 mcg	0.03		0	FLA	4		0.01	0.00	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	8		0	NC	4		2	1	
Retinol mcg	8		0	FLC	4		2	1	
Carotene, beta mcg	1		0	FLC	4		0	0	
Carotene, alpha mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta mcg	1		0	FLC	4		0	0	
Vitamin A, IU IU	28		0	NC	4		8	4	
Lycopene mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin mcg	37		0	FLC	4		10	6	
Vitamin E (alpha-tocopherol) mg	2.22		0	FLC	4		0.63	0.33	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	3.9		0	FLC	4		1.1	0.6	
Lipids:									
Fatty acids, total saturated g	3.460		0	FLA	4		0.981	0.519	
4:0 g	0.000		0	FLA	4		0.000	0.000	
6:0 g	0.000		0	FLA	4		0.000	0.000	
8:0 g	0.000		0	FLA	4		0.000	0.000	
10:0 g	0.000		0	FLA	4		0.000	0.000	

NDB No. 18191
Cookies, raisin, soft-type

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0	FLA	4		0.000	0.000	
13:0 g									
14:0 g	0.067		0	FLA	4		0.019	0.010	
15:0 g									
16:0 g	1.795		0	FLA	4		0.509	0.269	
17:0 g									
18:0 g	1.594		0	FLA	4		0.452	0.239	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.649		0	FLA	4		2.168	1.147	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.006		0	FLA	4		0.002	0.001	
17:1 g									
18:1 undifferentiated g	7.642		0	FLA	4		2.167	1.146	
20:1 g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.756		0	FLA	4		0.498	0.263	
18:2 undifferentiated g	1.660		0	FLA	4		0.471	0.249	
18:3 undifferentiated g	0.092		0	FLA	4		0.026	0.014	
18:4 g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.002		0	FLA	4		0.001	0.000	
20:5 n-3 g	0.001		0	FLA	4		0.000	0.000	
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 g	0.001		0	FLA	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	2		1		1		1	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.054		0		1		0.015	0.008	
Threonine g	0.140		0		1		0.040	0.021	
Isoleucine g	0.165		0		1		0.047	0.025	
Leucine g	0.285		0		1		0.081	0.043	
Lysine g	0.183		0		1		0.052	0.027	
Methionine g	0.085		0		1		0.024	0.013	
Cystine g	0.086		0		1		0.024	0.013	
Phenylalanine g	0.187		0		1		0.053	0.028	
Tyrosine g	0.125		0		1		0.035	0.019	
Valine g	0.191		0		1		0.054	0.029	
Arginine g	0.189		0		1		0.054	0.028	
Histidine g	0.091		0		1		0.026	0.014	
Alanine g	0.154		0		1		0.044	0.023	
Aspartic acid g	0.270		0		1		0.077	0.041	
Glutamic acid g	1.095		0		1		0.310	0.164	
Glycine g	0.137		0		1		0.039	0.021	
Proline g	0.354		0		1		0.100	0.053	
Serine g	0.231		0		1		0.065	0.035	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLC	4		0	0	
Theobromine mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18191
Cookies, raisin, soft-type

Measure 1 = 28.35g: 1 oz
Measure 2 = 15.0g: 1 cookie

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18193
Cookies, shortbread, commercially prepared, pecan

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	3.30	0.163	23		1		0.94	0.46	
Energy kcal	542		0	NC	4		154	76	
Energy kj	2268				4		643	317	
Protein (N x 5.6) g	4.90	0.127	23		1		1.39	0.69	
Total lipid (fat) g	32.50	0.332	24		1		9.21	4.55	
Ash g	1.00	0.018	23		1		0.28	0.14	
Carbohydrate, by difference g	58.30		0	NC	4		16.53	8.16	
Fiber, total dietary g	1.8		0		1		0.5	0.3	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	30	1.156	23		1		9	4	
Iron, Fe mg	2.43	0.063	23		1		0.69	0.34	
Magnesium, Mg mg	18	0.410	22		1		5	3	
Phosphorus, P mg	85	1.814	23		1		24	12	
Potassium, K mg	73	2.202	23		1		21	10	
Sodium, Na mg	281	5.292	23		1		80	39	
Zinc, Zn mg	0.58	0.020	22		1		0.16	0.08	
Copper, Cu mg	0.152	0.012	22		1		0.043	0.021	
Manganese, Mn mg	0.617	0.021	17		1		0.175	0.086	
Selenium, Se mcg	3.2		0	FLA	4		0.9	0.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	FLA	4		0.0	0.0	
Thiamin mg	0.293	0.012	28		1		0.083	0.041	
Riboflavin mg	0.220	0.011	28		1		0.062	0.031	
Niacin mg	2.481	0.123	28		1		0.703	0.347	
Pantothenic acid mg	0.377	0.009	8		1		0.107	0.053	
Vitamin B-6 mg	0.020	0.001	8		1		0.006	0.003	
Folate, total mcg	63		0	FLA	4		18	9	
Folic acid mcg	55		0	NC	4		16	8	
Folate, food mcg	8	0.046	8		1		2	1	
Folate, DFE mcg_DFE	102		0	NC	4		29	14	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.01		0	FLA	4		0.00	0.00	
Vitamin A, RAE mcg_RAE	1		0	NC	4		0	0	
Retinol mcg	1		0	NC	4		0	0	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	3		0	FLA	4		1	0	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	8.204		0	FLA	4		2.326	1.149	
4:0 g	0.000		0	FLA	4		0.000	0.000	
6:0 g	0.000		0	FLA	4		0.000	0.000	
8:0 g	0.000		0	FLA	4		0.000	0.000	
10:0 g	0.000		0	FLA	4		0.000	0.000	
12:0 g	0.000		0	FLA	4		0.000	0.000	
13:0 g									

NDB No. 18193

Cookies, shortbread, commercially prepared, pecan

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0 g	0.158		0	FLA	4		0.045	0.022	
15:0 g									
16:0 g	4.209		0	FLA	4		1.193	0.589	
17:0 g									
18:0 g	3.830		0	FLA	4		1.086	0.536	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	18.628		0	FLA	4		5.281	2.608	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.035		0		1		0.010	0.005	
17:1 g									
18:1 undifferentiated g	18.618		0	FLA	4		5.278	2.607	
20:1 g	0.047		0		1		0.013	0.007	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	4.122		0	FLA	4		1.169	0.577	
18:2 undifferentiated g	3.913		0	FLA	4		1.109	0.548	
18:3 undifferentiated g	0.206		0	FLA	4		0.058	0.029	
18:4 g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.001		0	FLA	4		0.000	0.000	
20:5 n-3 g	0.000		0		1		0.000	0.000	
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	33		1		1		9	5	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.080		0		1		0.023	0.011	
Threonine g	0.143		0		1		0.041	0.020	
Isoleucine g	0.192		0		1		0.054	0.027	
Leucine g	0.337		0		1		0.096	0.047	
Lysine g	0.178		0		1		0.050	0.025	
Methionine g	0.091		0		1		0.026	0.013	
Cystine g	0.112		0		1		0.032	0.016	
Phenylalanine g	0.239		0		1		0.068	0.033	
Tyrosine g	0.149		0		1		0.042	0.021	
Valine g	0.224		0		1		0.064	0.031	
Arginine g	0.276		0		1		0.078	0.039	
Histidine g	0.109		0		1		0.031	0.015	
Alanine g	0.163		0		1		0.046	0.023	
Aspartic acid g	0.252		0		1		0.071	0.035	
Glutamic acid g	1.509		0		1		0.428	0.211	
Glycine g	0.179		0		1		0.051	0.025	
Proline g	0.490		0		1		0.139	0.069	
Serine g	0.259		0		1		0.073	0.036	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 14.0g: 1 cookie (2" dia)

Calories Factors: Protein 4 **Fat** 8.7 **Carbohydrate** 4.1

NDB No. 18193
Cookies, shortbread, commercially prepared, pecan

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18192
Cookies, shortbread, commercially prepared, plain

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	3.70	0.364	17		1		1.05	0.30	
Energy kcal	502		0	NC	4		142	40	
Energy kj	2100		0		4		595	168	
Protein (N x 5.8) g	6.10	0.187	17		1		1.73	0.49	
Total lipid (fat) g	24.10	0.485	18		1		6.83	1.93	
Ash g	1.50	0.075	17		1		0.43	0.12	
Carbohydrate, by difference g	64.50		0	NC	4		18.29	5.16	
Fiber, total dietary g	1.8		0		1		0.5	0.1	
Sugars, total g	15.08		0	FLC	4		4.27	1.21	
Starch g									
Minerals:									
Calcium, Ca mg	35	4.198	19		1		10	3	
Iron, Fe mg	2.74	0.118	23		1		0.78	0.22	
Magnesium, Mg mg	17	0.271	15		1		5	1	
Phosphorus, P mg	108	5.517	15		1		31	9	
Potassium, K mg	100	4.379	16		1		28	8	
Sodium, Na mg	455	18.596	17		1		129	36	
Zinc, Zn mg	0.53	0.018	19		1		0.15	0.04	
Copper, Cu mg	0.144	0.013	13		1		0.041	0.012	
Manganese, Mn mg	0.428	0.018	8		1		0.121	0.034	
Selenium, Se mcg	7.3		0	FLA	4		2.1	0.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	FLA	4		0.0	0.0	
Thiamin mg	0.330	0.015	16		1		0.094	0.026	
Riboflavin mg	0.329	0.014	16		1		0.093	0.026	
Niacin mg	3.339	0.137	16		1		0.947	0.267	
Pantothenic acid mg	0.302		0		4		0.086	0.024	
Vitamin B-6 mg	0.081		0	FLA	4		0.023	0.006	
Folate, total mcg	70		0	FLC	4		20	6	
Folic acid mcg	61		0		4		17	5	
Folate, food mcg	9	1.023	3		1		3	1	
Folate, DFE mcg_DFE	113		0	NC	4		32	9	
Choline, total mg	14.2		0	FLC	4		4.0	1.1	
Betaine mg									
Vitamin B-12 mcg	0.09		0	FLA	4		0.03	0.01	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	18		0	NC	4		5	1	
Retinol mcg	17		0	FLC	4		5	1	
Carotene, beta mcg	13		0	FLC	4		4	1	
Carotene, alpha mcg	8		0	FLC	4		2	1	
Cryptoxanthin, beta mcg	1		0	FLC	4		0	0	
Vitamin A, IU IU	86		0	NC	4		24	7	
Lycopene mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin mcg	203		0	FLC	4		57	16	
Vitamin E (alpha-tocopherol) mg	0.33		0	FLC	4		0.09	0.03	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	9.8		0	FLC	4		2.8	0.8	
Lipids:									
Fatty acids, total saturated g	6.106		0	FLA	4		1.731	0.488	
4:0 g	0.000		0	FLA	4		0.000	0.000	
6:0 g	0.000		0	FLA	4		0.000	0.000	
8:0 g	0.000		0	FLA	4		0.000	0.000	
10:0 g	0.000		0	FLA	4		0.000	0.000	

NDB No. 18192

Cookies, shortbread, commercially prepared, plain

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0	FLA	4		0.000	0.000	
13:0 g									
14:0 g	0.115		0	FLA	4		0.033	0.009	
15:0 g									
16:0 g	3.208		0	FLA	4		0.909	0.257	
17:0 g									
18:0 g	2.775		0	FLA	4		0.787	0.222	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	13.420		0	FLA	4		3.805	1.074	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.022		0	FLA	4		0.006	0.002	
17:1 g									
18:1 undifferentiated g	13.395		0	FLA	4		3.797	1.072	
20:1 g	0.002		0	FLA	4		0.001	0.000	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	3.233		0	FLA	4		0.917	0.259	
18:2 undifferentiated g	3.057		0	FLA	4		0.867	0.245	
18:3 undifferentiated g	0.155		0	FLA	4		0.044	0.012	
18:4 g	0.001		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.011		0	FLA	4		0.003	0.001	
20:5 n-3 g	0.006		0	FLA	4		0.002	0.000	
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 g	0.004		0	FLA	4		0.001	0.000	
Fatty acids, total trans g									
Cholesterol mg	20	6.607	3		1		6	2	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.084		0		1		0.024	0.007	
Threonine g	0.195		0		1		0.055	0.016	
Isoleucine g	0.251		0		1		0.071	0.020	
Leucine g	0.451		0		1		0.128	0.036	
Lysine g	0.253		0		1		0.072	0.020	
Methionine g	0.119		0		1		0.034	0.010	
Cystine g	0.134		0		1		0.038	0.011	
Phenylalanine g	0.295		0		1		0.084	0.024	
Tyrosine g	0.191		0		1		0.054	0.015	
Valine g	0.290		0		1		0.082	0.023	
Arginine g	0.259		0		1		0.073	0.021	
Histidine g	0.131		0		1		0.037	0.010	
Alanine g	0.224		0		1		0.064	0.018	
Aspartic acid g	0.327		0		1		0.093	0.026	
Glutamic acid g	1.768		0		1		0.501	0.141	
Glycine g	0.208		0		1		0.059	0.017	
Proline g	0.598		0		1		0.170	0.048	
Serine g	0.343		0		1		0.097	0.027	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLC	4		0	0	
Theobromine mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18192

Cookies, shortbread, commercially prepared, plain

Measure 1 = 28.35g: 1 oz

Measure 2 = 8.0g: 1 cookie (1-5/8" square)

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18209

Cookies, sugar wafers with creme filling, regular

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	1.00	0.189	12		1		0.28	0.09	0.04
Energy kcal	511		0	NC	4		145	46	18
Energy kj	2138		0		4		606	192	75
Protein (N x 5.7) g	4.10	0.219	16		1		1.16	0.37	0.14
Total lipid (fat) g	24.30	0.764	15		1		6.89	2.19	0.85
Ash g	0.50	0.048	12		1		0.14	0.05	0.02
Carbohydrate, by difference g	70.10		0		4		19.87	6.31	2.45
Fiber, total dietary g	0.6		0		4		0.2	0.1	0.0
Sugars, total g	35.44		0	FLC	4		10.05	3.19	1.24
Starch g									
Minerals:									
Calcium, Ca mg	18	2.899	17		1		5	2	1
Iron, Fe mg	1.95	0.234	16		1		0.55	0.18	0.07
Magnesium, Mg mg	11	0.362	14		1		3	1	0
Phosphorus, P mg	56	1.676	14		1		16	5	2
Potassium, K mg	59	3.297	15		1		17	5	2
Sodium, Na mg	147	10.923	16		1		42	13	5
Zinc, Zn mg	0.35	0.008	13		1		0.10	0.03	0.01
Copper, Cu mg	0.091	0.008	14		1		0.026	0.008	0.003
Manganese, Mn mg	0.276	0.014	6		1		0.078	0.025	0.010
Selenium, Se mcg	2.4		0	FLA	4		0.7	0.2	0.1
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin mg	0.102	0.021	13		1		0.029	0.009	0.004
Riboflavin mg	0.196	0.016	14		1		0.056	0.018	0.007
Niacin mg	2.432	0.123	14		1		0.689	0.219	0.085
Pantothenic acid mg	0.195		0	FLA	4		0.055	0.018	0.007
Vitamin B-6 mg	0.014		0	FLA	4		0.004	0.001	0.000
Folate, total mcg	52		0	FLC	4		15	5	2
Folic acid mcg	45		0		4		13	4	2
Folate, food mcg	7		0		4		2	1	0
Folate, DFE mcg_DFE	84		0	NC	4		24	8	3
Choline, total mg	3.7		0	FLC	4		1.0	0.3	0.1
Betaine mg									
Vitamin B-12 mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	0
Retinol mcg	0		0	FLC	4		0	0	0
Carotene, beta mcg	0		0	FLC	4		0	0	0
Carotene, alpha mcg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta mcg	0		0	FLC	4		0	0	0
Vitamin A, IU IU	0		0	NC	4		0	0	0
Lycopene mcg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin mcg	1		0	FLC	4		0	0	0
Vitamin E (alpha-tocopherol) mg	1.95		0	FLC	4		0.55	0.18	0.07
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	6.0		0	FLC	4		1.7	0.5	0.2
Lipids:									
Fatty acids, total saturated g	3.622		0	FLA	4		1.027	0.326	0.127
4:0 g	0.000		0	FLA	4		0.000	0.000	0.000
6:0 g	0.000		0	FLA	4		0.000	0.000	0.000
8:0 g	0.000		0	FLA	4		0.000	0.000	0.000
10:0 g	0.000		0	FLA	4		0.000	0.000	0.000

NDB No. 18209

Cookies, sugar wafers with creme filling, regular

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0	FLA	4		0.000	0.000	0.000
13:0 g									
14:0 g	0.025		0	FLA	4		0.007	0.002	0.001
15:0 g									
16:0 g	2.394		0	FLA	4		0.679	0.215	0.084
17:0 g									
18:0 g	1.200		0	FLA	4		0.340	0.108	0.042
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	10.331		0	FLA	4		2.929	0.930	0.362
14:1 g									
15:1 g									
16:1 undifferentiated g	0.097		0	FLA	4		0.027	0.009	0.003
17:1 g									
18:1 undifferentiated g	10.210		0	FLA	4		2.895	0.919	0.357
20:1 g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	9.158		0	FLA	4		2.596	0.824	0.321
18:2 undifferentiated g	8.503		0	FLA	4		2.411	0.765	0.298
18:3 undifferentiated g	0.632		0	FLA	4		0.179	0.057	0.022
18:4 g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.059		0		4		0.017	0.005	0.002
Threonine g	0.115		0		4		0.033	0.010	0.004
Isoleucine g	0.156		0		4		0.044	0.014	0.005
Leucine g	0.281		0		4		0.080	0.025	0.010
Lysine g	0.144		0		4		0.041	0.013	0.005
Methionine g	0.070		0		4		0.020	0.006	0.002
Cystine g	0.089		0		4		0.025	0.008	0.003
Phenylalanine g	0.194		0		4		0.055	0.017	0.007
Tyrosine g	0.118		0		4		0.033	0.011	0.004
Valine g	0.181		0		4		0.051	0.016	0.006
Arginine g	0.156		0		4		0.044	0.014	0.005
Histidine g	0.083		0		4		0.024	0.007	0.003
Alanine g	0.126		0		4		0.036	0.011	0.004
Aspartic acid g	0.174		0		4		0.049	0.016	0.006
Glutamic acid g	1.344		0		4		0.381	0.121	0.047
Glycine g	0.138		0		4		0.039	0.012	0.005
Proline g	0.453		0		4		0.128	0.041	0.016
Serine g	0.215		0		4		0.061	0.019	0.008
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	FLC	4		0	0	0
Theobromine mg	0		0	FLC	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18209

Cookies, sugar wafers with creme filling, regular

Measure 1 = 28.35g: 1 oz

Measure 2 = 9.0g: 1 wafer, large (3-1/2" x 1" x 1/2")

Measure 3 = 3.5g: 1 wafer, small (2-1/2" x 3/4" x 1/4")

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18202

Cookies, sugar wafers with creme filling, special dietary

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	4.40	0.287	3		1		1.25	0.18	
Energy kcal	502		0	NC	4		142	20	
Energy kj	2100				4		595	84	
Protein (N x 5.7) g	3.10	0.004	3		1		0.88	0.12	
Total lipid (fat) g	25.70	0.751	3		1		7.29	1.03	
Ash g	0.90	0.168	3		1		0.26	0.04	
Carbohydrate, by difference g	66.00		0	NC	4		18.71	2.64	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	53	3.867	3		1		15	2	
Iron, Fe mg	1.44	0.030	3		1		0.41	0.06	
Magnesium, Mg mg	6	0.443	3		1		2	0	
Phosphorus, P mg	34	6.017	3		1		10	1	
Potassium, K mg	61	6.950	3		1		17	2	
Sodium, Na mg	9	8.111	3		1		3	0	
Zinc, Zn mg	0.20	0.014	3		1		0.06	0.01	
Copper, Cu mg	0.038	0.003	3		1		0.011	0.002	
Manganese, Mn mg	0.254		0	FLA	4		0.072	0.010	
Selenium, Se mcg	6.3		0	FLA	4		1.8	0.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0	0.000	3		1		0.0	0.0	
Thiamin mg	0.164	0.010	3		1		0.046	0.007	
Riboflavin mg	0.107	0.002	3		1		0.030	0.004	
Niacin mg	1.533	0.077	3		1		0.435	0.061	
Pantothenic acid mg	0.098	0.007	3		1		0.028	0.004	
Vitamin B-6 mg	0.009	0.001	3		1		0.003	0.000	
Folate, total mcg	42		0	FLA	4		12	2	
Folic acid mcg	38		0	NC	4		11	2	
Folate, food mcg	4	0.292	3		1		1	0	
Folate, DFE mcg_DFE	69		0	NC	4		19	3	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.00	0.000	3		1		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	0	0.023	3		1		0	0	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	3.829		0	FLA	4		1.086	0.153	
4:0 g	0.000		0	FLA	4		0.000	0.000	
6:0 g	0.000		0	FLA	4		0.000	0.000	
8:0 g	0.000		0	FLA	4		0.000	0.000	
10:0 g	0.000		0	FLA	4		0.000	0.000	
12:0 g	0.000		0	FLA	4		0.000	0.000	
13:0 g									

NDB No. 18202

Cookies, sugar wafers with creme filling, special dietary

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.026		0	FLA	4		0.007	0.001	
15:0....g									
16:0....g	2.530		0	FLA	4		0.717	0.101	
17:0....g									
18:0....g	1.270		0	FLA	4		0.360	0.051	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.932		0	FLA	4		3.099	0.437	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.103		0	FLA	4		0.029	0.004	
17:1....g									
18:1 undifferentiated....g	10.804		0	FLA	4		3.063	0.432	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	9.684		0	FLA	4		2.745	0.387	
18:2 undifferentiated....g	8.991		0	FLA	4		2.549	0.360	
18:3 undifferentiated....g	0.668		0	FLA	4		0.189	0.027	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0	0.000	3		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.044		0		1		0.012	0.002	
Threonine....g	0.085		0		1		0.024	0.003	
Isoleucine....g	0.116		0		1		0.033	0.005	
Leucine....g	0.209		0		1		0.059	0.008	
Lysine....g	0.107		0		1		0.030	0.004	
Methionine....g	0.052		0		1		0.015	0.002	
Cystine....g	0.067		0		1		0.019	0.003	
Phenylalanine....g	0.145		0		1		0.041	0.006	
Tyrosine....g	0.088		0		1		0.025	0.004	
Valine....g	0.135		0		1		0.038	0.005	
Arginine....g	0.117		0		1		0.033	0.005	
Histidine....g	0.062		0		1		0.018	0.002	
Alanine....g	0.093		0		1		0.026	0.004	
Aspartic acid....g	0.128		0		1		0.036	0.005	
Glutamic acid....g	1.014		0		1		0.287	0.041	
Glycine....g	0.104		0		1		0.029	0.004	
Proline....g	0.342		0		1		0.097	0.014	
Serine....g	0.161		0		1		0.046	0.006	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 4.0g: 1 wafer

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4

NDB No. 18202
Cookies, sugar wafers with creme filling, special dietary

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18204

Cookies, sugar, commercially prepared, regular (includes vanilla)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	4.80	0.586	3		1		1.36	0.72	
Energy kcal	478		0	NC	4		136	72	
Energy kj	2000		0		4		567	300	
Protein (N x 5.9) g	5.10	0.316	8		1		1.45	0.77	
Total lipid (fat) g	21.10	0.771	8		1		5.98	3.17	
Ash g	1.20	0.129	4		1		0.34	0.18	
Carbohydrate, by difference g	67.90		0	NC	4		19.25	10.19	
Fiber, total dietary g	0.8		0		4		0.2	0.1	
Sugars, total g	37.70		0	FLC	4		10.69	5.66	
Starch g									
Minerals:									
Calcium, Ca mg	21	4.514	5		1		6	3	
Iron, Fe mg	2.14	0.171	5		1		0.61	0.32	
Magnesium, Mg mg	12	2.413	3		1		3	2	
Phosphorus, P mg	80	10.797	3		1		23	12	
Potassium, K mg	63		2		1		18	9	
Sodium, Na mg	357	35.150	7		1		101	54	
Zinc, Zn mg	0.43		2		1		0.12	0.06	
Copper, Cu mg	0.073		0	FLA	4		0.021	0.011	
Manganese, Mn mg	0.010		0	FLA	4		0.003	0.002	
Selenium, Se mcg	2.1		2	A	1		0.6	0.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.1		0		4		0.0	0.0	
Thiamin mg	0.233	0.052	5		1		0.066	0.035	
Riboflavin mg	0.214	0.013	5		1		0.061	0.032	
Niacin mg	2.691	0.204	4		1		0.763	0.404	
Pantothenic acid mg	0.237		0	FLA	4		0.067	0.036	
Vitamin B-6 mg	0.056		1		1		0.016	0.008	
Folate, total mcg	53		0	FLC	4		15	8	
Folic acid mcg	42		0		4		12	6	
Folate, food mcg	11		0		4		3	2	
Folate, DFE mcg_DFE	82		0	NC	4		23	12	
Choline, total mg	29.3		0	FLC	4		8.3	4.4	
Betaine mg									
Vitamin B-12 mcg	0.19		0	FLA	4		0.05	0.03	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	26		0	NC	4		7	4	
Retinol mcg	26		0	FLC	4		7	4	
Carotene, beta mcg	1		0	FLC	4		0	0	
Carotene, alpha mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta mcg	1		0	FLC	4		0	0	
Vitamin A, IU IU	90		0	NC	4		26	14	
Lycopene mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin mcg	38		0	FLC	4		11	6	
Vitamin E (alpha-tocopherol) mg	0.27		0	FLC	4		0.08	0.04	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	8.6		0	FLC	4		2.4	1.3	
Lipids:									
Fatty acids, total saturated g	5.435		0	FLA	4		1.541	0.815	
4:0 g	0.001		0	FLA	4		0.000	0.000	
6:0 g	0.000		0	FLA	4		0.000	0.000	
8:0 g	0.000		0	FLA	4		0.000	0.000	
10:0 g	0.000		0	FLA	4		0.000	0.000	

NDB No. 18204

Cookies, sugar, commercially prepared, regular (includes vanilla)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0	FLA	4		0.000	0.000	
13:0 g									
14:0 g	0.104		0	FLA	4		0.029	0.016	
15:0 g									
16:0 g	2.856		0	FLA	4		0.810	0.428	
17:0 g									
18:0 g	2.469		0	FLA	4		0.700	0.370	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	11.836		0	FLA	4		3.356	1.775	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.030		0	FLA	4		0.009	0.005	
17:1 g									
18:1 undifferentiated g	11.802		0	FLA	4		3.346	1.770	
20:1 g	0.003		0	FLA	4		0.001	0.000	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	2.660		0	FLA	4		0.754	0.399	
18:2 undifferentiated g	2.500		0	FLA	4		0.709	0.375	
18:3 undifferentiated g	0.130		0	FLA	4		0.037	0.020	
18:4 g	0.002		0	FLA	4		0.001	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.016		0	FLA	4		0.005	0.002	
20:5 n-3 g	0.008		0	FLA	4		0.002	0.001	
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 g	0.005		0	FLA	4		0.001	0.001	
Fatty acids, total trans g									
Cholesterol mg	51		1		1		14	8	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.070		0		1		0.020	0.011	
Threonine g	0.179		0		1		0.051	0.027	
Isoleucine g	0.230		0		1		0.065	0.035	
Leucine g	0.390		0		1		0.111	0.059	
Lysine g	0.256		0		1		0.073	0.038	
Methionine g	0.110		0		1		0.031	0.017	
Cystine g	0.104		0		1		0.029	0.016	
Phenylalanine g	0.250		0		1		0.071	0.038	
Tyrosine g	0.175		0		1		0.050	0.026	
Valine g	0.263		0		1		0.075	0.039	
Arginine g	0.221		0		1		0.063	0.033	
Histidine g	0.112		0		1		0.032	0.017	
Alanine g	0.190		0		1		0.054	0.029	
Aspartic acid g	0.310		0		1		0.088	0.047	
Glutamic acid g	1.355		0		1		0.384	0.203	
Glycine g	0.164		0		1		0.046	0.025	
Proline g	0.469		0		1		0.133	0.070	
Serine g	0.298		0		1		0.084	0.045	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLC	4		0	0	
Theobromine mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18204

Cookies, sugar, commercially prepared, regular (includes vanilla)

Measure 1 = 28.35g: 1 oz

Measure 2 = 15.0g: 1 cookie

Calories Factors: **Protein** 4.2 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18203

Cookies, sugar, commercially prepared, special dietary

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	5.70		1		1		1.62	0.40	
Energy....kcal	431		0	NC	4		122	30	
Energy....kj	1803		0		4		511	126	
Protein (N x 5.7)....g	4.10		1	A	1		1.16	0.29	
Total lipid (fat)....g	13.00		1		1		3.69	0.91	
Ash....g	0.40		1		1		0.11	0.03	
Carbohydrate, by difference....g	76.80		0	NC	4		21.77	5.38	
Fiber, total dietary....g	0.9		0		4		0.3	0.1	
Sugars, total....g	34.17		0	FLC	4		9.69	2.39	
Starch....g									
Minerals:									
Calcium, Ca....mg	25		0	FLA	4		7	2	
Iron, Fe....mg	4.01		0	FLA	4		1.14	0.28	
Magnesium, Mg....mg	9		0	FLA	4		3	1	
Phosphorus, P....mg	73		0	FLA	4		21	5	
Potassium, K....mg	104		1		1		29	7	
Sodium, Na....mg	3		1		1		1	0	
Zinc, Zn....mg	0.34		0	FLA	4		0.10	0.02	
Copper, Cu....mg	0.150		0	FLA	4		0.043	0.011	
Manganese, Mn....mg	0.343		0	FLA	4		0.097	0.024	
Selenium, Se....mcg	2.8		0	FLA	4		0.8	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.481		0	FLA	4		0.136	0.034	
Riboflavin....mg	0.232		0	FLA	4		0.066	0.016	
Niacin....mg	3.659		0	FLA	4		1.037	0.256	
Pantothenic acid....mg	0.247		0	FLA	4		0.070	0.017	
Vitamin B-6....mg	0.018		0	FLA	4		0.005	0.001	
Folate, total....mcg	70		0	FLC	4		20	5	
Folic acid....mcg	63		0		4		18	4	
Folate, food....mcg	7		0		4		2	0	
Folate, DFE....mcg_DFE	114		0	NC	4		32	8	
Choline, total....mg	4.7		0	FLC	4		1.3	0.3	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	FLC	4		0	0	
Carotene, beta....mcg	0		0	FLC	4		0	0	
Carotene, alpha....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	0		0	NC	4		0	0	
Lycopene....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....mcg	1		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.99		0	FLC	4		0.28	0.07	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	3.2		0	FLC	4		0.9	0.2	
Lipids:									
Fatty acids, total saturated....g	1.872		0	FLA	4		0.531	0.131	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 18203

Cookies, sugar, commercially prepared, special dietary

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0	FLA	4		0.000	0.000	
13:0 g									
14:0 g	0.013		0	FLA	4		0.004	0.001	
15:0 g									
16:0 g	1.247		0	FLA	4		0.354	0.087	
17:0 g									
18:0 g	0.608		0	FLA	4		0.172	0.043	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.243		0	FLA	4		1.486	0.367	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.050		0	FLA	4		0.014	0.004	
17:1 g									
18:1 undifferentiated g	5.180		0	FLA	4		1.469	0.363	
20:1 g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	4.755		0	FLA	4		1.348	0.333	
18:2 undifferentiated g	4.416		0	FLA	4		1.252	0.309	
18:3 undifferentiated g	0.327		0	FLA	4		0.093	0.023	
18:4 g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLC	4		0	0	
Theobromine mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 7.0g: 1 cookie, medium (1-5/8" dia)

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18208

Cookies, sugar, prepared from recipe, made with margarine

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	8.90		0		1		2.52	1.25	
Energy kcal	472		0	NC	4		134	66	
Energy kj	1975		0		4		560	276	
Protein (N x 0) g	5.90		0		1		1.67	0.83	
Total lipid (fat) g	23.40		0		1		6.63	3.28	
Ash g	1.80		0		1		0.51	0.25	
Carbohydrate, by difference g	60.00		0	NC	4		17.01	8.40	
Fiber, total dietary g	1.2		0		4		0.3	0.2	
Sugars, total g	24.86		0	RA	4		7.05	3.48	
Starch g									
Minerals:									
Calcium, Ca mg	73		0		1		21	10	
Iron, Fe mg	2.33		0		1		0.66	0.33	
Magnesium, Mg mg	12		0		1		3	2	
Phosphorus, P mg	90		0		1		26	13	
Potassium, K mg	77		0		1		22	11	
Sodium, Na mg	491		0		1		139	69	
Zinc, Zn mg	0.42		0		1		0.12	0.06	
Copper, Cu mg	0.078		0		1		0.022	0.011	
Manganese, Mn mg	0.316		0		1		0.090	0.044	
Selenium, Se mcg	17.6		0	RK	4		5.0	2.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.1		0		1		0.0	0.0	
Thiamin mg	0.294		0		1		0.083	0.041	
Riboflavin mg	0.257		0		1		0.073	0.036	
Niacin mg	2.443		0		1		0.693	0.342	
Pantothenic acid mg	0.240		0		1		0.068	0.034	
Vitamin B-6 mg	0.030		0		1		0.009	0.004	
Folate, total mcg	61		0	RA	4		17	9	
Folic acid mcg	51		0		4		14	7	
Folate, food mcg	11		0		1		3	2	
Folate, DFE mcg_DFE	98		0	NC	4		28	14	
Choline, total mg	27.3		0	RK	4		7.7	3.8	
Betaine mg									
Vitamin B-12 mcg	0.09		0		1		0.03	0.01	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	238		0	NC	4		67	33	
Retinol mcg	224		0	RA	4		63	31	
Carotene, beta mcg	169		0	RA	4		48	24	
Carotene, alpha mcg	0		0	RA	4		0	0	
Cryptoxanthin, beta mcg	1		0	RA	4		0	0	
Vitamin A, IU IU	1028		0	NC	4		292	144	
Lycopene mcg	0		0	RA	4		0	0	
Lutein + zeaxanthin mcg	28		0	RA	4		8	4	
Vitamin E (alpha-tocopherol) mg	2.57		0	RA	4		0.73	0.36	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	25.9		0	RA	4		7.3	3.6	
Lipids:									
Fatty acids, total saturated g	4.690		0		1		1.330	0.657	
4:0 g	0.004		0		1		0.001	0.001	
6:0 g	0.002		0		1		0.001	0.000	
8:0 g	0.001		0		1		0.000	0.000	
10:0 g	0.003		0		1		0.001	0.000	

NDB No. 18208

Cookies, sugar, prepared from recipe, made with margarine

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.003		0		1		0.001	0.000	
13:0 g									
14:0 g	0.068		0		1		0.019	0.010	
15:0 g									
16:0 g	2.911		0		1		0.825	0.408	
17:0 g									
18:0 g	1.694		0		1		0.480	0.237	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	10.189		0		1		2.889	1.426	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.021		0		1		0.006	0.003	
17:1 g									
18:1 undifferentiated g	10.166		0		1		2.882	1.423	
20:1 g	0.002		0		1		0.001	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	7.290		0		1		2.067	1.021	
18:2 undifferentiated g	6.962		0		1		1.974	0.975	
18:3 undifferentiated g	0.318		0		1		0.090	0.045	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.009		0		1		0.003	0.001	
20:5 n-3 g	0.000		0		1		0.000	0.000	
22:5 n-3 g	0.000		0		1		0.000	0.000	
22:6 n-3 g	0.002		0		1		0.001	0.000	
Fatty acids, total trans g									
Cholesterol mg	26		0		1		7	4	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.073		0		1		0.021	0.010	
Threonine g	0.184		0		1		0.052	0.026	
Isoleucine g	0.230		0		1		0.065	0.032	
Leucine g	0.430		0		1		0.122	0.060	
Lysine g	0.192		0		1		0.054	0.027	
Methionine g	0.118		0		1		0.033	0.017	
Cystine g	0.122		0		1		0.035	0.017	
Phenylalanine g	0.298		0		1		0.084	0.042	
Tyrosine g	0.193		0		1		0.055	0.027	
Valine g	0.264		0		1		0.075	0.037	
Arginine g	0.251		0		1		0.071	0.035	
Histidine g	0.134		0		1		0.038	0.019	
Alanine g	0.208		0		1		0.059	0.029	
Aspartic acid g	0.307		0		1		0.087	0.043	
Glutamic acid g	1.775		0		1		0.503	0.249	
Glycine g	0.204		0		1		0.058	0.029	
Proline g	0.618		0		1		0.175	0.087	
Serine g	0.315		0		1		0.089	0.044	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	RA	4		0	0	
Theobromine mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18208

Cookies, sugar, prepared from recipe, made with margarine

Measure 1 = 28.35g: 1 oz

Measure 2 = 14.0g: 1 cookie (3" dia)

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18205
Cookies, sugar, refrigerated dough

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	14.50	0.169	28		1		2.47	3.77	4.11
Energy....kcal	436		0	NC	4		74	113	124
Energy....kj	1824		0		4		310	474	517
Protein (N x 5.8)....g	4.20	0.165	23		1		0.71	1.09	1.19
Total lipid (fat)....g	20.70	0.465	25		1		3.52	5.38	5.87
Ash....g	1.50	0.108	25		1		0.26	0.39	0.43
Carbohydrate, by difference....g	59.00		0	NC	4		10.03	15.34	16.73
Fiber, total dietary....g	0.7		0		4		0.1	0.2	0.2
Sugars, total....g	21.56		0	FLC	4		3.67	5.61	6.11
Starch....g									
Minerals:									
Calcium, Ca....mg	81	10.666	17		1		14	21	23
Iron, Fe....mg	1.65	0.157	11		1		0.28	0.43	0.47
Magnesium, Mg....mg	7	0.360	11		1		1	2	2
Phosphorus, P....mg	169	5.121	11		1		29	44	48
Potassium, K....mg	147	66.352	7		1		25	38	42
Sodium, Na....mg	422	39.068	19		1		72	110	120
Zinc, Zn....mg	0.24	0.011	11		1		0.04	0.06	0.07
Copper, Cu....mg	0.037	0.002	19		1		0.006	0.010	0.010
Manganese, Mn....mg	0.308		0	FLA	4		0.052	0.080	0.087
Selenium, Se....mcg	3.1		0	FLA	4		0.5	0.8	0.9
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	3		1		0.0	0.0	0.0
Thiamin....mg	0.205	0.023	13		1		0.035	0.053	0.058
Riboflavin....mg	0.122	0.011	15		1		0.021	0.032	0.035
Niacin....mg	2.412	0.333	13		1		0.410	0.627	0.684
Pantothenic acid....mg	0.246		0	FLA	4		0.042	0.064	0.070
Vitamin B-6....mg	0.019		0	FLA	4		0.003	0.005	0.005
Folate, total....mcg	63		0	FLC	4		11	16	18
Folic acid....mcg	55		0		4		9	14	16
Folate, food....mcg	8		0		4		1	2	2
Folate, DFE....mcg_DFE	102		0	NC	4		17	26	29
Choline, total....mg	8.8		0	FLC	4		1.5	2.3	2.5
Betaine....mg									
Vitamin B-12....mcg	0.02		0	FLA	4		0.00	0.01	0.01
Vitamin A, RAE....mcg_RAE	11		0	NC	4		2	3	3
Retinol....mcg	11		0	FLC	4		2	3	3
Carotene, beta....mcg	0		0	FLC	4		0	0	0
Carotene, alpha....mcg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	FLC	4		0	0	0
Vitamin A, IU....IU	37		0	NC	4		6	10	10
Lycopene....mcg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin....mcg	8		0	FLC	4		1	2	2
Vitamin E (alpha-tocopherol)....mg	0.19		0	FLC	4		0.03	0.05	0.05
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	8.8		0	FLC	4		1.5	2.3	2.5
Lipids:									
Fatty acids, total saturated....g	5.265		0	FLA	4		0.895	1.369	1.493
4:0....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0....g	0.000		0	FLA	4		0.000	0.000	0.000
13:0....g									

NDB No. 18205
Cookies, sugar, refrigerated dough

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0 g	0.102		0	FLA	4		0.017	0.027	0.029
15:0 g									
16:0 g	2.711		0	FLA	4		0.461	0.705	0.769
17:0 g									
18:0 g	2.448		0	FLA	4		0.416	0.636	0.694
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	11.761		0	FLA	4		1.999	3.058	3.334
14:1 g									
15:1 g									
16:1 undifferentiated g	0.007		0	FLA	4		0.001	0.002	0.002
17:1 g									
18:1 undifferentiated g	11.753		0	FLA	4		1.998	3.056	3.332
20:1 g	0.001		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	2.620		0	FLA	4		0.445	0.681	0.743
18:2 undifferentiated g	2.485		0	FLA	4		0.422	0.646	0.704
18:3 undifferentiated g	0.132		0	FLA	4		0.022	0.034	0.037
18:4 g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.003		0	FLA	4		0.001	0.001	0.001
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 g	0.001		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	29	2.106	13		1		5	8	8
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.059		0		1		0.010	0.015	0.017
Threonine g	0.138		0		1		0.023	0.036	0.039
Isoleucine g	0.178		0		1		0.030	0.046	0.050
Leucine g	0.306		0		1		0.052	0.080	0.087
Lysine g	0.185		0		1		0.031	0.048	0.052
Methionine g	0.086		0		1		0.015	0.022	0.024
Cystine g	0.094		0		1		0.016	0.024	0.027
Phenylalanine g	0.207		0		1		0.035	0.054	0.059
Tyrosine g	0.134		0		1		0.023	0.035	0.038
Valine g	0.204		0		1		0.035	0.053	0.058
Arginine g	0.184		0		1		0.031	0.048	0.052
Histidine g	0.090		0		1		0.015	0.023	0.026
Alanine g	0.154		0		1		0.026	0.040	0.044
Aspartic acid g	0.236		0		1		0.040	0.061	0.067
Glutamic acid g	1.207		0		1		0.205	0.314	0.342
Glycine g	0.144		0		1		0.024	0.037	0.041
Proline g	0.403		0		1		0.069	0.105	0.114
Serine g	0.246		0		1		0.042	0.064	0.070
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	FLC	4		0	0	0
Theobromine mg	0		0	FLC	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 17g: 1 cookie dough for 1rolled cookie

NDB No. 18205
Cookies, sugar, refrigerated dough

Measure 2 = 26g: 1 cookie 1 pre-sliced cookie dough
Measure 3 = 28.35g: 1 oz

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18206
Cookies, sugar, refrigerated dough, baked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	5.00		0		1		0.75	1.15	1.42
Energy kcal	484		0	NC	4		73	111	137
Energy kj	2025		0		4		304	466	574
Protein (N x 0) g	4.70		0		1		0.71	1.08	1.33
Total lipid (fat) g	23.10		0		1		3.47	5.31	6.55
Ash g	1.70		0		1		0.26	0.39	0.48
Carbohydrate, by difference g	65.60		0	NC	4		9.84	15.09	18.60
Fiber, total dietary g	0.8		0		1		0.1	0.2	0.2
Sugars, total g	23.96		0	RPI	6		3.59	5.51	6.79
Starch g									
Minerals:									
Calcium, Ca mg	90		0		1		14	21	26
Iron, Fe mg	1.84		0		1		0.28	0.42	0.52
Magnesium, Mg mg	8		0		1		1	2	2
Phosphorus, P mg	187		0		1		28	43	53
Potassium, K mg	163		0		1		24	37	46
Sodium, Na mg	468		0		1		70	108	133
Zinc, Zn mg	0.27		0		1		0.04	0.06	0.08
Copper, Cu mg	0.041		0		1		0.006	0.009	0.012
Manganese, Mn mg	0.289		0		4		0.043	0.066	0.082
Selenium, Se mcg	3.5		0	RK	4		0.5	0.8	1.0
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	0.0
Thiamin mg	0.182		0		1		0.027	0.042	0.052
Riboflavin mg	0.122		0		1		0.018	0.028	0.035
Niacin mg	2.412		0		1		0.362	0.555	0.684
Pantothenic acid mg	0.151		0		4		0.023	0.035	0.043
Vitamin B-6 mg	0.023		0		4		0.003	0.005	0.007
Folate, total mcg	70		0	RPI	6		11	16	20
Folic acid mcg	64		0		4		10	15	18
Folate, food mcg	6		0		4		1	1	2
Folate, DFE mcg_DFE	115		0	NC	4		17	26	33
Choline, total mg	9.3		0	RK	4		1.4	2.1	2.6
Betaine mg									
Vitamin B-12 mcg	0.07		0		4		0.01	0.02	0.02
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	12		0	NC	4		2	3	3
Retinol mcg	12		0	RPI	6		2	3	3
Carotene, beta mcg	0		0	RPI	6		0	0	0
Carotene, alpha mcg	0		0	RPI	6		0	0	0
Cryptoxanthin, beta mcg	0		0	RPI	6		0	0	0
Vitamin A, IU IU	41		0	NC	4		6	9	12
Lycopene mcg	0		0	RPI	6		0	0	0
Lutein + zeaxanthin mcg	9		0	RPI	6		1	2	2
Vitamin E (alpha-tocopherol) mg	0.21		0	RPI	6		0.03	0.05	0.06
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	9.8		0	RPI	6		1.5	2.2	2.8
Lipids:									
Fatty acids, total saturated g	5.906		0		1		0.886	1.358	1.674
4:0 g	0.000		0		1		0.000	0.000	0.000
6:0 g	0.000		0		1		0.000	0.000	0.000
8:0 g	0.000		0		1		0.000	0.000	0.000
10:0 g	0.000		0		1		0.000	0.000	0.000

NDB No. 18206

Cookies, sugar, refrigerated dough, baked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0		1		0.000	0.000	0.000
13:0 g									
14:0 g	0.112		0		1		0.017	0.026	0.032
15:0 g									
16:0 g	3.081		0		1		0.462	0.709	0.873
17:0 g									
18:0 g	2.709		0		1		0.406	0.623	0.768
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	13.010		0		1		1.952	2.992	3.688
14:1 g									
15:1 g									
16:1 undifferentiated g	0.028		0		1		0.004	0.006	0.008
17:1 g									
18:1 undifferentiated g	12.979		0		1		1.947	2.985	3.680
20:1 g	0.003		0		1		0.000	0.001	0.001
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	2.891		0		1		0.434	0.665	0.820
18:2 undifferentiated g	2.731		0		1		0.410	0.628	0.774
18:3 undifferentiated g	0.143		0		1		0.021	0.033	0.041
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.013		0		1		0.002	0.003	0.004
20:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 g	0.003		0		1		0.000	0.001	0.001
Fatty acids, total trans g									
Cholesterol mg	32		0		1		5	7	9
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.066		0		1		0.010	0.015	0.019
Threonine g	0.153		0		1		0.023	0.035	0.043
Isoleucine g	0.197		0		1		0.030	0.045	0.056
Leucine g	0.340		0		1		0.051	0.078	0.096
Lysine g	0.205		0		1		0.031	0.047	0.058
Methionine g	0.096		0		1		0.014	0.022	0.027
Cystine g	0.105		0		1		0.016	0.024	0.030
Phenylalanine g	0.230		0		1		0.035	0.053	0.065
Tyrosine g	0.149		0		1		0.022	0.034	0.042
Valine g	0.227		0		1		0.034	0.052	0.064
Arginine g	0.205		0		1		0.031	0.047	0.058
Histidine g	0.100		0		1		0.015	0.023	0.028
Alanine g	0.171		0		1		0.026	0.039	0.048
Aspartic acid g	0.262		0		1		0.039	0.060	0.074
Glutamic acid g	1.341		0		1		0.201	0.308	0.380
Glycine g	0.160		0		1		0.024	0.037	0.045
Proline g	0.447		0		1		0.067	0.103	0.127
Serine g	0.273		0		1		0.041	0.063	0.077
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	RPI	6		0	0	0
Theobromine mg	0		0	RPI	6		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18206

Cookies, sugar, refrigerated dough, baked

Measure 1 = 15.0g: 1 cookie 1 rolled cookie dough

Measure 2 = 23g: 1 cookie 1 pre-sliced cookie dough

Measure 3 = 28.35g: 1 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18210
Cookies, vanilla sandwich with creme filling

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	2.20	0.098	32		1		0.62	0.33	0.22
Energy kcal	483		0	NC	4		137	72	48
Energy kj	2021		0		4		573	303	202
Protein (N x 5.7) g	4.50	0.093	39		1		1.28	0.68	0.45
Total lipid (fat) g	20.00	0.306	40		1		5.67	3.00	2.00
Ash g	1.20	0.048	34		1		0.34	0.18	0.12
Carbohydrate, by difference g	72.10		0		4		20.44	10.82	7.21
Fiber, total dietary g	1.5		0		4		0.4	0.2	0.2
Sugars, total g	39.30		0	FLC	4		11.14	5.89	3.93
Starch g									
Minerals:									
Calcium, Ca mg	27	2.837	38		1		8	4	3
Iron, Fe mg	2.21	0.060	40		1		0.63	0.33	0.22
Magnesium, Mg mg	14	0.354	31		1		4	2	1
Phosphorus, P mg	75	3.781	36		1		21	11	8
Potassium, K mg	91	6.964	33		1		26	14	9
Sodium, Na mg	349	12.440	36		1		99	52	35
Zinc, Zn mg	0.40	0.014	32		1		0.11	0.06	0.04
Copper, Cu mg	0.114	0.011	30		1		0.032	0.017	0.011
Manganese, Mn mg	0.292	0.014	24		1		0.083	0.044	0.029
Selenium, Se mcg	3.0		0	FLA	4		0.9	0.5	0.3
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		4		0.0	0.0	0.0
Thiamin mg	0.261	0.024	40		1		0.074	0.039	0.026
Riboflavin mg	0.243	0.009	41		1		0.069	0.036	0.024
Niacin mg	2.690	0.088	40		1		0.763	0.404	0.269
Pantothenic acid mg	0.394	0.008	8		1		0.112	0.059	0.039
Vitamin B-6 mg	0.018		0	FLA	4		0.005	0.003	0.002
Folate, total mcg	50		0	FLC	4		14	8	5
Folic acid mcg	46		0		4		13	7	5
Folate, food mcg	4	0.608	11		1		1	1	0
Folate, DFE mcg_DFE	82		0	NC	4		23	12	8
Choline, total mg	4.1		0	FLC	4		1.2	0.6	0.4
Betaine mg									
Vitamin B-12 mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	0
Retinol mcg	0		0	FLC	4		0	0	0
Carotene, beta mcg	0		0	FLC	4		0	0	0
Carotene, alpha mcg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta mcg	0		0	FLC	4		0	0	0
Vitamin A, IU IU	0		0	NC	4		0	0	0
Lycopene mcg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin mcg	1		0	FLC	4		0	0	0
Vitamin E (alpha-tocopherol) mg	1.60		0	FLC	4		0.45	0.24	0.16
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	5.0		0	FLC	4		1.4	0.7	0.5
Lipids:									
Fatty acids, total saturated g	2.979		0	FLA	4		0.845	0.447	0.298
4:0 g	0.000		0	FLA	4		0.000	0.000	0.000
6:0 g	0.000		0	FLA	4		0.000	0.000	0.000
8:0 g	0.000		0	FLA	4		0.000	0.000	0.000
10:0 g	0.000		0	FLA	4		0.000	0.000	0.000

NDB No. 18210

Cookies, vanilla sandwich with creme filling

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0	FLA	4		0.000	0.000	0.000
13:0 g									
14:0 g	0.020		0	FLA	4		0.006	0.003	0.002
15:0 g									
16:0 g	1.976		0	FLA	4		0.560	0.296	0.198
17:0 g									
18:0 g	0.979		0	FLA	4		0.278	0.147	0.098
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.437		0	FLA	4		2.392	1.266	0.844
14:1 g									
15:1 g									
16:1 undifferentiated g	0.080		0	FLA	4		0.023	0.012	0.008
17:1 g									
18:1 undifferentiated g	8.338		0	FLA	4		2.364	1.251	0.834
20:1 g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	7.551		0	FLA	4		2.141	1.133	0.755
18:2 undifferentiated g	7.011		0	FLA	4		1.988	1.052	0.701
18:3 undifferentiated g	0.520		0	FLA	4		0.147	0.078	0.052
18:4 g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.064		0		4		0.018	0.010	0.006
Threonine g	0.124		0		4		0.035	0.019	0.012
Isoleucine g	0.170		0		4		0.048	0.026	0.017
Leucine g	0.306		0		4		0.087	0.046	0.031
Lysine g	0.156		0		4		0.044	0.023	0.016
Methionine g	0.075		0		4		0.021	0.011	0.008
Cystine g	0.097		0		4		0.027	0.015	0.010
Phenylalanine g	0.212		0		4		0.060	0.032	0.021
Tyrosine g	0.128		0		4		0.036	0.019	0.013
Valine g	0.196		0		4		0.056	0.029	0.020
Arginine g	0.171		0		4		0.048	0.026	0.017
Histidine g	0.091		0		4		0.026	0.014	0.009
Alanine g	0.135		0		4		0.038	0.020	0.014
Aspartic acid g	0.187		0		4		0.053	0.028	0.019
Glutamic acid g	1.479		0		4		0.419	0.222	0.148
Glycine g	0.152		0		4		0.043	0.023	0.015
Proline g	0.499		0		4		0.141	0.075	0.050
Serine g	0.236		0		4		0.067	0.035	0.024
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	FLC	4		0	0	0
Theobromine mg	0		0	FLC	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18210

Cookies, vanilla sandwich with creme filling

Measure 1 = 28.35g: 1 oz

Measure 2 = 15.0g: 1 cookie, oval (3-1/8" x 1-1/4" x 3/8")

Measure 3 = 10.0g: 1 cookie, round (1-3/4" dia)

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18213
Cookies, vanilla wafers, higher fat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	4.20	0.297	14		1		1.19	0.25	
Energy kcal	473		0	NC	4		134	28	
Energy kj	1979				4		561	119	
Protein (N x 5.7) g	4.30	0.045	14		1		1.22	0.26	
Total lipid (fat) g	19.40	0.340	14		1		5.50	1.16	
Ash g	1.00	0.028	14		1		0.28	0.06	
Carbohydrate, by difference g	71.10		0		4		20.16	4.27	
Fiber, total dietary g	2.0		0		1		0.6	0.1	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	25	0.983	14		1		7	2	
Iron, Fe mg	2.21	0.133	14		1		0.63	0.13	
Magnesium, Mg mg	12	0.413	13		1		3	1	
Phosphorus, P mg	64	1.527	14		1		18	4	
Potassium, K mg	107	4.156	14		1		30	6	
Sodium, Na mg	306	6.537	14		1		87	18	
Zinc, Zn mg	0.33	0.013	10		1		0.09	0.02	
Copper, Cu mg	0.124	0.024	9		1		0.035	0.007	
Manganese, Mn mg	0.384	0.153	8		1		0.109	0.023	
Selenium, Se mcg	11.3	1.259	3	A	1		3.2	0.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	FLA	4		0.0	0.0	
Thiamin mg	0.361	0.023	14		1		0.102	0.022	
Riboflavin mg	0.209	0.016	14		1		0.059	0.013	
Niacin mg	2.976	0.153	14		1		0.844	0.179	
Pantothenic acid mg	0.284		0	FLA	4		0.081	0.017	
Vitamin B-6 mg	0.024		0	FLA	4		0.007	0.001	
Folate, total mcg	43		0	FLA	4		12	3	
Folic acid mcg	35		0	NC	4		10	2	
Folate, food mcg	8		0		4		2	0	
Folate, DFE mcg_DFE	68		0	NC	4		19	4	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.04		0	FLA	4		0.01	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	1		0	FLA	4		0	0	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	4.936		0	FLA	4		1.399	0.296	
4:0 g	0.001		0	FLA	4		0.000	0.000	
6:0 g	0.000		0	FLA	4		0.000	0.000	
8:0 g	0.000		0	FLA	4		0.000	0.000	
10:0 g	0.000		0	FLA	4		0.000	0.000	
12:0 g	0.000		0	FLA	4		0.000	0.000	
13:0 g									

NDB No. 18213
Cookies, vanilla wafers, higher fat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.097		0	FLA	4		0.027	0.006	
15:0....g									
16:0....g	2.526		0	FLA	4		0.716	0.152	
17:0....g									
18:0....g	2.307		0	FLA	4		0.654	0.138	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	11.076		0	FLA	4		3.140	0.665	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0	FLA	4		0.001	0.000	
17:1....g									
18:1 undifferentiated....g	11.074		0	FLA	4		3.139	0.664	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.437		0	FLA	4		0.691	0.146	
18:2 undifferentiated....g	2.314		0	FLA	4		0.656	0.139	
18:3 undifferentiated....g	0.123		0	FLA	4		0.035	0.007	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.062		0		4		0.018	0.004	
Threonine....g	0.131		0		4		0.037	0.008	
Isoleucine....g	0.169		0		4		0.048	0.010	
Leucine....g	0.303		0		4		0.086	0.018	
Lysine....g	0.165		0		4		0.047	0.010	
Methionine....g	0.073		0		4		0.021	0.004	
Cystine....g	0.093		0		4		0.026	0.006	
Phenylalanine....g	0.200		0		4		0.057	0.012	
Tyrosine....g	0.123		0		4		0.035	0.007	
Valine....g	0.193		0		4		0.055	0.012	
Arginine....g	0.163		0		4		0.046	0.010	
Histidine....g	0.087		0		4		0.025	0.005	
Alanine....g	0.136		0		4		0.039	0.008	
Aspartic acid....g	0.199		0		4		0.056	0.012	
Glutamic acid....g	1.375		0		4		0.390	0.083	
Glycine....g	0.141		0		4		0.040	0.008	
Proline....g	0.465		0		4		0.132	0.028	
Serine....g	0.226		0		4		0.064	0.014	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 6.0g: 1 wafer

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 4

NDB No. 18213
Cookies, vanilla wafers, higher fat

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18212
Cookies, vanilla wafers, lower fat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	5.10	0.111	47		1		4.08	1.45	0.31
Energy....kcal	441		0	NC	4		353	125	26
Energy....kj	1845		0		4		1476	523	111
Protein (N x 5.9)....g	5.00	0.055	48		1		4.00	1.42	0.30
Total lipid (fat)....g	15.20	0.219	46		1		12.16	4.31	0.91
Ash....g	1.10	0.023	45		1		0.88	0.31	0.07
Carbohydrate, by difference....g	73.60		0	NC	4		58.88	20.87	4.42
Fiber, total dietary....g	1.9		0		1		1.5	0.5	0.1
Sugars, total....g	37.50		0	FLC	4		30.00	10.63	2.25
Starch....g									
Minerals:									
Calcium, Ca....mg	48	1.163	51		1		38	14	3
Iron, Fe....mg	2.38	0.059	48		1		1.90	0.67	0.14
Magnesium, Mg....mg	14	0.624	47		1		11	4	1
Phosphorus, P....mg	104	1.755	47		1		83	29	6
Potassium, K....mg	97	1.863	46		1		78	27	6
Sodium, Na....mg	312	6.630	47		1		250	88	19
Zinc, Zn....mg	0.36	0.012	49		1		0.29	0.10	0.02
Copper, Cu....mg	0.100	0.009	45		1		0.080	0.028	0.006
Manganese, Mn....mg	0.262	0.009	44		1		0.210	0.074	0.016
Selenium, Se....mcg	11.3	1.259	3	A	1		9.0	3.2	0.7
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.275	0.011	45		1		0.220	0.078	0.017
Riboflavin....mg	0.320	0.017	45		1		0.256	0.091	0.019
Niacin....mg	3.106	0.083	46		1		2.485	0.881	0.186
Pantothenic acid....mg	0.410	0.083	4		1		0.328	0.116	0.025
Vitamin B-6....mg	0.073		2		1		0.058	0.021	0.004
Folate, total....mcg	60		0	FLA	4		48	17	4
Folic acid....mcg	51		0		4		41	14	3
Folate, food....mcg	9		0		4		7	3	1
Folate, DFE....mcg_DFE	96		0	NC	4		77	27	6
Choline, total....mg	27.6		0	FLC	4		22.1	7.8	1.7
Betaine....mg									
Vitamin B-12....mcg	0.13		0	FLA	4		0.10	0.04	0.01
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	8		0	NC	4		7	2	0
Retinol....mcg	8		0	FLA	4		6	2	0
Carotene, beta....mcg	1		0	FLA	4		1	0	0
Carotene, alpha....mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....mcg	1		0	FLA	4		1	0	0
Vitamin A, IU....IU	30		0	NC	4		24	8	2
Lycopene....mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....mcg	41		0	FLA	4		32	11	2
Vitamin E (alpha-tocopherol)....mg	0.23		0	FLA	4		0.19	0.07	0.01
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	6.0		0	FLA	4		4.8	1.7	0.4
Lipids:									
Fatty acids, total saturated....g	3.838		0	FLA	4		3.070	1.088	0.230
4:0....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0....g	0.000		0	FLA	4		0.000	0.000	0.000

NDB No. 18212
Cookies, vanilla wafers, lower fat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0	FLA	4		0.000	0.000	0.000
13:0 g									
14:0 g	0.060		0	FLA	4		0.048	0.017	0.004
15:0 g									
16:0 g	2.244		0	FLA	4		1.795	0.636	0.135
17:0 g									
18:0 g	1.543		0	FLA	4		1.234	0.437	0.093
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.544		0	FLA	4		5.235	1.855	0.393
14:1 g									
15:1 g									
16:1 undifferentiated g	0.031		0	FLA	4		0.025	0.009	0.002
17:1 g									
18:1 undifferentiated g	6.508		0	FLA	4		5.206	1.845	0.390
20:1 g	0.003		0	FLA	4		0.002	0.001	0.000
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	3.887		0	FLA	4		3.110	1.102	0.233
18:2 undifferentiated g	3.625		0	FLA	4		2.900	1.028	0.218
18:3 undifferentiated g	0.231		0	FLA	4		0.185	0.065	0.014
18:4 g	0.002		0	FLA	4		0.002	0.001	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.017		0	FLA	4		0.014	0.005	0.001
20:5 n-3 g	0.008		0	FLA	4		0.006	0.002	0.000
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 g	0.005		0	FLA	4		0.004	0.001	0.000
Fatty acids, total trans g									
Cholesterol mg	51		0	FLA	4		41	14	3
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.068		0		1		0.054	0.019	0.004
Threonine g	0.169		0		1		0.135	0.048	0.010
Isoleucine g	0.213		0		1		0.170	0.060	0.013
Leucine g	0.365		0		1		0.292	0.103	0.022
Lysine g	0.230		0		1		0.184	0.065	0.014
Methionine g	0.105		0		1		0.084	0.030	0.006
Cystine g	0.110		0		1		0.088	0.031	0.007
Phenylalanine g	0.243		0		1		0.194	0.069	0.015
Tyrosine g	0.160		0		1		0.128	0.045	0.010
Valine g	0.244		0		1		0.195	0.069	0.015
Arginine g	0.221		0		1		0.177	0.063	0.013
Histidine g	0.106		0		1		0.085	0.030	0.006
Alanine g	0.188		0		1		0.150	0.053	0.011
Aspartic acid g	0.297		0		1		0.238	0.084	0.018
Glutamic acid g	1.335		0		1		1.068	0.378	0.080
Glycine g	0.167		0		1		0.134	0.047	0.010
Proline g	0.444		0		1		0.355	0.126	0.027
Serine g	0.293		0		1		0.234	0.083	0.018
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	FLA	4		0	0	0
Theobromine mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18212
Cookies, vanilla wafers, lower fat

Measure 1 = 80g: 1 cup, crumbs
Measure 2 = 28.35g: 1 oz
Measure 3 = 6.0g: 1 large

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18236
Cracker meal

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	7.60	0.456	13		1		8.74	2.15	
Energy kcal	383		0	NC	4		441	109	
Energy kj	1603		0	NC	4		1844	455	
Protein (N x 5.7) g	9.30	0.267	16		1		10.70	2.64	
Total lipid (fat) g	1.70	0.156	15		1		1.96	0.48	
Ash g	0.60	0.094	13		1		0.69	0.17	
Carbohydrate, by difference g	80.90		0	NC	4		93.04	22.94	
Fiber, total dietary g	2.6		0		4		2.9	0.7	
Sugars, total g	0.33		0	FLC	4		0.38	0.09	
Starch g									
Minerals:									
Calcium, Ca mg	23	1.096	15		1		26	7	
Iron, Fe mg	4.64	0.143	16		1		5.34	1.32	
Magnesium, Mg mg	24	0.894	15		1		28	7	
Phosphorus, P mg	104	3.643	16		1		120	29	
Potassium, K mg	115	4.413	14		1		132	33	
Sodium, Na mg	28	8.883	13		1		32	8	
Zinc, Zn mg	0.69	0.042	15		1		0.79	0.20	
Copper, Cu mg	0.225	0.031	15		1		0.259	0.064	
Manganese, Mn mg	0.944	0.254	11		1		1.086	0.268	
Selenium, Se mcg	42.3		0	FLA	4		48.6	12.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	
Thiamin mg	0.696	0.036	14		1		0.800	0.197	
Riboflavin mg	0.468	0.024	14		1		0.538	0.133	
Niacin mg	5.707	0.157	15		1		6.563	1.618	
Pantothenic acid mg	0.467		0	FLA	4		0.537	0.132	
Vitamin B-6 mg	0.039		0	FLA	4		0.045	0.011	
Folate, total mcg	136		0	FLC	4		157	39	
Folic acid mcg	114		0		4		131	32	
Folate, food mcg	22		0		4		25	6	
Folate, DFE mcg_DFE	216		0	NC	4		248	61	
Choline, total mg	19.6		0	BFZN	4		22.5	5.6	
Betaine mg									
Vitamin B-12 mcg	0.00		0		1		0.00	0.00	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	FLC	4		0	0	
Carotene, beta mcg	0		0	FLC	4		0	0	
Carotene, alpha mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta mcg	0		0	FLC	4		0	0	
Vitamin A, IU IU	0		0		1		0	0	
Lycopene mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin mcg	76		0	FLC	4		87	21	
Vitamin E (alpha-tocopherol) mg	0.43		0	FLC	4		0.49	0.12	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	0.3		0	FLC	4		0.4	0.1	
Lipids:									
Fatty acids, total saturated g	0.271		0		1		0.312	0.077	
4:0 g	0.000		0		1		0.000	0.000	
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	

NDB No. 18236
Cracker meal

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0		1		0.000	0.000	
13:0 g									
14:0 g	0.000		0		1		0.000	0.000	
15:0 g									
16:0 g	0.259		0		1		0.298	0.073	
17:0 g									
18:0 g	0.012		0		1		0.014	0.003	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.152		0		1		0.175	0.043	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		1		0.000	0.000	
17:1 g									
18:1 undifferentiated g	0.152		0		1		0.175	0.043	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.722		0		1		0.830	0.205	
18:2 undifferentiated g	0.683		0		1		0.785	0.194	
18:3 undifferentiated g	0.039		0		1		0.045	0.011	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 g	0.000		0		1		0.000	0.000	
22:5 n-3 g	0.000		0		1		0.000	0.000	
22:6 n-3 g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.107		0		1		0.123	0.030	
Threonine g	0.247		0		1		0.284	0.070	
Isoleucine g	0.342		0		1		0.393	0.097	
Leucine g	0.639		0		1		0.735	0.181	
Lysine g	0.179		0		1		0.206	0.051	
Methionine g	0.162		0		1		0.186	0.046	
Cystine g	0.208		0		1		0.239	0.059	
Phenylalanine g	0.456		0		1		0.524	0.129	
Tyrosine g	0.253		0		1		0.291	0.072	
Valine g	0.388		0		1		0.446	0.110	
Arginine g	0.321		0		1		0.369	0.091	
Histidine g	0.196		0		1		0.225	0.056	
Alanine g	0.282		0		1		0.324	0.080	
Aspartic acid g	0.373		0		1		0.429	0.106	
Glutamic acid g	3.241		0		1		3.727	0.919	
Glycine g	0.316		0		1		0.363	0.090	
Proline g	1.087		0		1		1.250	0.308	
Serine g	0.448		0		1		0.515	0.127	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLC	4		0	0	
Theobromine mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18236
Cracker meal

Measure 1 = 115g: 1 cup
Measure 2 = 28.35g: 1 oz

Calories Factors: **Protein** 4 **Fat** 8.4 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18434
Crackers, cheese, low sodium

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	3.10	0.124	48		1		1.92	2.23	0.02
Energy kcal	503		0	NC	4		312	362	3
Energy kj	2105		0		4		1305	1515	13
Protein g	10.10	0.228	47		1		6.26	7.27	0.06
Total lipid (fat) g	25.30	0.541	51		1		15.69	18.22	0.15
Ash g	3.30	0.118	43		1		2.05	2.38	0.02
Carbohydrate, by difference g	58.20		0	NC	4		36.08	41.90	0.35
Fiber, total dietary g	2.4		0		4		1.5	1.7	0.0
Sugars, total g	0.28		0	FLA	4		0.17	0.20	0.00
Starch g									
Minerals:									
Calcium, Ca mg	151	11.424	48		1		94	109	1
Iron, Fe mg	4.77	0.206	45		1		2.96	3.43	0.03
Magnesium, Mg mg	36	2.525	43		1		22	26	0
Phosphorus, P mg	218	11.747	44		1		135	157	1
Potassium, K mg	106		0		1		66	76	1
Sodium, Na mg	458		0		1		284	330	3
Zinc, Zn mg	1.13	0.035	42		1		0.70	0.81	0.01
Copper, Cu mg	0.210	0.017	42		1		0.130	0.151	0.001
Manganese, Mn mg	0.629	0.013	36		1		0.390	0.453	0.004
Selenium, Se mcg	8.6		1	A	1		5.3	6.2	0.1
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	0.0
Thiamin mg	0.570	0.018	42		1		0.353	0.410	0.003
Riboflavin mg	0.428	0.015	42		1		0.265	0.308	0.003
Niacin mg	4.671	0.104	41		1		2.896	3.363	0.028
Pantothenic acid mg	0.526	0.107	4		1		0.326	0.379	0.003
Vitamin B-6 mg	0.553	0.424	3		1		0.343	0.398	0.003
Folate, total mcg	89		0	FLA	4		55	64	1
Folic acid mcg	64		0		4		40	46	0
Folate, food mcg	25		1		1		16	18	0
Folate, DFE mcg_DFE	134		0	NC	4		83	96	1
Choline, total mg	8.7		0	BFZN	4		5.4	6.2	0.1
Betaine mg									
Vitamin B-12 mcg	0.46		1		1		0.29	0.33	0.00
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	17		0	NC	4		11	12	0
Retinol mcg	11		0	FLA	4		7	8	0
Carotene, beta mcg	63		0	FLA	4		39	45	0
Carotene, alpha mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta mcg	17		0	FLA	4		11	12	0
Vitamin A, IU IU	156		0	NC	4		96	112	1
Lycopene mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin mcg	34		0	FLA	4		21	24	0
Vitamin E (alpha-tocopherol) mg	0.30		0	FLA	4		0.19	0.22	0.00
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	11.2		0	FLA	4		6.9	8.0	0.1
Lipids:									
Fatty acids, total saturated g	9.638		0	BFZN	4		5.976	6.939	0.058
4:0 g	0.268		0	BFZN	4		0.166	0.193	0.002
6:0 g	0.135		0	BFZN	4		0.084	0.097	0.001
8:0 g	0.071		0	BFZN	4		0.044	0.051	0.000
10:0 g	0.154		0	BFZN	4		0.095	0.111	0.001

NDB No. 18434
Crackers, cheese, low sodium

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.139		0	BFZN	4		0.086	0.100	0.001
13:0 g									
14:0 g	0.935		0	BFZN	4		0.580	0.673	0.006
15:0 g									
16:0 g	4.700		0	BFZN	4		2.914	3.384	0.028
17:0 g									
18:0 g	2.989		0	BFZN	4		1.853	2.152	0.018
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	11.852		0	BFZN	4		7.348	8.533	0.071
14:1 g									
15:1 g									
16:1 undifferentiated g	0.262		0	BFZN	4		0.162	0.189	0.002
17:1 g									
18:1 undifferentiated g	11.467		0	BFZN	4		7.110	8.256	0.069
20:1 g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	2.457		0	BFZN	4		1.523	1.769	0.015
18:2 undifferentiated g	2.250		0	BFZN	4		1.395	1.620	0.014
18:3 undifferentiated g	0.207		0	BFZN	4		0.128	0.149	0.001
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	13		1		1		8	9	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.129		0		1		0.080	0.093	0.001
Threonine g	0.295		0		1		0.183	0.212	0.002
Isoleucine g	0.424		0		1		0.263	0.305	0.003
Leucine g	0.744		0		1		0.461	0.536	0.004
Lysine g	0.418		0		1		0.259	0.301	0.003
Methionine g	0.194		0		1		0.120	0.140	0.001
Cystine g	0.168		0		1		0.104	0.121	0.001
Phenylalanine g	0.490		0		1		0.304	0.353	0.003
Tyrosine g	0.340		0		1		0.211	0.245	0.002
Valine g	0.478		0		1		0.296	0.344	0.003
Arginine g	0.386		0		1		0.239	0.278	0.002
Histidine g	0.245		0		1		0.152	0.176	0.001
Alanine g	0.304		0		1		0.188	0.219	0.002
Aspartic acid g	0.480		0		1		0.298	0.346	0.003
Glutamic acid g	3.034		0		1		1.881	2.184	0.018
Glycine g	0.302		0		1		0.187	0.217	0.002
Proline g	1.110		0		1		0.688	0.799	0.007
Serine g	0.521		0		1		0.323	0.375	0.003
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	FLA	4		0	0	0
Theobromine mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18434

Crackers, cheese, low sodium

Measure 1 = 62g: 1 cup Cheez-its

Measure 2 = 72g: 1 cup, crushed

Measure 3 = 0.6g: 1 gold fish

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18214
Crackers, cheese, regular

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.10	0.124	48		1		1.92	2.23	0.02
Energy....kcal	503		0	NC	4		312	362	3
Energy....kj	2105		0		4		1305	1515	13
Protein (N x 5.9)....g	10.10	0.228	47		1		6.26	7.27	0.06
Total lipid (fat)....g	25.30	0.541	51		1		15.69	18.22	0.15
Ash....g	3.30	0.118	43		1		2.05	2.38	0.02
Carbohydrate, by difference....g	58.20		0	NC	4		36.08	41.90	0.35
Fiber, total dietary....g	2.4		0		1		1.5	1.7	0.0
Sugars, total....g	0.28		0	FLA	4		0.17	0.20	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	151	11.424	48		1		94	109	1
Iron, Fe....mg	4.77	0.206	45		1		2.96	3.43	0.03
Magnesium, Mg....mg	36	2.525	43		1		22	26	0
Phosphorus, P....mg	218	11.747	44		1		135	157	1
Potassium, K....mg	145	4.559	47		1		90	104	1
Sodium, Na....mg	995	39.270	49		1		617	716	6
Zinc, Zn....mg	1.13	0.035	42		1		0.70	0.81	0.01
Copper, Cu....mg	0.210	0.017	42		1		0.130	0.151	0.001
Manganese, Mn....mg	0.629	0.013	36		1		0.390	0.453	0.004
Selenium, Se....mcg	8.6		1	A	1		5.3	6.2	0.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.570	0.018	42		1		0.353	0.410	0.003
Riboflavin....mg	0.428	0.015	42		1		0.265	0.308	0.003
Niacin....mg	4.671	0.104	41		1		2.896	3.363	0.028
Pantothenic acid....mg	0.526	0.107	4		1		0.326	0.379	0.003
Vitamin B-6....mg	0.553	0.424	3		1		0.343	0.398	0.003
Folate, total....mcg	152		1	AI	13		94	109	1
Folic acid....mcg	127		0		4		79	91	1
Folate, food....mcg	25		1		1		16	18	0
Folate, DFE....mcg_DFE	241		0	NC	4		149	173	1
Choline, total....mg	8.7		0	FLC	4		5.4	6.2	0.1
Betaine....mg									
Vitamin B-12....mcg	0.46		1		1		0.29	0.33	0.00
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	29		0	NC	4		18	21	0
Retinol....mcg	28		0	FLA	4		17	20	0
Carotene, beta....mcg	9		0	FLA	4		6	7	0
Carotene, alpha....mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	0
Vitamin A, IU....IU	109		0	NC	4		68	79	1
Lycopene....mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....mcg	7		0	FLA	4		4	5	0
Vitamin E (alpha-tocopherol)....mg	0.06		0	FLA	4		0.04	0.04	0.00
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.5		0	FLA	4		0.3	0.4	0.0
Lipids:									
Fatty acids, total saturated....g	9.371		0	FLA	4		5.810	6.747	0.056
4:0....g	0.268		0	FLA	4		0.166	0.193	0.002
6:0....g	0.135		0	FLA	4		0.084	0.097	0.001
8:0....g	0.071		0	FLA	4		0.044	0.051	0.000
10:0....g	0.154		0	FLA	4		0.095	0.111	0.001

NDB No. 18214
Crackers, cheese, regular

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.154		0	FLA	4		0.095	0.111	0.001
13:0 g									
14:0 g	0.875		0	FLA	4		0.543	0.630	0.005
15:0 g									
16:0 g	4.386		0	FLA	4		2.719	3.158	0.026
17:0 g									
18:0 g	3.007		0	FLA	4		1.864	2.165	0.018
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	12.105		0	FLA	4		7.505	8.716	0.073
14:1 g									
15:1 g									
16:1 undifferentiated g	0.270		0	FLA	4		0.167	0.194	0.002
17:1 g									
18:1 undifferentiated g	11.700		0	FLA	4		7.254	8.424	0.070
20:1 g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	2.472		0	FLA	4		1.533	1.780	0.015
18:2 undifferentiated g	2.339		0	FLA	4		1.450	1.684	0.014
18:3 undifferentiated g	0.132		0	FLA	4		0.082	0.095	0.001
18:4 g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	13		1		1		8	9	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.129		0		1		0.080	0.093	0.001
Threonine g	0.295		0		1		0.183	0.212	0.002
Isoleucine g	0.424		0		1		0.263	0.305	0.003
Leucine g	0.744		0		1		0.461	0.536	0.004
Lysine g	0.418		0		1		0.259	0.301	0.003
Methionine g	0.194		0		1		0.120	0.140	0.001
Cystine g	0.168		0		1		0.104	0.121	0.001
Phenylalanine g	0.490		0		1		0.304	0.353	0.003
Tyrosine g	0.340		0		1		0.211	0.245	0.002
Valine g	0.478		0		1		0.296	0.344	0.003
Arginine g	0.386		0		1		0.239	0.278	0.002
Histidine g	0.245		0		1		0.152	0.176	0.001
Alanine g	0.304		0		1		0.188	0.219	0.002
Aspartic acid g	0.480		0		1		0.298	0.346	0.003
Glutamic acid g	3.034		0		1		1.881	2.184	0.018
Glycine g	0.302		0		1		0.187	0.217	0.002
Proline g	1.110		0		1		0.688	0.799	0.007
Serine g	0.521		0		1		0.323	0.375	0.003
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	FLA	4		0	0	0
Theobromine mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18214
Crackers, cheese, regular

Measure 1 = 62g: 1 cup, bite size
Measure 2 = 72g: 1 cup, crushed
Measure 3 = 0.6g: 1 gold fish

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18927

Crackers, cheese, sandwich-type with cheese filling

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	4.81	0.269	6	A	1		1.88	0.31	
Energy kcal	490		0	NC	4		191	32	
Energy kj	2052		0	NC	4		800	133	
Protein g	8.92	0.106	6	A	1		3.48	0.58	
Total lipid (fat) g	24.41	0.127	6	A	1		9.52	1.59	
Ash g	3.10	0.036	6	A	1		1.21	0.20	
Carbohydrate, by difference g	58.76		0	NC	4		22.92	3.82	
Fiber, total dietary g	1.9	0.125	3	A	1		0.7	0.1	
Sugars, total g	12.33	0.289	3	A	1		4.81	0.80	
Sucrose g	3.09	0.254	3	A	1		1.21	0.20	
Glucose (dextrose) g	0.00	0.000	3	A	1		0.00	0.00	
Fructose g	0.00	0.000	3	A	1		0.00	0.00	
Lactose g	7.74	0.189	3	A	1		3.02	0.50	
Maltose g	1.49	0.136	3	A	1		0.58	0.10	
Galactose g	0.00	0.000	3	A	1		0.00	0.00	
Starch g	44.53	0.707	3	A	1		17.37	2.89	
Minerals:									
Calcium, Ca mg	89	1.151	6	A	1		35	6	
Iron, Fe mg	2.13	0.119	6	A	1		0.83	0.14	
Magnesium, Mg mg	28	0.179	6	A	1		11	2	
Phosphorus, P mg	288	8.318	6	A	1		112	19	
Potassium, K mg	295	3.083	6	A	1		115	19	
Sodium, Na mg	878	16.194	6	A	1		343	57	
Zinc, Zn mg	0.57	0.007	6	A	1		0.22	0.04	
Copper, Cu mg	0.242	0.020	6	A	1		0.094	0.016	
Manganese, Mn mg	0.497	0.005	6	A	1		0.194	0.032	
Selenium, Se mcg	10.0	1.985	3	A	1		3.9	0.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	2.6	0.932	3	A	1		1.0	0.2	
Thiamin mg	0.508	0.017	6	A	1		0.198	0.033	
Riboflavin mg	0.457	0.005	6	A	1		0.178	0.030	
Niacin mg	3.478	0.071	6	A	1		1.356	0.226	
Pantothenic acid mg	0.855	0.020	3	A	1		0.333	0.056	
Vitamin B-6 mg	0.114	0.007	6	A	1		0.045	0.007	
Folate, total mcg	82	2.182	6	A	1		32	5	
Folic acid mcg	66		0	FLC	4		26	4	
Folate, food mcg	16		0	FLC	4		6	1	
Folate, DFE mcg_DFE	128		0	NC	4		50	8	
Choline, total mg	27.5		0	AS	1		10.7	1.8	
Betaine mg									
Vitamin B-12 mcg	0.80	0.018	3	A	1		0.31	0.05	
Vitamin A, RAE mcg_RAE	11		0	FLC	4		4	1	
Retinol mcg	11		0	FLC	4		4	1	
Carotene, beta mcg	2		0	FLC	4		1	0	
Carotene, alpha mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta mcg	0		0	FLC	4		0	0	
Vitamin A, IU IU	39		0	NC	4		15	3	
Lycopene mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin mcg	9		0	FLC	4		3	1	
Vitamin E (alpha-tocopherol) mg	1.99	0.117	3	A	1		0.78	0.13	
Tocopherol, beta mg	0.14	0.019	3	A	1		0.06	0.01	
Tocopherol, gamma mg	9.97	0.249	3	A	1		3.89	0.65	
Tocopherol, delta mg	2.64	0.125	3	A	1		1.03	0.17	
Vitamin D IU									
Vitamin K (phylloquinone) mcg	20.5		2	A	1		8.0	1.3	
Lipids:									
Fatty acids, total saturated g									

NDB No. 18927

Crackers, cheese, sandwich-type with cheese filling

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
4:0 g	0.000	0.000	3	A	1		0.000	0.000	
6:0 g	0.000	0.000	3	A	1		0.000	0.000	
8:0 g	0.000	0.000	3	A	1		0.000	0.000	
10:0 g	0.000	0.000	3	A	1		0.000	0.000	
12:0 g	0.000	0.000	3	A	1		0.000	0.000	
13:0 g									
14:0 g	0.200	0.010	3	A	1		0.078	0.013	
15:0 g	0.000	0.000	3	A	1		0.000	0.000	
16:0 g	2.703	0.047	3	A	1		1.054	0.176	
17:0 g	0.000	0.000	3	A	1		0.000	0.000	
18:0 g	1.790	0.017	3	A	1		0.698	0.116	
20:0 g	0.117	0.007	3	A	1		0.045	0.008	
22:0 g	0.000	0.000	3	A	1		0.000	0.000	
24:0 g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated g									
14:1 g	0.000	0.000	3	A	1		0.000	0.000	
15:1 g									
16:1 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	
17:1 g									
18:1 undifferentiated g	14.177	0.345	3	A	1		5.529	0.921	
20:1 g	0.130	0.010	3	A	1		0.051	0.008	
22:1 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g									
18:2 undifferentiated g	2.293	0.037	3	A	1		0.894	0.149	
18:3 undifferentiated g	0.033	0.033	3	A	1		0.013	0.002	
18:4 g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		2	A	1		0.000	0.000	
20:5 n-3 g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3 g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3 g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	6	0.094	3	A	1		2	0	
Phytosterols mg	44		0	FLC	4		17	3	
Amino Acids:									
Tryptophan g	0.110		0	FLC	4		0.043	0.007	
Threonine g	0.330		0	FLC	4		0.129	0.021	
Isoleucine g	0.357		0	FLC	4		0.139	0.023	
Leucine g	0.638		0	FLC	4		0.249	0.041	
Lysine g	0.386		0	FLC	4		0.150	0.025	
Methionine g	0.151		0	FLC	4		0.059	0.010	
Cystine g	0.155		0	FLC	4		0.060	0.010	
Phenylalanine g	0.350		0	FLC	4		0.136	0.023	
Tyrosine g	0.249		0	FLC	4		0.097	0.016	
Valine g	0.381		0	FLC	4		0.149	0.025	
Arginine g	0.292		0	FLC	4		0.114	0.019	
Histidine g	0.175		0	FLC	4		0.068	0.011	
Alanine g	0.298		0	FLC	4		0.116	0.019	
Aspartic acid g	0.518		0	FLC	4		0.202	0.034	
Glutamic acid g	2.161		0	FLC	4		0.843	0.140	
Glycine g	0.236		0	FLC	4		0.092	0.015	
Proline g	0.768		0	FLC	4		0.300	0.050	
Serine g	0.401		0	FLC	4		0.156	0.026	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	FLC	4		0.0	0.0	
Caffeine mg	0		0	FLC	4		0	0	
Theobromine mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 18927
Crackers, cheese, sandwich-type with cheese filling

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:

Measure 1 = 39g: 6 cracker 1 cracker = 6.5g

Measure 2 = 6.5g: 1 sandwich

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18215

Crackers, cheese, sandwich-type with peanut butter filling

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	3.28	0.076	6	A	1		1.28	0.21	0.47
Energy kcal	496		0	NC	4		193	32	70
Energy kj	2074		0	NC	4		809	135	295
Protein (N x 5.6) g	12.41	0.140	6	A	1		4.84	0.81	1.76
Total lipid (fat) g	25.12	0.075	6	A	1		9.80	1.63	3.57
Ash g	2.46	0.092	6	A	1		0.96	0.16	0.35
Carbohydrate, by difference g	56.74		0	NC	4		22.13	3.69	8.06
Fiber, total dietary g	3.4	0.193	3	A	1		1.3	0.2	0.5
Sugars, total g	6.98	0.535	3	A	1		2.72	0.45	0.99
Starch g									
Minerals:									
Calcium, Ca mg	50	0.919	6	A	1		20	3	7
Iron, Fe mg	2.72	0.126	6	A	1		1.06	0.18	0.39
Magnesium, Mg mg	56	0.741	6	A	1		22	4	8
Phosphorus, P mg	268	7.928	6	A	1		104	17	38
Potassium, K mg	218	4.677	6	A	1		85	14	31
Sodium, Na mg	710	2.171	3	A	1		277	46	101
Zinc, Zn mg	1.04	0.021	6	A	1		0.41	0.07	0.15
Copper, Cu mg	0.302	0.009	6	A	1		0.118	0.020	0.043
Manganese, Mn mg	0.822	0.011	6	A	1		0.320	0.053	0.117
Selenium, Se mcg	8.2		2	A	1		3.2	0.5	1.2
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0	0.000	3	A	1		0.0	0.0	0.0
Thiamin mg	0.552	0.028	6	A	1		0.215	0.036	0.078
Riboflavin mg	0.294	0.010	6	A	1		0.115	0.019	0.042
Niacin mg	5.831	0.144	6	A	1		2.274	0.379	0.828
Pantothenic acid mg	0.485	0.018	3	A	1		0.189	0.032	0.069
Vitamin B-6 mg	0.151	0.007	6	A	1		0.059	0.010	0.022
Folate, total mcg	94	2.330	5	A	1		37	6	13
Folic acid mcg	69		0	O	4		27	4	10
Folate, food mcg	25	1.393	8		1		10	2	4
Folate, DFE mcg_DFE	142		0	NC	4		55	9	20
Choline, total mg	24.7		0	AS	1		9.6	1.6	3.5
Betaine mg									
Vitamin B-12 mcg	0.28	0.007	3	A	1		0.11	0.02	0.04
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	1		0	NC	4		0	0	0
Retinol mcg	1		0	FLA	4		0	0	0
Carotene, beta mcg	0		0	FLA	4		0	0	0
Carotene, alpha mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta mcg	0		0	FLA	4		0	0	0
Vitamin A, IU IU	2		0	NC	4		1	0	0
Lycopene mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin mcg	7		0	FLA	4		3	0	1
Vitamin E (alpha-tocopherol) mg	2.37	0.040	3	A	1		0.92	0.15	0.34
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	12.0		2	A	1		4.7	0.8	1.7
Lipids:									
Fatty acids, total saturated g	4.406		0	NC	4		1.719	0.286	0.626
4:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
6:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
8:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
10:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000

NDB No. 18215

Crackers, cheese, sandwich-type with peanut butter filling

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
13:0 g									
14:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:0 g	3.307	0.370	3	A	1		1.290	0.215	0.470
17:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:0 g	0.550		2	A	1		0.214	0.036	0.078
20:0 g	0.170	0.006	3	A	1		0.066	0.011	0.024
22:0 g	0.380	0.012	3	A	1		0.148	0.025	0.054
24:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated g	13.003		0	NC	4		5.071	0.845	1.846
14:1 g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:1 g									
16:1 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	0.000
17:1 g									
18:1 undifferentiated g	12.770	0.216	3	A	1		4.980	0.830	1.813
20:1 g	0.233	0.009	3	A	1		0.091	0.015	0.033
22:1 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	5.093		0	NC	4		1.986	0.331	0.723
18:2 undifferentiated g	5.093	0.086	3	A	1		1.986	0.331	0.723
18:3 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:4 g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:5 n-3 g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:5 n-3 g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:6 n-3 g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0	0.000	3	A	1		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.135		0	FLA	4		0.053	0.009	0.019
Threonine g	0.415		0	FLA	4		0.162	0.027	0.059
Isoleucine g	0.451		0	FLA	4		0.176	0.029	0.064
Leucine g	0.846		0	FLA	4		0.330	0.055	0.120
Lysine g	0.415		0	FLA	4		0.162	0.027	0.059
Methionine g	0.180		0	FLA	4		0.070	0.012	0.026
Cystine g	0.198		0	FLA	4		0.077	0.013	0.028
Phenylalanine g	0.644		0	FLA	4		0.251	0.042	0.091
Tyrosine g	0.469		0	FLA	4		0.183	0.030	0.067
Valine g	0.529		0	FLA	4		0.206	0.034	0.075
Arginine g	1.164		0	FLA	4		0.454	0.076	0.165
Histidine g	0.306		0	FLA	4		0.119	0.020	0.043
Alanine g	0.474		0	FLA	4		0.185	0.031	0.067
Aspartic acid g	1.215		0	FLA	4		0.474	0.079	0.172
Glutamic acid g	3.148		0	FLA	4		1.228	0.205	0.447
Glycine g	0.651		0	FLA	4		0.254	0.042	0.092
Proline g	0.855		0	FLA	4		0.333	0.056	0.121
Serine g	0.626		0	FLA	4		0.244	0.041	0.089
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine mg	0		0	FLA	4		0	0	0
Theobromine mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18215

Crackers, cheese, sandwich-type with peanut butter filling

Measure 1 = 39g: 6 cracker

Measure 2 = 6.5g: 1 sandwich

Measure 3 = 14.2g: .5 oz

Calories Factors: **Protein** 3.8 **Fat** 8.6 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18216
Crackers, crispbread, rye

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	6.10	0.669	4		1		3.36	0.61	0.12
Energy kcal	366		0		4		201	37	7
Energy kj	1531		0		4		842	153	31
Protein (N x 5.9) g	7.90	0.129	4		1		4.35	0.79	0.16
Total lipid (fat) g	1.30	0.328	6		1		0.72	0.13	0.03
Ash g	2.40	0.112	6		1		1.32	0.24	0.05
Carbohydrate, by difference g	82.20		0	NC	4		45.21	8.22	1.64
Fiber, total dietary g	16.5		0		1		9.1	1.7	0.3
Sugars, total g	1.07		0	FLM	4		0.59	0.11	0.02
Starch g									
Minerals:									
Calcium, Ca mg	31	3.837	4		1		17	3	1
Iron, Fe mg	2.43	0.124	4		1		1.34	0.24	0.05
Magnesium, Mg mg	78	3.814	4		1		43	8	2
Phosphorus, P mg	269	19.040	4		1		148	27	5
Potassium, K mg	319	34.499	4		1		175	32	6
Sodium, Na mg	264	48.832	4		1		145	26	5
Zinc, Zn mg	2.39	0.225	4		1		1.31	0.24	0.05
Copper, Cu mg	0.255	0.016	4		1		0.140	0.026	0.005
Manganese, Mn mg	2.475	0.168	4		1		1.361	0.248	0.050
Selenium, Se mcg	36.6		0	FLA	4		20.1	3.7	0.7
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	0.0
Thiamin mg	0.243	0.010	16		1		0.134	0.024	0.005
Riboflavin mg	0.145	0.016	16		1		0.080	0.015	0.003
Niacin mg	1.040	0.096	16		1		0.572	0.104	0.021
Pantothenic acid mg	0.676	0.015	16		1		0.372	0.068	0.014
Vitamin B-6 mg	0.210	0.002	16		1		0.116	0.021	0.004
Folate, total mcg	47		0	FLA	4		26	5	1
Folic acid mcg	25		0	NC	4		14	3	1
Folate, food mcg	22	1.048	16		1		12	2	0
Folate, DFE mcg_DFE	65		0	NC	4		35	6	1
Choline, total mg	20.2		0	FLC	4		11.1	2.0	0.4
Betaine mg									
Vitamin B-12 mcg	0.00		0		1		0.00	0.00	0.00
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	0
Retinol mcg	0		0	FLM	4		0	0	0
Carotene, beta mcg	0		0	FLM	4		0	0	0
Carotene, alpha mcg	0		0	FLM	4		0	0	0
Cryptoxanthin, beta mcg	0		0	FLM	4		0	0	0
Vitamin A, IU IU	0		0		1		0	0	0
Lycopene mcg	0		0	FLM	4		0	0	0
Lutein + zeaxanthin mcg	194		0	FLM	4		106	19	4
Vitamin E (alpha-tocopherol) mg	0.81		0	FLM	4		0.45	0.08	0.02
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	6.0		0	FLM	4		3.3	0.6	0.1
Lipids:									
Fatty acids, total saturated g	0.145		0		1		0.080	0.015	0.003
4:0 g	0.000		0		1		0.000	0.000	0.000
6:0 g	0.000		0		1		0.000	0.000	0.000
8:0 g	0.000		0		1		0.000	0.000	0.000
10:0 g	0.000		0		1		0.000	0.000	0.000

NDB No. 18216
Crackers, crispbread, rye

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0		1		0.000	0.000	0.000
13:0 g									
14:0 g	0.002		0		1		0.001	0.000	0.000
15:0 g									
16:0 g	0.138		0		1		0.076	0.014	0.003
17:0 g									
18:0 g	0.005		0		1		0.003	0.001	0.000
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.165		0		1		0.091	0.017	0.003
14:1 g									
15:1 g									
16:1 undifferentiated g	0.012		0		1		0.007	0.001	0.000
17:1 g									
18:1 undifferentiated g	0.146		0		1		0.080	0.015	0.003
20:1 g	0.006		0		1		0.003	0.001	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.557		0		1		0.306	0.056	0.011
18:2 undifferentiated g	0.479		0		1		0.263	0.048	0.010
18:3 undifferentiated g	0.079		0		1		0.043	0.008	0.002
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		1		1		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.092		0		1		0.051	0.009	0.002
Threonine g	0.285		0		1		0.157	0.029	0.006
Isoleucine g	0.318		0		1		0.175	0.032	0.006
Leucine g	0.556		0		1		0.306	0.056	0.011
Lysine g	0.300		0		1		0.165	0.030	0.006
Methionine g	0.121		0		1		0.067	0.012	0.002
Cystine g	0.155		0		1		0.085	0.016	0.003
Phenylalanine g	0.403		0		1		0.222	0.040	0.008
Tyrosine g	0.168		0		1		0.092	0.017	0.003
Valine g	0.404		0		1		0.222	0.040	0.008
Arginine g	0.366		0		1		0.201	0.037	0.007
Histidine g	0.179		0		1		0.098	0.018	0.004
Alanine g	0.342		0		1		0.188	0.034	0.007
Aspartic acid g	0.564		0		1		0.310	0.056	0.011
Glutamic acid g	2.160		0		1		1.188	0.216	0.043
Glycine g	0.310		0		1		0.171	0.031	0.006
Proline g	0.822		0		1		0.452	0.082	0.016
Serine g	0.431		0		1		0.237	0.043	0.009
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	FLM	4		0	0	0
Theobromine mg	0		0	FLM	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18216
Crackers, crispbread, rye

Measure 1 = 55g: 1 cup, crushed
Measure 2 = 10.0g: 1 crispbread
Measure 3 = 2.0g: 1 wafer, thin

Calories Factors: **Protein** 3.2 **Fat** 8.4 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18218
Crackers, matzo, egg

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	6.40		1		1		1.79	0.91	
Energy kcal	391		0	NC	4		109	56	
Energy kj	1636				4		458	232	
Protein (N x 5.8) g	12.30		1		1		3.44	1.75	
Total lipid (fat) g	2.10		1		1		0.59	0.30	
Ash g	0.60		1		1		0.17	0.09	
Carbohydrate, by difference g	78.60		0	NC	4		22.01	11.16	
Fiber, total dietary g	2.8		0		4		0.8	0.4	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	40		1		1		11	6	
Iron, Fe mg	2.70		1		1		0.76	0.38	
Magnesium, Mg mg	24		0	FLA	4		7	3	
Phosphorus, P mg	148		0	FLA	4		41	21	
Potassium, K mg	150		1		1		42	21	
Sodium, Na mg	21		1		1		6	3	
Zinc, Zn mg	0.73		1		1		0.20	0.10	
Copper, Cu mg	0.155		0	FLA	4		0.043	0.022	
Manganese, Mn mg	0.600		1		1		0.168	0.085	
Selenium, Se mcg	27.7		0	FLA	4		7.8	3.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.1		0	FLA	4		0.0	0.0	
Thiamin mg	0.788		0	FLA	4		0.221	0.112	
Riboflavin mg	0.618		1		1		0.173	0.088	
Niacin mg	5.080		1		1		1.422	0.721	
Pantothenic acid mg	0.435		1		1		0.122	0.062	
Vitamin B-6 mg	0.054		1		1		0.015	0.008	
Folate, total mcg	24			FLA	4		7	3	
Folic acid mcg	0			Z	7		0	0	
Folate, food mcg	24			FLA	4		7	3	
Folate, DFE mcg_DFE	24		0	NC	4		7	3	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.19		0	FLA	4		0.05	0.03	
Vitamin A, RAE mcg_RAE	13		0	NC	4		4	2	
Retinol mcg	13		0	NC	4		4	2	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	42		1		1		12	6	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	0.548		0		1		0.153	0.078	
4:0 g									
6:0 g									
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.000		0		1		0.000	0.000	
13:0 g									

NDB No. 18218
Crackers, matzo, egg

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.005		0		1		0.001	0.001	
15:0....g									
16:0....g	0.423		0		1		0.118	0.060	
17:0....g									
18:0....g	0.119		0		1		0.033	0.017	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.612		0		1		0.171	0.087	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.043		0		1		0.012	0.006	
17:1....g									
18:1 undifferentiated....g	0.564		0		1		0.158	0.080	
20:1....g	0.004		0		1		0.001	0.001	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.473		0		1		0.132	0.067	
18:2 undifferentiated....g	0.427		0		1		0.120	0.061	
18:3 undifferentiated....g	0.020		0		1		0.006	0.003	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.021		0		1		0.006	0.003	
20:5 n-3....g	0.001		0		1		0.000	0.000	
22:5 n-3....g									
22:6 n-3....g	0.005		0		1		0.001	0.001	
Fatty acids, total trans....g									
Cholesterol....mg	83		0	FLA	4		23	12	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.151		0		1		0.042	0.021	
Threonine....g	0.384		0		1		0.108	0.055	
Isoleucine....g	0.472		0		1		0.132	0.067	
Leucine....g	0.886		0		1		0.248	0.126	
Lysine....g	0.389		0		1		0.109	0.055	
Methionine....g	0.248		0		1		0.069	0.035	
Cystine....g	0.268		0		1		0.075	0.038	
Phenylalanine....g	0.624		0		1		0.175	0.089	
Tyrosine....g	0.397		0		1		0.111	0.056	
Valine....g	0.544		0		1		0.152	0.077	
Arginine....g	0.544		0		1		0.152	0.077	
Histidine....g	0.278		0		1		0.078	0.039	
Alanine....g	0.450		0		1		0.126	0.064	
Aspartic acid....g	0.656		0		1		0.184	0.093	
Glutamic acid....g	3.666		0		1		1.026	0.521	
Glycine....g	0.438		0		1		0.123	0.062	
Proline....g	1.251		0		1		0.350	0.178	
Serine....g	0.673		0		1		0.188	0.096	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 matzo

Measure 2 = 14.2g: .5 oz

Calories Factors: Protein 4.1 **Fat** 8.8 **Carbohydrate** 4.1

NDB No. 18218
Crackers, matzo, egg

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18400
Crackers, matzo, egg and onion

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	7.20	1.578	3		1		2.02	1.02	
Energy kcal	391		0	NC	4		109	56	
Energy kj	1636				4		458	232	
Protein (N x 5.8) g	10.00	0.425	3		1		2.80	1.42	
Total lipid (fat) g	3.90	0.203	4		1		1.09	0.55	
Ash g	1.80	0.045	4		1		0.50	0.26	
Carbohydrate, by difference g	77.10		0	NC	4		21.59	10.95	
Fiber, total dietary g	5.0		0		1		1.4	0.7	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	36		2		1		10	5	
Iron, Fe mg	4.37	0.383	3		1		1.22	0.62	
Magnesium, Mg mg	30		2		1		8	4	
Phosphorus, P mg	89		2		1		25	13	
Potassium, K mg	83		2		1		23	12	
Sodium, Na mg	285		2		1		80	40	
Zinc, Zn mg	0.73		2		1		0.20	0.10	
Copper, Cu mg	0.080		2		1		0.022	0.011	
Manganese, Mn mg	0.820		2		1		0.230	0.116	
Selenium, Se mcg	36.5		0	FLA	4		10.2	5.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.2		0	FLA	4		0.1	0.0	
Thiamin mg	0.558	0.012	9		1		0.156	0.079	
Riboflavin mg	0.437	0.012	9		1		0.122	0.062	
Niacin mg	4.891	0.173	9		1		1.369	0.695	
Pantothenic acid mg	0.577	0.013	8		1		0.162	0.082	
Vitamin B-6 mg	0.111	0.001	8		1		0.031	0.016	
Folate, total mcg	158		0	FLA	4		44	22	
Folic acid mcg	148		0	NC	4		41	21	
Folate, food mcg	10	0.148	8		1		3	1	
Folate, DFE mcg_DFE	262		0	NC	4		73	37	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.22	0.018	8		1		0.06	0.03	
Vitamin A, RAE mcg_RAE	7		0	NC	4		2	1	
Retinol mcg	7		0	NC	4		2	1	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	24		0	FLA	4		7	3	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	0.936		0		1		0.262	0.133	
4:0 g									
6:0 g									
8:0 g	0.001		0		1		0.000	0.000	
10:0 g	0.001		0		1		0.000	0.000	
12:0 g	0.001		0		1		0.000	0.000	
13:0 g									

NDB No. 18400
Crackers, matzo, egg and onion

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.008		0		1		0.002	0.001	
15:0....g									
16:0....g	0.742		0		1		0.208	0.105	
17:0....g									
18:0....g	0.184		0		1		0.052	0.026	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.987		0		1		0.276	0.140	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.066		0		1		0.018	0.009	
17:1....g									
18:1 undifferentiated....g	0.914		0		1		0.256	0.130	
20:1....g	0.006		0		1		0.002	0.001	
22:1 undifferentiated....g	0.001		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.001		0		1		0.280	0.142	
18:2 undifferentiated....g	0.916		0		1		0.256	0.130	
18:3 undifferentiated....g	0.045		0		1		0.013	0.006	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.031		0		1		0.009	0.004	
20:5 n-3....g	0.001		0		1		0.000	0.000	
22:5 n-3....g									
22:6 n-3....g	0.008		0		1		0.002	0.001	
Fatty acids, total trans....g									
Cholesterol....mg	45		0	FLA	4		13	6	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.123		0		1		0.034	0.017	
Threonine....g	0.297		0		1		0.083	0.042	
Isoleucine....g	0.370		0		1		0.104	0.053	
Leucine....g	0.702		0		1		0.197	0.100	
Lysine....g	0.282		0		1		0.079	0.040	
Methionine....g	0.190		0		1		0.053	0.027	
Cystine....g	0.213		0		1		0.060	0.030	
Phenylalanine....g	0.501		0		1		0.140	0.071	
Tyrosine....g	0.315		0		1		0.088	0.045	
Valine....g	0.425		0		1		0.119	0.060	
Arginine....g	0.434		0		1		0.122	0.062	
Histidine....g	0.223		0		1		0.062	0.032	
Alanine....g	0.348		0		1		0.097	0.049	
Aspartic acid....g	0.493		0		1		0.138	0.070	
Glutamic acid....g	3.087		0		1		0.864	0.438	
Glycine....g	0.358		0		1		0.100	0.051	
Proline....g	1.055		0		1		0.295	0.150	
Serine....g	0.526		0		1		0.147	0.075	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 matzo

Measure 2 = 14.2g: .5 oz

Calories Factors: Protein 4.1 **Fat** 8.7 **Carbohydrate** 4.1

NDB No. 18400
Crackers, matzo, egg and onion

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18217
Crackers, matzo, plain

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	4.30	0.615	9		1		1.20	0.61	
Energy kcal	395		0	NC	4		111	56	
Energy kj	1653		0		4		463	235	
Protein (N x 5.7) g	10.00	0.176	10		1		2.80	1.42	
Total lipid (fat) g	1.40	0.127	10		1		0.39	0.20	
Ash g	0.60	0.002	4		1		0.17	0.09	
Carbohydrate, by difference g	83.70		0	NC	4		23.44	11.89	
Fiber, total dietary g	3.0		0		1		0.8	0.4	
Sugars, total g	0.29		0	FLM	4		0.08	0.04	
Starch g									
Minerals:									
Calcium, Ca mg	13		2		1		4	2	
Iron, Fe mg	3.16	0.010	4		1		0.88	0.45	
Magnesium, Mg mg	25		2		1		7	4	
Phosphorus, P mg	89		2		1		25	13	
Potassium, K mg	112	8.758	4		1		31	16	
Sodium, Na mg	2	0.277	6		1		1	0	
Zinc, Zn mg	0.68		2		1		0.19	0.10	
Copper, Cu mg	0.060		2		1		0.017	0.009	
Manganese, Mn mg	0.650		2		1		0.182	0.092	
Selenium, Se mcg	36.9		0	FLA	4		10.3	5.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	
Thiamin mg	0.387	0.021	12		1		0.108	0.055	
Riboflavin mg	0.291	0.001	4		1		0.081	0.041	
Niacin mg	3.892	0.014	4		1		1.090	0.553	
Pantothenic acid mg	0.443	0.016	8		1		0.124	0.063	
Vitamin B-6 mg	0.115	0.001	8		1		0.032	0.016	
Folate, total mcg	17		0	FLA	4		5	2	
Folic acid mcg	0		0	Z	7		0	0	
Folate, food mcg	17		0	FLA	4		5	2	
Folate, DFE mcg_DFE	17		0	NC	4		5	2	
Choline, total mg	10.8		0	FLC	4		3.0	1.5	
Betaine mg									
Vitamin B-12 mcg	0.00		0		1		0.00	0.00	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	FLM	4		0	0	
Carotene, beta mcg	0		0		4		0	0	
Carotene, alpha mcg	0		0		4		0	0	
Cryptoxanthin, beta mcg	0		0		4		0	0	
Vitamin A, IU IU	0		0		1		0	0	
Lycopene mcg	0		0	FLM	4		0	0	
Lutein + zeaxanthin mcg	18		0	FLM	4		5	3	
Vitamin E (alpha-tocopherol) mg	0.06		0	FLM	4		0.02	0.01	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	0.3		0	FLM	4		0.1	0.0	
Lipids:									
Fatty acids, total saturated g	0.226		0		1		0.063	0.032	
4:0 g	0.000		0		1		0.000	0.000	
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	

NDB No. 18217
Crackers, matzo, plain

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0		1		0.000	0.000	
13:0 g									
14:0 g	0.000		0		1		0.000	0.000	
15:0 g									
16:0 g	0.216		0		1		0.060	0.031	
17:0 g									
18:0 g	0.010		0		1		0.003	0.001	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.127		0		1		0.036	0.018	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		1		0.000	0.000	
17:1 g									
18:1 undifferentiated g	0.127		0		1		0.036	0.018	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.603		0		1		0.169	0.086	
18:2 undifferentiated g	0.570		0		1		0.160	0.081	
18:3 undifferentiated g	0.032		0		1		0.009	0.005	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 g	0.000		0		1		0.000	0.000	
22:5 n-3 g	0.000		0		1		0.000	0.000	
22:6 n-3 g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		1		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.116		0		1		0.032	0.016	
Threonine g	0.267		0		1		0.075	0.038	
Isoleucine g	0.371		0		1		0.104	0.053	
Leucine g	0.692		0		1		0.194	0.098	
Lysine g	0.193		0		1		0.054	0.027	
Methionine g	0.176		0		1		0.049	0.025	
Cystine g	0.225		0		1		0.063	0.032	
Phenylalanine g	0.494		0		1		0.138	0.070	
Tyrosine g	0.274		0		1		0.077	0.039	
Valine g	0.420		0		1		0.118	0.060	
Arginine g	0.348		0		1		0.097	0.049	
Histidine g	0.213		0		1		0.060	0.030	
Alanine g	0.306		0		1		0.086	0.043	
Aspartic acid g	0.404		0		1		0.113	0.057	
Glutamic acid g	3.509		0		1		0.983	0.498	
Glycine g	0.343		0		1		0.096	0.049	
Proline g	1.177		0		1		0.330	0.167	
Serine g	0.485		0		1		0.136	0.069	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLM	4		0	0	
Theobromine mg	0		0	FLM	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18217
Crackers, matzo, plain

Measure 1 = 28g: 1 matzo
Measure 2 = 14.2g: .5 oz

Calories Factors: **Protein** 4 **Fat** 8.4 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18219
Crackers, matzo, whole-wheat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	4.80	0.517	4		1		1.34	0.68	
Energy kcal	351		0	NC	4		98	50	
Energy kj	1469				4		411	209	
Protein (N x 5.8) g	13.10	0.600	6		1		3.67	1.86	
Total lipid (fat) g	1.50	0.227	6		1		0.42	0.21	
Ash g	1.60	0.005	4		1		0.45	0.23	
Carbohydrate, by difference g	78.90		0	NC	4		22.09	11.20	
Fiber, total dietary g	11.8		0		1		3.3	1.7	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	23	2.063	3		1		6	3	
Iron, Fe mg	4.65	0.388	4		1		1.30	0.66	
Magnesium, Mg mg	134		2		1		38	19	
Phosphorus, P mg	305		2		1		85	43	
Potassium, K mg	316		2		1		88	45	
Sodium, Na mg	2	0.368	5		1		1	0	
Zinc, Zn mg	2.61		2		1		0.73	0.37	
Copper, Cu mg	0.350		2		1		0.098	0.050	
Manganese, Mn mg	3.500		2		1		0.980	0.497	
Selenium, Se mcg	75.1		0	FLA	4		21.0	10.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1		1		0.0	0.0	
Thiamin mg	0.365	0.016	10		1		0.102	0.052	
Riboflavin mg	0.271		2		1		0.076	0.038	
Niacin mg	5.410	0.596	3		1		1.515	0.768	
Pantothenic acid mg	1.235	0.041	8		1		0.346	0.175	
Vitamin B-6 mg	0.159	0.010	9		1		0.045	0.023	
Folate, total mcg	35	1.045	9		1		10	5	
Folic acid mcg	0		0	Z	7		0	0	
Folate, food mcg	35	1.045	9		1		10	5	
Folate, DFE mcg_DFE	35		0	NC	4		10	5	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.00		1		1		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	0		1		1		0	0	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	0.243		0		1		0.068	0.035	
4:0 g	0.000		0		1		0.000	0.000	
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.000		0		1		0.000	0.000	
13:0 g									

NDB No. 18219
Crackers, matzo, whole-wheat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.002		0		1		0.001	0.000	
15:0....g									
16:0....g	0.222		0		1		0.062	0.032	
17:0....g									
18:0....g	0.012		0		1		0.003	0.002	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.194		0		1		0.054	0.028	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.010		0		1		0.003	0.001	
17:1....g									
18:1 undifferentiated....g	0.184		0		1		0.052	0.026	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.653		0		1		0.183	0.093	
18:2 undifferentiated....g	0.618		0		1		0.173	0.088	
18:3 undifferentiated....g	0.033		0		1		0.009	0.005	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.002		0		1		0.001	0.000	
20:5 n-3....g	0.000		0		1		0.000	0.000	
22:5 n-3....g	0.000		0		1		0.000	0.000	
22:6 n-3....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.206		0		1		0.058	0.029	
Threonine....g	0.382		0		1		0.107	0.054	
Isoleucine....g	0.489		0		1		0.137	0.069	
Leucine....g	0.889		0		1		0.249	0.126	
Lysine....g	0.371		0		1		0.104	0.053	
Methionine....g	0.204		0		1		0.057	0.029	
Cystine....g	0.308		0		1		0.086	0.044	
Phenylalanine....g	0.620		0		1		0.174	0.088	
Tyrosine....g	0.385		0		1		0.108	0.055	
Valine....g	0.597		0		1		0.167	0.085	
Arginine....g	0.631		0		1		0.177	0.090	
Histidine....g	0.310		0		1		0.087	0.044	
Alanine....g	0.475		0		1		0.133	0.067	
Aspartic acid....g	0.688		0		1		0.193	0.098	
Glutamic acid....g	4.112		0		1		1.151	0.584	
Glycine....g	0.541		0		1		0.151	0.077	
Proline....g	1.351		0		1		0.378	0.192	
Serine....g	0.622		0		1		0.174	0.088	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 matzo

NDB No. 18219
Crackers, matzo, whole-wheat

Measure 2 = 14.2g: .5 oz

Calories Factors: **Protein** 3.5 **Fat** 8.4 **Carbohydrate** 3.7

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18220
Crackers, melba toast, plain

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	5.10	0.196	16		1		1.53	1.68	0.15
Energy kcal	390		0	NC	4		117	129	12
Energy kj	1632		0		4		490	538	49
Protein (N x 5.7) g	12.10	0.387	15		1		3.63	3.99	0.36
Total lipid (fat) g	3.20	0.429	11		1		0.96	1.06	0.10
Ash g	3.00	0.154	13		1		0.90	0.99	0.09
Carbohydrate, by difference g	76.60		0	NC	4		22.98	25.28	2.30
Fiber, total dietary g	6.3		0		1		1.9	2.1	0.2
Sugars, total g	0.94		0	FLA	4		0.28	0.31	0.03
Starch g									
Minerals:									
Calcium, Ca mg	93	14.161	15		1		28	31	3
Iron, Fe mg	3.70	0.408	10		1		1.11	1.22	0.11
Magnesium, Mg mg	59	6.585	8		1		18	19	2
Phosphorus, P mg	196	7.975	12		1		59	65	6
Potassium, K mg	202	10.786	13		1		61	67	6
Sodium, Na mg	829	112.068	9		1		249	274	25
Zinc, Zn mg	2.01	0.295	7		1		0.60	0.66	0.06
Copper, Cu mg	0.289	0.054	7		1		0.087	0.095	0.009
Manganese, Mn mg	1.130	0.154	4		1		0.339	0.373	0.034
Selenium, Se mcg	34.8		1	A	1		10.4	11.5	1.0
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	0.0
Thiamin mg	0.413	0.045	16		1		0.124	0.136	0.012
Riboflavin mg	0.273	0.018	16		1		0.082	0.090	0.008
Niacin mg	4.113	0.414	16		1		1.234	1.357	0.123
Pantothenic acid mg	0.693	0.036	12		1		0.208	0.229	0.021
Vitamin B-6 mg	0.098	0.007	10		1		0.029	0.032	0.003
Folate, total mcg	124		0	FLA	4		37	41	4
Folic acid mcg	98		0	NC	4		29	32	3
Folate, food mcg	26	1.382	8		1		8	9	1
Folate, DFE mcg_DFE	193		0	NC	4		58	64	6
Choline, total mg	19.8		0	FLC	4		5.9	6.5	0.6
Betaine mg									
Vitamin B-12 mcg	0.00		0		1		0.00	0.00	0.00
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	0
Retinol mcg	0		0	FLA	4		0	0	0
Carotene, beta mcg	0		0		4		0	0	0
Carotene, alpha mcg	0		0		4		0	0	0
Cryptoxanthin, beta mcg	0		0		4		0	0	0
Vitamin A, IU IU	0		0		1		0	0	0
Lycopene mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin mcg	74		0	FLA	4		22	24	2
Vitamin E (alpha-tocopherol) mg	0.43		0	FLA	4		0.13	0.14	0.01
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	0.9		0	FLA	4		0.3	0.3	0.0
Lipids:									
Fatty acids, total saturated g	0.445		0		1		0.134	0.147	0.013
4:0 g	0.000		0		1		0.000	0.000	0.000
6:0 g	0.000		0		1		0.000	0.000	0.000
8:0 g	0.000		0		1		0.000	0.000	0.000
10:0 g	0.000		0		1		0.000	0.000	0.000

NDB No. 18220
Crackers, melba toast, plain

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0		1		0.000	0.000	0.000
13:0 g									
14:0 g	0.002		0		1		0.001	0.001	0.000
15:0 g									
16:0 g	0.355		0		1		0.107	0.117	0.011
17:0 g									
18:0 g	0.088		0		1		0.026	0.029	0.003
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.782		0		1		0.235	0.258	0.023
14:1 g									
15:1 g									
16:1 undifferentiated g	0.020		0		1		0.006	0.007	0.001
17:1 g									
18:1 undifferentiated g	0.762		0		1		0.229	0.251	0.023
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	1.282		0		1		0.385	0.423	0.038
18:2 undifferentiated g	1.210		0		1		0.363	0.399	0.036
18:3 undifferentiated g	0.071		0		1		0.021	0.023	0.002
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.140		0		1		0.042	0.046	0.004
Threonine g	0.342		0		1		0.103	0.113	0.010
Isoleucine g	0.462		0		1		0.139	0.152	0.014
Leucine g	0.844		0		1		0.253	0.279	0.025
Lysine g	0.280		0		1		0.084	0.092	0.008
Methionine g	0.214		0		1		0.064	0.071	0.006
Cystine g	0.265		0		1		0.080	0.087	0.008
Phenylalanine g	0.596		0		1		0.179	0.197	0.018
Tyrosine g	0.339		0		1		0.102	0.112	0.010
Valine g	0.520		0		1		0.156	0.172	0.016
Arginine g	0.435		0		1		0.131	0.144	0.013
Histidine g	0.261		0		1		0.078	0.086	0.008
Alanine g	0.395		0		1		0.119	0.130	0.012
Aspartic acid g	0.532		0		1		0.160	0.176	0.016
Glutamic acid g	4.086		0		1		1.226	1.348	0.123
Glycine g	0.424		0		1		0.127	0.140	0.013
Proline g	1.366		0		1		0.410	0.451	0.041
Serine g	0.586		0		1		0.176	0.193	0.018
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	FLA	4		0	0	0
Theobromine mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18220
Crackers, melba toast, plain

Measure 1 = 30g: 1 cup pieces
Measure 2 = 33g: 1 cup, rounds
Measure 3 = 3.0g: 1 melba round

Calories Factors: **Protein** 4 **Fat** 8.6 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18424
Crackers, melba toast, plain, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	5.10	0.196	16		1		3.57	1.53	1.68
Energy kcal	390		0	NC	4		273	117	129
Energy kj	1632				4		1142	490	538
Protein (N x 5.7) g	12.10	0.387	15		1		8.47	3.63	3.99
Total lipid (fat) g	3.20	0.429	11		1		2.24	0.96	1.06
Ash g	3.00	0.154	13		1		2.10	0.90	0.99
Carbohydrate, by difference g	76.60		0		4		53.62	22.98	25.28
Fiber, total dietary g	6.3		0		4		4.4	1.9	2.1
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	93	14.161	15		1		65	28	31
Iron, Fe mg	3.70	0.408	10		1		2.59	1.11	1.22
Magnesium, Mg mg	59	6.585	8		1		41	18	19
Phosphorus, P mg	196	7.975	12		1		137	59	65
Potassium, K mg	202	10.786	13		1		141	61	67
Sodium, Na mg	19		0		4		13	6	6
Zinc, Zn mg	2.01	0.295	7		1		1.41	0.60	0.66
Copper, Cu mg	0.289	0.054	7		1		0.202	0.087	0.095
Manganese, Mn mg	1.130	0.154	4		1		0.791	0.339	0.373
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		4		0.0	0.0	0.0
Thiamin mg	0.413	0.045	16		1		0.289	0.124	0.136
Riboflavin mg	0.273	0.018	16		1		0.191	0.082	0.090
Niacin mg	4.113	0.414	16		1		2.879	1.234	1.357
Pantothenic acid mg	0.693	0.036	12		1		0.485	0.208	0.229
Vitamin B-6 mg	0.098	0.007	10		1		0.069	0.029	0.032
Folate, total mcg	124		0	BFZN	4		87	37	41
Folic acid mcg	98		0	NC	4		69	29	32
Folate, food mcg	26	1.382	8		1		18	8	9
Folate, DFE mcg_DFE	193		0	NC	4		135	58	64
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	0
Retinol mcg	0		0	Z	7		0	0	0
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	0		0		4		0	0	0
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	0.445		0		4		0.312	0.134	0.147
4:0 g	0.000		0		4		0.000	0.000	0.000
6:0 g	0.000		0		4		0.000	0.000	0.000
8:0 g	0.000		0		4		0.000	0.000	0.000
10:0 g	0.000		0		4		0.000	0.000	0.000
12:0 g	0.000		0		4		0.000	0.000	0.000
13:0 g									

NDB No. 18424
Crackers, melba toast, plain, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.002		0		4		0.001	0.001	0.001
15:0....g									
16:0....g	0.355		0		4		0.249	0.107	0.117
17:0....g									
18:0....g	0.088		0		4		0.062	0.026	0.029
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.782		0		4		0.547	0.235	0.258
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.020		0		4		0.014	0.006	0.007
17:1....g									
18:1 undifferentiated....g	0.762		0		4		0.533	0.229	0.251
20:1....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.282		0		4		0.897	0.385	0.423
18:2 undifferentiated....g	1.210		0		4		0.847	0.363	0.399
18:3 undifferentiated....g	0.071		0		4		0.050	0.021	0.023
18:4....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.140		0		4		0.098	0.042	0.046
Threonine....g	0.342		0		4		0.239	0.103	0.113
Isoleucine....g	0.462		0		4		0.323	0.139	0.152
Leucine....g	0.844		0		4		0.591	0.253	0.279
Lysine....g	0.280		0		4		0.196	0.084	0.092
Methionine....g	0.214		0		4		0.150	0.064	0.071
Cystine....g	0.265		0		4		0.186	0.080	0.087
Phenylalanine....g	0.596		0		4		0.417	0.179	0.197
Tyrosine....g	0.339		0		4		0.237	0.102	0.112
Valine....g	0.520		0		4		0.364	0.156	0.172
Arginine....g	0.435		0		4		0.305	0.131	0.144
Histidine....g	0.261		0		4		0.183	0.078	0.086
Alanine....g	0.395		0		4		0.277	0.119	0.130
Aspartic acid....g	0.532		0		4		0.372	0.160	0.176
Glutamic acid....g	4.086		0		4		2.860	1.226	1.348
Glycine....g	0.424		0		4		0.297	0.127	0.140
Proline....g	1.366		0		4		0.956	0.410	0.451
Serine....g	0.586		0		4		0.410	0.176	0.193
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 70g: 1 cup, crushed

NDB No. 18424
Crackers, melba toast, plain, without salt

Measure 2 = 30g: 1 cup pieces
Measure 3 = 33g: 1 cup, rounds

Calories Factors: **Protein** 4 **Fat** 8.6 **Carbohydrate** 4.1

Food Group: 18 Baked Products

NDB No. 18221
Crackers, melba toast, rye (includes pumpernickel)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	4.90	0.473	7		1		0.70	0.25	
Energy kcal	389		0	NC	4		55	19	
Energy kj	1628				4		231	81	
Protein (N x 5.8) g	11.60	0.298	8		1		1.65	0.58	
Total lipid (fat) g	3.40	0.536	8		1		0.48	0.17	
Ash g	2.90	0.140	8		1		0.41	0.15	
Carbohydrate, by difference g	77.30		0		4		10.98	3.87	
Fiber, total dietary g	8.0		0	RA	4		1.1	0.4	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	78	15.069	8		1		11	4	
Iron, Fe mg	3.68	0.384	5		1		0.52	0.18	
Magnesium, Mg mg	39	4.465	3		1		6	2	
Phosphorus, P mg	183	18.481	6		1		26	9	
Potassium, K mg	193	21.727	6		1		27	10	
Sodium, Na mg	899	58.679	5		1		128	45	
Zinc, Zn mg	1.36	0.323	3		1		0.19	0.07	
Copper, Cu mg	0.401	0.161	3		1		0.057	0.020	
Manganese, Mn mg	0.738		2		1		0.105	0.037	
Selenium, Se mcg	38.7		0	FLA	4		5.5	1.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	FLA	4		0.0	0.0	
Thiamin mg	0.473	0.042	11		1		0.067	0.024	
Riboflavin mg	0.284	0.010	11		1		0.040	0.014	
Niacin mg	4.718	0.429	11		1		0.670	0.236	
Pantothenic acid mg	0.484	0.012	8		1		0.069	0.024	
Vitamin B-6 mg	0.086	0.001	8		1		0.012	0.004	
Folate, total mcg	85		0	FLA	4		12	4	
Folic acid mcg	63		0	NC	4		9	3	
Folate, food mcg	22	1.032	8		1		3	1	
Folate, DFE mcg_DFE	129		0	NC	4		18	6	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.00		0		4		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	0		0	FLA	4		0	0	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	0.453		0		4		0.064	0.023	
4:0 g	0.000		0	RA	4		0.000	0.000	
6:0 g	0.000		0	RA	4		0.000	0.000	
8:0 g	0.000		0	RA	4		0.000	0.000	
10:0 g	0.000		0		4		0.000	0.000	
12:0 g	0.000		0		4		0.000	0.000	
13:0 g									

NDB No. 18221

Crackers, melba toast, rye (includes pumpernickel)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0 g	0.003		0		4		0.000	0.000	
15:0 g									
16:0 g	0.357		0		4		0.051	0.018	
17:0 g									
18:0 g	0.092		0		4		0.013	0.005	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.907		0		4		0.129	0.045	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.025		0		4		0.004	0.001	
17:1 g									
18:1 undifferentiated g	0.879		0		4		0.125	0.044	
20:1 g	0.004		0		4		0.001	0.000	
22:1 undifferentiated g	0.000		0	RA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.347		0		4		0.191	0.067	
18:2 undifferentiated g	1.241		0		4		0.176	0.062	
18:3 undifferentiated g	0.106		0		4		0.015	0.005	
18:4 g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	RA	4		0.000	0.000	
20:5 n-3 g	0.000		0	RA	4		0.000	0.000	
22:5 n-3 g	0.000		0	RA	4		0.000	0.000	
22:6 n-3 g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.132		0		4		0.019	0.007	
Threonine g	0.361		0		4		0.051	0.018	
Isoleucine g	0.445		0		4		0.063	0.022	
Leucine g	0.796		0		4		0.113	0.040	
Lysine g	0.337		0		4		0.048	0.017	
Methionine g	0.190		0		4		0.027	0.010	
Cystine g	0.237		0		4		0.034	0.012	
Phenylalanine g	0.569		0		4		0.081	0.028	
Tyrosine g	0.289		0		4		0.041	0.014	
Valine g	0.529		0		4		0.075	0.026	
Arginine g	0.459		0		4		0.065	0.023	
Histidine g	0.251		0		4		0.036	0.013	
Alanine g	0.425		0		4		0.060	0.021	
Aspartic acid g	0.634		0		4		0.090	0.032	
Glutamic acid g	3.525		0		4		0.501	0.176	
Glycine g	0.419		0		4		0.059	0.021	
Proline g	1.237		0		4		0.176	0.062	
Serine g	0.581		0		4		0.083	0.029	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	RA	4		0.0	0.0	
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.2g: .5 oz

NDB No. 18221
Crackers, melba toast, rye (includes pumpernickel)

Measure 2 = 5.0g: 1 toast

Calories Factors: **Protein** 3.7 **Fat** 8.6 **Carbohydrate** 4.1

Food Group: 18 Baked Products

NDB No. 18222
Crackers, melba toast, wheat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	5.50	0.591	3		1		0.78	0.28	
Energy kcal	374		0	NC	4		53	19	
Energy kj	1565				4		222	78	
Protein (N x 5.8) g	12.90	0.382	3		1		1.83	0.65	
Total lipid (fat) g	2.30	0.810	4		1		0.33	0.12	
Ash g	2.90	0.088	5		1		0.41	0.15	
Carbohydrate, by difference g	76.40		0	NC	4		10.85	3.82	
Fiber, total dietary g	7.4		0		1		1.1	0.4	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	43	3.521	3		1		6	2	
Iron, Fe mg	4.50	0.557	3		1		0.64	0.23	
Magnesium, Mg mg	56		2		1		8	3	
Phosphorus, P mg	165		2		1		23	8	
Potassium, K mg	148		2		1		21	7	
Sodium, Na mg	837	50.441	3		1		119	42	
Zinc, Zn mg	1.50		2		1		0.21	0.08	
Copper, Cu mg	0.265		2		1		0.038	0.013	
Manganese, Mn mg	1.064		2		1		0.151	0.053	
Selenium, Se mcg	55.0		0	FLA	4		7.8	2.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	
Thiamin mg	0.422	0.018	9		1		0.060	0.021	
Riboflavin mg	0.299	0.004	9		1		0.042	0.015	
Niacin mg	5.083	0.340	9		1		0.722	0.254	
Pantothenic acid mg	0.517	0.015	8		1		0.073	0.026	
Vitamin B-6 mg	0.103	0.001	8		1		0.015	0.005	
Folate, total mcg	132		0	FLA	4		19	7	
Folic acid mcg	108		0	NC	4		15	5	
Folate, food mcg	24	0.827	8		1		3	1	
Folate, DFE mcg_DFE	208		0	NC	4		29	10	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.00		0		1		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	0		0		1		0	0	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	0.337		0		1		0.048	0.017	
4:0 g									
6:0 g									
8:0 g									
10:0 g									
12:0 g	0.000		0		1		0.000	0.000	
13:0 g									

NDB No. 18222
Crackers, melba toast, wheat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.002		0		1		0.000	0.000	
15:0....g									
16:0....g	0.275		0		1		0.039	0.014	
17:0....g									
18:0....g	0.056		0		1		0.008	0.003	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.544		0		1		0.077	0.027	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.018		0		1		0.003	0.001	
17:1....g									
18:1 undifferentiated....g	0.526		0		1		0.075	0.026	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.910		0		1		0.129	0.046	
18:2 undifferentiated....g	0.858		0		1		0.122	0.043	
18:3 undifferentiated....g	0.050		0		1		0.007	0.003	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0		1		0.000	0.000	
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.171		0		1		0.024	0.009	
Threonine....g	0.371		0		1		0.053	0.019	
Isoleucine....g	0.489		0		1		0.069	0.024	
Leucine....g	0.884		0		1		0.126	0.044	
Lysine....g	0.344		0		1		0.049	0.017	
Methionine....g	0.213		0		1		0.030	0.011	
Cystine....g	0.284		0		1		0.040	0.014	
Phenylalanine....g	0.615		0		1		0.087	0.031	
Tyrosine....g	0.371		0		1		0.053	0.019	
Valine....g	0.571		0		1		0.081	0.029	
Arginine....g	0.533		0		1		0.076	0.027	
Histidine....g	0.286		0		1		0.041	0.014	
Alanine....g	0.446		0		1		0.063	0.022	
Aspartic acid....g	0.628		0		1		0.089	0.031	
Glutamic acid....g	4.122		0		1		0.585	0.206	
Glycine....g	0.484		0		1		0.069	0.024	
Proline....g	1.366		0		1		0.194	0.068	
Serine....g	0.613		0		1		0.087	0.031	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.2g: .5 oz

Measure 2 = 5.0g: 1 toast

Calories Factors: **Protein** 3.8 **Fat** 8.6 **Carbohydrate** 4

NDB No. 18222
Crackers, melba toast, wheat

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18223
Crackers, milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	4.70	0.442	10		1		0.52	0.67	
Energy kcal	455		0	NC	4		50	65	
Energy kj	1904		0		4		209	270	
Protein (N x 5.7) g	7.60	0.127	10		1		0.84	1.08	
Total lipid (fat) g	15.80	0.456	10		1		1.74	2.24	
Ash g	2.20	0.030	10		1		0.24	0.31	
Carbohydrate, by difference g	69.70		0		4		7.67	9.90	
Fiber, total dietary g	1.9		0		4		0.2	0.3	
Sugars, total g	16.44		0	FLA	4		1.81	2.34	
Starch g									
Minerals:									
Calcium, Ca mg	172	2.652	9		1		19	24	
Iron, Fe mg	3.58	0.076	9		1		0.39	0.51	
Magnesium, Mg mg	22	0.656	9		1		2	3	
Phosphorus, P mg	303	4.473	9		1		33	43	
Potassium, K mg	114	5.834	9		1		13	16	
Sodium, Na mg	592	11.450	10		1		65	84	
Zinc, Zn mg	0.67	0.025	9		1		0.07	0.10	
Copper, Cu mg	0.227	0.009	9		1		0.025	0.032	
Manganese, Mn mg	0.552	0.033	7		1		0.061	0.078	
Selenium, Se mcg	15.9		0	FLA	4		1.7	2.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.2		0	FLA	4		0.0	0.0	
Thiamin mg	0.538	0.031	9		1		0.059	0.076	
Riboflavin mg	0.418	0.018	9		1		0.046	0.059	
Niacin mg	4.430	0.119	9		1		0.487	0.629	
Pantothenic acid mg	0.407		0	FLA	4		0.045	0.058	
Vitamin B-6 mg	0.037		0	FLA	4		0.004	0.005	
Folate, total mcg	90		0	FLA	4		10	13	
Folic acid mcg	74		0		4		8	11	
Folate, food mcg	16		0		4		2	2	
Folate, DFE mcg_DFE	142		0	NC	4		16	20	
Choline, total mg	13.4		0	FLC	4		1.5	1.9	
Betaine mg									
Vitamin B-12 mcg	0.08		0	FLA	4		0.01	0.01	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	16		0	NC	4		2	2	
Retinol mcg	16		0	FLA	4		2	2	
Carotene, beta mcg	3		0	FLA	4		0	0	
Carotene, alpha mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta mcg	0		0	FLA	4		0	0	
Vitamin A, IU IU	58		0	NC	4		6	8	
Lycopene mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin mcg	16		0	FLA	4		2	2	
Vitamin E (alpha-tocopherol) mg	1.22		0	FLA	4		0.13	0.17	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	3.8		0	FLA	4		0.4	0.5	
Lipids:									
Fatty acids, total saturated g	2.633		0	FLA	4		0.290	0.374	
4:0 g	0.016		0	FLA	4		0.002	0.002	
6:0 g	0.005		0	FLA	4		0.001	0.001	
8:0 g	0.005		0	FLA	4		0.001	0.001	
10:0 g	0.011		0	FLA	4		0.001	0.002	

NDB No. 18223
Crackers, milk

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.012		0	FLA	4		0.001	0.002	
13:0 g									
14:0 g	0.068		0	FLA	4		0.007	0.010	
15:0 g									
16:0 g	1.700		0	FLA	4		0.187	0.241	
17:0 g									
18:0 g	0.795		0	FLA	4		0.087	0.113	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.479		0	FLA	4		0.713	0.920	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.087		0	FLA	4		0.010	0.012	
17:1 g									
18:1 undifferentiated g	6.367		0	FLA	4		0.700	0.904	
20:1 g	0.001		0	FLA	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	5.749		0	FLA	4		0.632	0.816	
18:2 undifferentiated g	5.335		0	FLA	4		0.587	0.758	
18:3 undifferentiated g	0.395		0	FLA	4		0.043	0.056	
18:4 g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.003		0	FLA	4		0.000	0.000	
20:5 n-3 g	0.001		0	FLA	4		0.000	0.000	
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 g	0.001		0	FLA	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	11		0	FLA	4		1	2	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.100		0		4		0.011	0.014	
Threonine g	0.221		0		4		0.024	0.031	
Isoleucine g	0.289		0		4		0.032	0.041	
Leucine g	0.541		0		4		0.060	0.077	
Lysine g	0.241		0		4		0.027	0.034	
Methionine g	0.138		0		4		0.015	0.020	
Cystine g	0.159		0		4		0.017	0.023	
Phenylalanine g	0.376		0		4		0.041	0.053	
Tyrosine g	0.237		0		4		0.026	0.034	
Valine g	0.333		0		4		0.037	0.047	
Arginine g	0.307		0		4		0.034	0.044	
Histidine g	0.167		0		4		0.018	0.024	
Alanine g	0.246		0		4		0.027	0.035	
Aspartic acid g	0.345		0		4		0.038	0.049	
Glutamic acid g	2.482		0		4		0.273	0.352	
Glycine g	0.264		0		4		0.029	0.037	
Proline g	0.858		0		4		0.094	0.122	
Serine g	0.399		0		4		0.044	0.057	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18223
Crackers, milk

Measure 1 = 11.0g: 1 cracker
Measure 2 = 14.2g: .5 oz

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18224
Crackers, rusk toast

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	5.50	0.222	15		1		0.55	0.78	
Energy kcal	407		0		4		41	58	
Energy kj	1703				4		170	242	
Protein (N x 6) g	13.50	0.250	15		1		1.35	1.92	
Total lipid (fat) g	7.20	0.181	15		1		0.72	1.02	
Ash g	1.20	0.029	15		1		0.12	0.17	
Carbohydrate, by difference g	72.30		0	NC	4		7.23	10.27	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	27	0.978	15		1		3	4	
Iron, Fe mg	2.72	0.313	13		1		0.27	0.39	
Magnesium, Mg mg	36	0.538	12		1		4	5	
Phosphorus, P mg	153	1.922	15		1		15	22	
Potassium, K mg	245	8.107	14		1		25	35	
Sodium, Na mg	253	6.440	15		1		25	36	
Zinc, Zn mg	1.10	0.021	12		1		0.11	0.16	
Copper, Cu mg	0.245	0.025	12		1		0.025	0.035	
Manganese, Mn mg	0.439	0.022	8		1		0.044	0.062	
Selenium, Se mcg	20.1		0	FLA	4		2.0	2.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		4		0.0	0.0	
Thiamin mg	0.404	0.032	15		1		0.040	0.057	
Riboflavin mg	0.399	0.039	15		1		0.040	0.057	
Niacin mg	4.625	0.426	15		1		0.463	0.657	
Pantothenic acid mg	0.605		0	FLA	4		0.061	0.086	
Vitamin B-6 mg	0.047		0	FLA	4		0.005	0.007	
Folate, total mcg	87		0	FLA	4		9	12	
Folic acid mcg	23		0	NC	4		2	3	
Folate, food mcg	64		0		4		6	9	
Folate, DFE mcg_DFE	103		0	NC	4		10	15	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.18		0	FLA	4		0.02	0.03	
Vitamin A, RAE mcg_RAE	12		0	NC	4		1	2	
Retinol mcg	12		0	NC	4		1	2	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	41		0	FLA	4		4	6	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	1.376		0	FLA	4		0.138	0.195	
4:0 g	0.000		0	FLA	4		0.000	0.000	
6:0 g	0.000		0	FLA	4		0.000	0.000	
8:0 g	0.000		0	FLA	4		0.000	0.000	
10:0 g	0.000		0	FLA	4		0.000	0.000	
12:0 g	0.000		0	FLA	4		0.000	0.000	
13:0 g									

NDB No. 18224
Crackers, rusk toast

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.011		0	FLA	4		0.001	0.002	
15:0....g									
16:0....g	0.973		0	FLA	4		0.097	0.138	
17:0....g									
18:0....g	0.386		0	FLA	4		0.039	0.055	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.755		0	FLA	4		0.276	0.391	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.065		0	FLA	4		0.007	0.009	
17:1....g									
18:1 undifferentiated....g	2.678		0	FLA	4		0.268	0.380	
20:1....g	0.005		0	FLA	4		0.001	0.001	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.310		0	FLA	4		0.231	0.328	
18:2 undifferentiated....g	2.114		0	FLA	4		0.211	0.300	
18:3 undifferentiated....g	0.143		0	FLA	4		0.014	0.020	
18:4....g	0.003		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.026		0	FLA	4		0.003	0.004	
20:5 n-3....g	0.013		0	FLA	4		0.001	0.002	
22:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3....g	0.008		0	FLA	4		0.001	0.001	
Fatty acids, total trans....g									
Cholesterol....mg	78		0	FLA	4		8	11	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.171		0		1		0.017	0.024	
Threonine....g	0.512		0		1		0.051	0.073	
Isoleucine....g	0.610		0		1		0.061	0.087	
Leucine....g	1.010		0		1		0.101	0.143	
Lysine....g	0.684		0		1		0.068	0.097	
Methionine....g	0.290		0		1		0.029	0.041	
Cystine....g	0.272		0		1		0.027	0.039	
Phenylalanine....g	0.668		0		1		0.067	0.095	
Tyrosine....g	0.471		0		1		0.047	0.067	
Valine....g	0.684		0		1		0.068	0.097	
Arginine....g	0.649		0		1		0.065	0.092	
Histidine....g	0.309		0		1		0.031	0.044	
Alanine....g	0.606		0		1		0.061	0.086	
Aspartic acid....g	0.944		0		1		0.094	0.134	
Glutamic acid....g	3.192		0		1		0.319	0.453	
Glycine....g	0.498		0		1		0.050	0.071	
Proline....g	1.052		0		1		0.105	0.149	
Serine....g	0.768		0		1		0.077	0.109	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 10.0g: 1 rusk

Measure 2 = 14.2g: .5 oz

Calories Factors: **Protein** 3.9 **Fat** 8.9 **Carbohydrate** 4

NDB No. 18224
Crackers, rusk toast

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18225
Crackers, rye, sandwich-type with cheese filling

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	3.80	0.167	5		1		0.54	0.27	
Energy kcal	481		0	NC	4		68	34	
Energy kj	2013				4		286	141	
Protein (N x 5.8) g	9.20	0.486	5		1		1.31	0.64	
Total lipid (fat) g	22.30	0.317	5		1		3.17	1.56	
Ash g	3.90	0.082	5		1		0.55	0.27	
Carbohydrate, by difference g	60.80		0	NC	4		8.63	4.26	
Fiber, total dietary g	3.6		0		4		0.5	0.3	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	222	18.575	5		1		32	16	
Iron, Fe mg	2.45	0.121	5		1		0.35	0.17	
Magnesium, Mg mg	37	0.744	4		1		5	3	
Phosphorus, P mg	339	4.557	4		1		48	24	
Potassium, K mg	342	61.985	5		1		49	24	
Sodium, Na mg	1044	73.130	5		1		148	73	
Zinc, Zn mg	0.70	0.055	4		1		0.10	0.05	
Copper, Cu mg	0.096	0.016	4		1		0.014	0.007	
Manganese, Mn mg	0.635	0.029	4		1		0.090	0.044	
Selenium, Se mcg	20.8		0	FLA	4		3.0	1.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.4		0	FLA	4		0.1	0.0	
Thiamin mg	0.612	0.172	5		1		0.087	0.043	
Riboflavin mg	0.494	0.060	5		1		0.070	0.035	
Niacin mg	3.570	0.205	5		1		0.507	0.250	
Pantothenic acid mg	0.585		0	FLA	4		0.083	0.041	
Vitamin B-6 mg	0.076		0	FLA	4		0.011	0.005	
Folate, total mcg	81		0	FLA	4		12	6	
Folic acid mcg	65		0	NC	4		9	5	
Folate, food mcg	16		0		4		2	1	
Folate, DFE mcg_DFE	127		0	NC	4		18	9	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.12		0	FLA	4		0.02	0.01	
Vitamin A, RAE mcg_RAE	24		0	NC	4		3	2	
Retinol mcg	8		0	NC	4		1	1	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	334		0	FLA	4		47	23	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	5.987		0	FLA	4		0.850	0.419	
4:0 g	0.031		0	FLA	4		0.004	0.002	
6:0 g	0.015		0	FLA	4		0.002	0.001	
8:0 g	0.008		0	FLA	4		0.001	0.001	
10:0 g	0.018		0	FLA	4		0.003	0.001	
12:0 g	0.017		0	FLA	4		0.002	0.001	
13:0 g									

NDB No. 18225

Crackers, rye, sandwich-type with cheese filling

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.202		0	FLA	4		0.029	0.014	
15:0....g									
16:0....g	3.063		0	FLA	4		0.435	0.214	
17:0....g									
18:0....g	2.602		0	FLA	4		0.369	0.182	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	12.236		0	FLA	4		1.738	0.857	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.031		0	FLA	4		0.004	0.002	
17:1....g									
18:1 undifferentiated....g	12.191		0	FLA	4		1.731	0.853	
20:1....g	0.001		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.863		0	FLA	4		0.407	0.200	
18:2 undifferentiated....g	2.702		0	FLA	4		0.384	0.189	
18:3 undifferentiated....g	0.161		0	FLA	4		0.023	0.011	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	9		1		1		1	1	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.115		0		1		0.016	0.008	
Threonine....g	0.286		0		1		0.041	0.020	
Isoleucine....g	0.354		0		1		0.050	0.025	
Leucine....g	0.649		0		1		0.092	0.045	
Lysine....g	0.333		0		1		0.047	0.023	
Methionine....g	0.161		0		1		0.023	0.011	
Cystine....g	0.185		0		1		0.026	0.013	
Phenylalanine....g	0.442		0		1		0.063	0.031	
Tyrosine....g	0.273		0		1		0.039	0.019	
Valine....g	0.417		0		1		0.059	0.029	
Arginine....g	0.396		0		1		0.056	0.028	
Histidine....g	0.208		0		1		0.030	0.015	
Alanine....g	0.319		0		1		0.045	0.022	
Aspartic acid....g	0.510		0		1		0.072	0.036	
Glutamic acid....g	2.729		0		1		0.388	0.191	
Glycine....g	0.330		0		1		0.047	0.023	
Proline....g	0.972		0		1		0.138	0.068	
Serine....g	0.459		0		1		0.065	0.032	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.2g: .5 oz

Measure 2 = 7.0g: 1 cracker, sandwich

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 4.1

NDB No. 18225
Crackers, rye, sandwich-type with cheese filling

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18226
Crackers, rye, wafers, plain

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	5.00		1		1		3.05	0.55	0.71
Energy kcal	334		0	NC	4		204	37	47
Energy kj	1397		0		4		852	154	198
Protein (N x 5.9) g	9.60	0.101	21		1		5.86	1.06	1.36
Total lipid (fat) g	0.90	0.054	21		1		0.55	0.10	0.13
Ash g	4.10	0.180	21		1		2.50	0.45	0.58
Carbohydrate, by difference g	80.40		0	NC	4		49.04	8.84	11.42
Fiber, total dietary g	22.9		0		4		14.0	2.5	3.3
Sugars, total g	1.01		0	FLA	4		0.62	0.11	0.14
Starch g									
Minerals:									
Calcium, Ca mg	40	1.353	21		1		24	4	6
Iron, Fe mg	5.94	0.536	21		1		3.62	0.65	0.84
Magnesium, Mg mg	121	1.361	21		1		74	13	17
Phosphorus, P mg	334	9.126	21		1		204	37	47
Potassium, K mg	495		2		1		302	54	70
Sodium, Na mg	794	11.515	21		1		484	87	113
Zinc, Zn mg	2.80	0.096	21		1		1.71	0.31	0.40
Copper, Cu mg	0.461	0.028	21		1		0.281	0.051	0.065
Manganese, Mn mg	5.366		0	FLA	4		3.273	0.590	0.762
Selenium, Se mcg	23.8	21.934	3	A	1		14.5	2.6	3.4
Vitamins:									
Vitamin C, total ascorbic acid mg	0.1		0	FLA	4		0.1	0.0	0.0
Thiamin mg	0.427	0.056	14		1		0.260	0.047	0.061
Riboflavin mg	0.289	0.029	14		1		0.176	0.032	0.041
Niacin mg	1.581	0.103	21		1		0.964	0.174	0.225
Pantothenic acid mg	0.569	0.032	17		1		0.347	0.063	0.081
Vitamin B-6 mg	0.271	0.017	21		1		0.165	0.030	0.038
Folate, total mcg	45	5.680	17		1		27	5	6
Folic acid mcg	0		0	Z	7		0	0	0
Folate, food mcg	45	5.680	17		1		27	5	6
Folate, DFE mcg_DFE	45		0	NC	4		27	5	6
Choline, total mg	20.0		0	FLC	4		12.2	2.2	2.8
Betaine mg									
Vitamin B-12 mcg	0.00		0		1		0.00	0.00	0.00
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	0
Retinol mcg	0		0	FLA	4		0	0	0
Carotene, beta mcg	2		0	FLA	4		1	0	0
Carotene, alpha mcg	1		0	FLA	4		1	0	0
Cryptoxanthin, beta mcg	0		0	FLA	4		0	0	0
Vitamin A, IU IU	5		0	FLA	4		3	1	1
Lycopene mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin mcg	245		0	FLA	4		150	27	35
Vitamin E (alpha-tocopherol) mg	0.80		0	FLA	4		0.49	0.09	0.11
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	5.7		0	FLA	4		3.5	0.6	0.8
Lipids:									
Fatty acids, total saturated g	0.108		0		1		0.066	0.012	0.015
4:0 g	0.000		0		1		0.000	0.000	0.000
6:0 g	0.000		0		1		0.000	0.000	0.000
8:0 g	0.000		0		1		0.000	0.000	0.000
10:0 g	0.000		0		1		0.000	0.000	0.000

NDB No. 18226
Crackers, rye, wafers, plain

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0		1		0.000	0.000	0.000
13:0 g									
14:0 g	0.001		0		1		0.001	0.000	0.000
15:0 g									
16:0 g	0.101		0		1		0.062	0.011	0.014
17:0 g									
18:0 g	0.006		0		1		0.004	0.001	0.001
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.152		0		1		0.093	0.017	0.022
14:1 g									
15:1 g									
16:1 undifferentiated g	0.003		0		1		0.002	0.000	0.000
17:1 g									
18:1 undifferentiated g	0.145		0		1		0.088	0.016	0.021
20:1 g	0.004		0		1		0.002	0.000	0.001
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.397		0		1		0.242	0.044	0.056
18:2 undifferentiated g	0.349		0		1		0.213	0.038	0.050
18:3 undifferentiated g	0.048		0		1		0.029	0.005	0.007
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	0
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	FLA	4		0	0	0
Theobromine mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 61g: 1 cup, crushed

Measure 2 = 11.0g: 1 cracker (4-1/2" x 2-1/2" x 1/8")

Measure 3 = 14.2g: .5 oz

Calories Factors: **Protein** 3 **Fat** 8.4 **Carbohydrate** 3.7

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18227
Crackers, rye, wafers, seasoned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	4.00		2		1		0.57	0.88	
Energy kcal	381		0	NC	4		54	84	
Energy kj	1594				4		226	351	
Protein (N x 5.9) g	9.00	0.147	7		1		1.28	1.98	
Total lipid (fat) g	9.20	1.005	6		1		1.31	2.02	
Ash g	4.00	0.359	3		1		0.57	0.88	
Carbohydrate, by difference g	73.80		0		4		10.48	16.24	
Fiber, total dietary g	20.9		0		4		3.0	4.6	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	44	4.717	5		1		6	10	
Iron, Fe mg	3.04	0.199	6		1		0.43	0.67	
Magnesium, Mg mg	106	5.237	5		1		15	23	
Phosphorus, P mg	307	11.601	5		1		44	68	
Potassium, K mg	454	9.327	5		1		64	100	
Sodium, Na mg	887	51.905	6		1		126	195	
Zinc, Zn mg	2.55	0.093	5		1		0.36	0.56	
Copper, Cu mg	0.495	0.026	5		1		0.070	0.109	
Manganese, Mn mg	2.371		0	FLA	4		0.337	0.522	
Selenium, Se mcg	32.5		0	FLA	4		4.6	7.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.1		0	FLA	4		0.0	0.0	
Thiamin mg	0.316	0.035	6		1		0.045	0.070	
Riboflavin mg	0.223	0.031	6		1		0.032	0.049	
Niacin mg	2.474	0.528	6		1		0.351	0.544	
Pantothenic acid mg	0.558		2		1		0.079	0.123	
Vitamin B-6 mg	0.190		2		1		0.027	0.042	
Folate, total mcg	52		2		1		7	11	
Folic acid mcg	0		0	Z	7		0	0	
Folate, food mcg	52		2		1		7	11	
Folate, DFE mcg_DFE	52		0	NC	4		7	11	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	8		0	FLA	4		1	2	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	1.287		0	FLA	4		0.183	0.283	
4:0 g	0.000		0	FLA	4		0.000	0.000	
6:0 g	0.000		0	FLA	4		0.000	0.000	
8:0 g	0.000		0	FLA	4		0.000	0.000	
10:0 g	0.000		0	FLA	4		0.000	0.000	
12:0 g	0.000		0	FLA	4		0.000	0.000	
13:0 g									

NDB No. 18227
Crackers, rye, wafers, seasoned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.000		0	FLA	4		0.000	0.000	
15:0....g									
16:0....g	0.921		0	FLA	4		0.131	0.203	
17:0....g									
18:0....g	0.352		0	FLA	4		0.050	0.077	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.270		0	FLA	4		0.464	0.719	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.037		0	FLA	4		0.005	0.008	
17:1....g									
18:1 undifferentiated....g	3.215		0	FLA	4		0.457	0.707	
20:1....g	0.011		0	FLA	4		0.002	0.002	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.608		0	FLA	4		0.512	0.794	
18:2 undifferentiated....g	3.283		0	FLA	4		0.466	0.722	
18:3 undifferentiated....g	0.318		0	FLA	4		0.045	0.070	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.2g: .5 oz

Measure 2 = 22g: 1 cracker, triple

Calories Factors: **Protein** 3 **Fat** 8.8 **Carbohydrate** 3.7

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18228
Crackers, saltines (includes oyster, soda, soup)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	4.03	0.095	8	A	1		2.82	0.60	0.12
Energy kcal	421		0	NC	4		294	63	13
Energy kj	1760		0	NC	4		1232	264	53
Protein (N x 5.7) g	9.50	0.111	8	A	1		6.65	1.42	0.28
Total lipid (fat) g	8.85	0.285	8	A	1		6.20	1.33	0.27
Ash g	3.28	0.103	8	A	1		2.30	0.49	0.10
Carbohydrate, by difference g	74.34		0	NC	4		52.04	11.15	2.23
Fiber, total dietary g	2.9	0.065	8	A	1		2.0	0.4	0.1
Sugars, total g	2.22	0.324	8	A	1		1.55	0.33	0.07
Sucrose g	0.00	0.000	8	A	1		0.00	0.00	0.00
Glucose (dextrose) g	0.23	0.048	8	A	1		0.16	0.03	0.01
Fructose g	0.23	0.091	8	A	1		0.16	0.03	0.01
Lactose g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose g	1.69	0.230	8	A	1		1.19	0.25	0.05
Galactose g	0.07	0.028	8	A	1		0.05	0.01	0.00
Starch g	67.30	0.476	8	A	1		47.11	10.09	2.02
Minerals:									
Calcium, Ca mg	21	0.369	8	A	1		15	3	1
Iron, Fe mg	5.13	0.313	8	A	1		3.59	0.77	0.15
Magnesium, Mg mg	25	0.705	8	A	1		17	4	1
Phosphorus, P mg	111	3.354	8	A	1		77	17	3
Potassium, K mg	159	2.367	8	A	1		112	24	5
Sodium, Na mg	1116	45.268	8	A	1		781	167	33
Zinc, Zn mg	0.82	0.029	8	A	1		0.57	0.12	0.02
Copper, Cu mg	0.156	0.005	8	A	1		0.109	0.023	0.005
Manganese, Mn mg	0.838	0.023	8	A	1		0.586	0.126	0.025
Selenium, Se mcg	6.4	0.552	8	A	1		4.5	1.0	0.2
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin mg	0.611	0.032	8	A	1		0.428	0.092	0.018
Riboflavin mg	0.331	0.030	8	A	1		0.232	0.050	0.010
Niacin mg	5.235	0.390	8	A	1		3.664	0.785	0.157
Pantothenic acid mg	0.475		2	A	1		0.332	0.071	0.014
Vitamin B-6 mg	0.060		2	A	1		0.042	0.009	0.002
Folate, total mcg	140		2	A	1		98	21	4
Folic acid mcg	117		2	A	1		82	18	4
Folate, food mcg	23		0	AS	1		16	3	1
Folate, DFE mcg_DFE	221		0	NC	4		155	33	7
Choline, total mg	19.6		0	AS	1		13.7	2.9	0.6
Betaine mg	55.3		1	A	1		38.7	8.3	1.7
Vitamin B-12 mcg	0.09		2	A	1		0.06	0.01	0.00
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	0
Retinol mcg	0		0	FLA	4		0	0	0
Carotene, beta mcg	0		0	FLA	4		0	0	0
Carotene, alpha mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta mcg	0		0	FLA	4		0	0	0
Vitamin A, IU IU	1		0	NC	4		0	0	0
Lycopene mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin mcg	17		0	FLA	4		12	3	1
Vitamin E (alpha-tocopherol) mg	1.12	0.105	5	A	1		0.78	0.17	0.03
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.23	0.036	5	A	1		0.16	0.03	0.01
Tocopherol, gamma mg	5.05	0.146	5	A	1		3.54	0.76	0.15
Tocopherol, delta mg	1.27	0.089	5	A	1		0.89	0.19	0.04
Vitamin D IU									
Vitamin K (phylloquinone) mcg	15.4		2	A	1		10.8	2.3	0.5

NDB No. 18228

Crackers, saltines (includes oyster, soda, soup)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.001		0	NC	4		1.400	0.300	0.060
4:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
6:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
8:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
10:0....g	0.005	0.005	4	A	1		0.003	0.001	0.000
12:0....g	0.001	0.001	4	A	1		0.001	0.000	0.000
13:0....g									
14:0....g	0.016	0.001	4	A	1		0.011	0.002	0.000
15:0....g	0.003	0.000	4	A	1		0.002	0.000	0.000
16:0....g	1.165	0.005	4	A	1		0.815	0.175	0.035
17:0....g	0.008	0.000	4	A	1		0.006	0.001	0.000
18:0....g	0.743	0.008	4	A	1		0.520	0.112	0.022
20:0....g	0.025	0.001	4	A	1		0.018	0.004	0.001
22:0....g	0.023	0.001	4	A	1		0.016	0.003	0.001
24:0....g	0.011	0.002	4	A	1		0.008	0.002	0.000
Fatty acids, total monounsaturated....g	2.247		0	NC	4		1.573	0.337	0.067
14:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.008	0.001	4	AS	1		0.006	0.001	0.000
16:1 c....g	0.008	0.001	4	A	1		0.006	0.001	0.000
16:1 t....g	0.000	0.000	4	A	1		0.000	0.000	0.000
17:1....g	0.003	0.000	4	A	1		0.002	0.000	0.000
18:1 undifferentiated....g	2.213	0.013	4	AS	1		1.549	0.332	0.066
18:1 c....g	1.798	0.023	4	A	1		1.259	0.270	0.054
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.415	0.026	4	A	1		0.291	0.062	0.012
18:1-11t (18:1t n-7)....g									
20:1....g	0.020	0.006	4	A	1		0.014	0.003	0.001
22:1 undifferentiated....g	0.001	0.001	4	AS	1		0.000	0.000	0.000
22:1 c....g	0.001	0.001	4	A	1		0.000	0.000	0.000
22:1 t....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c....g	0.002	0.001	4	A	1		0.002	0.000	0.000
Fatty acids, total polyunsaturated....g	4.068		0	NC	4		2.848	0.610	0.122
18:2 undifferentiated....g	3.624	0.023	4	AS	1		2.537	0.544	0.109
18:2 n-6 c,c....g	3.592	0.020	4	A	1		2.514	0.539	0.108
18:2 CLAs....g	0.005	0.001	4	A	1		0.003	0.001	0.000
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.027	0.004	4	A	1		0.019	0.004	0.001
18:3 undifferentiated....g	0.437	0.007	4	AS	1		0.306	0.066	0.013
18:3 n-3 c,c,c....g	0.423	0.008	4	A	1		0.296	0.063	0.013
18:3 n-6 c,c,c....g	0.014	0.002	4	A	1		0.010	0.002	0.000
18:3i....g									
18:4....g	0.001	0.001	4	A	1		0.001	0.000	0.000
20:2 n-6 c,c....g	0.003	0.000	4	A	1		0.002	0.000	0.000
20:3 undifferentiated....g	0.001	0.001	4	AS	1		0.000	0.000	0.000
20:3 n-3....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 n-6....g	0.001	0.001	4	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3....g	0.000	0.000	4	A	1		0.000	0.000	0.000
21:5....g									
22:4....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:5 n-3....g	0.003	0.000	4	A	1		0.002	0.000	0.000
22:6 n-3....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.443		0	NC	4		0.310	0.066	0.013
Fatty acids, total trans-monoenoic....g	0.415		0	NC	4		0.291	0.062	0.012
Fatty acids, total trans-polyenoic....g	0.027		0	NC	4		0.019	0.004	0.001
Cholesterol....mg	0	0.137	3	A	1		0	0	0
Phytosterols....mg									

NDB No. 18228
Crackers, saltines (includes oyster, soda, soup)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.116		0	A	1		0.081	0.017	0.003
Threonine....g	0.268		0	A	1		0.187	0.040	0.008
Isoleucine....g	0.333		0	A	1		0.233	0.050	0.010
Leucine....g	0.652		0	A	1		0.456	0.098	0.020
Lysine....g	0.172		0	A	1		0.120	0.026	0.005
Methionine....g	0.147		0	A	1		0.103	0.022	0.004
Cystine....g	0.232		0	A	1		0.163	0.035	0.007
Phenylalanine....g	0.450		0	A	1		0.315	0.067	0.013
Tyrosine....g	0.182		0	A	1		0.128	0.027	0.005
Valine....g	0.399		0	A	1		0.280	0.060	0.012
Arginine....g	0.349		0	A	1		0.244	0.052	0.010
Histidine....g	0.197		0	A	1		0.138	0.030	0.006
Alanine....g	0.318		0	A	1		0.223	0.048	0.010
Aspartic acid....g	0.415		0	A	1		0.290	0.062	0.012
Glutamic acid....g	3.158		0	A	1		2.211	0.474	0.095
Glycine....g	0.344		0	A	1		0.241	0.052	0.010
Proline....g	1.046		0	A	1		0.732	0.157	0.031
Serine....g	0.445		0	A	1		0.311	0.067	0.013
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0
Theobromine....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 70g: 1 cup, crushed

Measure 2 = 15.0g: 5 crackers square (1 serving)

Measure 3 = 3.0g: 1 cracker square

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18457
Crackers, saltines, fat-free, low-sodium

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	3.40		1		1		0.51	1.02	
Energy kcal	393		0	NC	4		59	118	
Energy kj	1644		0		4		247	493	
Protein (N x 5.7) g	10.50		1		1		1.58	3.15	
Total lipid (fat) g	1.60		1		1		0.24	0.48	
Ash g	2.20		1		1		0.33	0.66	
Carbohydrate, by difference g	82.30		0	NC	4		12.35	24.69	
Fiber, total dietary g	2.7		1		1		0.4	0.8	
Sugars, total g	0.38		0	FLA	4		0.06	0.11	
Starch g									
Minerals:									
Calcium, Ca mg	22		1		1		3	7	
Iron, Fe mg	7.72		1		1		1.16	2.32	
Magnesium, Mg mg	26		1		1		4	8	
Phosphorus, P mg	113		1		1		17	34	
Potassium, K mg	115		1		1		17	35	
Sodium, Na mg	636		1		1		95	191	
Zinc, Zn mg	0.94		1		1		0.14	0.28	
Copper, Cu mg	0.145		1		1		0.022	0.044	
Manganese, Mn mg	0.637		1		1		0.096	0.191	
Selenium, Se mcg	21.4		0	FLA	4		3.2	6.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1		1		0.0	0.0	
Thiamin mg	0.518		1		1		0.078	0.155	
Riboflavin mg	0.590		1		1		0.089	0.177	
Niacin mg	5.714		1		1		0.857	1.714	
Pantothenic acid mg	0.390		1		1		0.059	0.117	
Vitamin B-6 mg	0.085		1		1		0.013	0.026	
Folate, total mcg	124		0	BFZN	4		19	37	
Folic acid mcg	111		0	NC	4		17	33	
Folate, food mcg	13		1		1		2	4	
Folate, DFE mcg_DFE	202		0	NC	4		30	61	
Choline, total mg	19.6		0	BFZN	4		2.9	5.9	
Betaine mg									
Vitamin B-12 mcg	0.00		1		1		0.00	0.00	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	FLA	4		0	0	
Carotene, beta mcg	0		0	Z	7		0	0	
Carotene, alpha mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta mcg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		1		1		0	0	
Lycopene mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin mcg	9		0	FLA	4		1	3	
Vitamin E (alpha-tocopherol) mg	0.12		0	FLA	4		0.02	0.04	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	4.9		0	FLA	4		0.7	1.5	
Lipids:									
Fatty acids, total saturated g	0.244		0		1		0.037	0.073	
4:0 g	0.000		0		1		0.000	0.000	
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	

NDB No. 18457
Crackers, saltines, fat-free, low-sodium

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0		1		0.000	0.000	
13:0 g									
14:0 g	0.001		0		1		0.000	0.000	
15:0 g									
16:0 g	0.228		0		1		0.034	0.068	
17:0 g									
18:0 g	0.010		0		1		0.002	0.003	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.142		0		1		0.021	0.043	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.004		0		1		0.001	0.001	
17:1 g									
18:1 undifferentiated g	0.138		0		1		0.021	0.041	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.685		0		1		0.103	0.206	
18:2 undifferentiated g	0.647		0		1		0.097	0.194	
18:3 undifferentiated g	0.038		0		1		0.006	0.011	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 g	0.000		0		1		0.000	0.000	
22:5 n-3 g	0.000		0		1		0.000	0.000	
22:6 n-3 g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.138		0		1		0.021	0.041	
Threonine g	0.287		0		1		0.043	0.086	
Isoleucine g	0.378		0		1		0.057	0.113	
Leucine g	0.716		0		1		0.107	0.215	
Lysine g	0.290		0		1		0.044	0.087	
Methionine g	0.180		0		1		0.027	0.054	
Cystine g	0.224		0		1		0.034	0.067	
Phenylalanine g	0.514		0		1		0.077	0.154	
Tyrosine g	0.309		0		1		0.046	0.093	
Valine g	0.439		0		1		0.066	0.132	
Arginine g	0.413		0		1		0.062	0.124	
Histidine g	0.224		0		1		0.034	0.067	
Alanine g	0.327		0		1		0.049	0.098	
Aspartic acid g	0.443		0		1		0.066	0.133	
Glutamic acid g	3.494		0		1		0.524	1.048	
Glycine g	0.367		0		1		0.055	0.110	
Proline g	1.190		0		1		0.179	0.357	
Serine g	0.536		0		1		0.080	0.161	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18457

Crackers, saltines, fat-free, low-sodium

Measure 1 = 15.0g: 3 saltines

Measure 2 = 30g: 6 saltines

Calories Factors: **Protein** 4 **Fat** 8.4 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18425

Crackers, saltines, low salt (includes oyster, soda, soup)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	4.03	0.095	8	A	1		1.81	0.12	0.40
Energy kcal	421		0	NC	4		189	13	42
Energy kj	1760		0	NC	4		792	53	176
Protein (N x 5.7) g	9.50	0.111	8	A	1		4.27	0.28	0.95
Total lipid (fat) g	8.85	0.285	8	A	1		3.98	0.27	0.89
Ash g	3.28	0.103	8	A	1		1.48	0.10	0.33
Carbohydrate, by difference g	74.34		0	NC	4		33.45	2.23	7.43
Fiber, total dietary g	2.9	0.065	8	A	1		1.3	0.1	0.3
Sugars, total g	2.22	0.324	8	A	1		1.00	0.07	0.22
Sucrose g	0.00	0.000	8	A	1		0.00	0.00	0.00
Glucose (dextrose) g	0.23	0.048	8	A	1		0.10	0.01	0.02
Fructose g	0.23	0.091	8	A	1		0.10	0.01	0.02
Lactose g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose g	1.69	0.230	8	A	1		0.76	0.05	0.17
Galactose g	0.07	0.028	8	A	1		0.03	0.00	0.01
Starch g	67.30	0.476	8	A	1		30.28	2.02	6.73
Minerals:									
Calcium, Ca mg	119		0	A	1		54	4	12
Iron, Fe mg	5.13	0.313	8	A	1		2.31	0.15	0.51
Magnesium, Mg mg	25	0.705	8	A	1		11	1	2
Phosphorus, P mg	111	3.354	8	A	1		50	3	11
Potassium, K mg	724		0	A	1		326	22	72
Sodium, Na mg	636		0	O	4		286	19	64
Zinc, Zn mg	0.82	0.029	8	A	1		0.37	0.02	0.08
Copper, Cu mg	0.156	0.005	8	A	1		0.070	0.005	0.016
Manganese, Mn mg	0.838	0.023	8	A	1		0.377	0.025	0.084
Selenium, Se mcg	6.4	0.552	8	A	1		2.9	0.2	0.6
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.611	0.032	8	A	1		0.275	0.018	0.061
Riboflavin mg	0.331	0.030	8	A	1		0.149	0.010	0.033
Niacin mg	5.235	0.390	8	A	1		2.356	0.157	0.523
Pantothenic acid mg	0.475		2	A	1		0.214	0.014	0.047
Vitamin B-6 mg	0.060		2	A	1		0.027	0.002	0.006
Folate, total mcg	140		2	A	1		63	4	14
Folic acid mcg	117		2	A	1		53	4	12
Folate, food mcg	23		0	AS	1		10	1	2
Folate, DFE mcg_DFE	221		0	NC	4		100	7	22
Choline, total mg	19.6		0	AS	1		8.8	0.6	2.0
Betaine mg	55.3		1	A	1		24.9	1.7	5.5
Vitamin B-12 mcg	0.09		2	A	1		0.04	0.00	0.01
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	0
Retinol mcg	0		0	FLA	4		0	0	0
Carotene, beta mcg	0		0	FLA	4		0	0	0
Carotene, alpha mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta mcg	0		0	FLA	4		0	0	0
Vitamin A, IU IU	0		0		4		0	0	0
Lycopene mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin mcg	17		0	FLA	4		8	1	2
Vitamin E (alpha-tocopherol) mg	1.12	0.105	5	A	1		0.50	0.03	0.11
Vitamin E, added mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta mg	0.23	0.036	5	A	1		0.10	0.01	0.02
Tocopherol, gamma mg	5.05	0.146	5	A	1		2.27	0.15	0.51
Tocopherol, delta mg	1.27	0.089	5	A	1		0.57	0.04	0.13
Vitamin D IU									
Vitamin K (phylloquinone) mcg	15.4		2	A	1		6.9	0.5	1.5

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Crackers, saltines, low salt (includes oyster, soda, soup)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.001		0	NC	4		0.900	0.060	0.200
4:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
6:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
8:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
10:0....g	0.005	0.005	4	A	1		0.002	0.000	0.000
12:0....g	0.001	0.001	4	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.016	0.001	4	A	1		0.007	0.000	0.002
15:0....g	0.003	0.000	4	A	1		0.001	0.000	0.000
16:0....g	1.165	0.005	4	A	1		0.524	0.035	0.116
17:0....g	0.008	0.000	4	A	1		0.004	0.000	0.001
18:0....g	0.743	0.008	4	A	1		0.335	0.022	0.074
20:0....g	0.025	0.001	4	A	1		0.011	0.001	0.003
22:0....g	0.023	0.001	4	A	1		0.010	0.001	0.002
24:0....g	0.011	0.002	4	A	1		0.005	0.000	0.001
Fatty acids, total monounsaturated....g	2.247		0	NC	4		1.011	0.067	0.225
14:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.008	0.001	4	AS	1		0.004	0.000	0.001
16:1 c....g	0.008	0.001	4	A	1		0.004	0.000	0.001
16:1 t....g	0.000	0.000	4	A	1		0.000	0.000	0.000
17:1....g	0.003	0.000	4	A	1		0.001	0.000	0.000
18:1 undifferentiated....g	2.213	0.013	4	AS	1		0.996	0.066	0.221
18:1 c....g	1.798	0.023	4	A	1		0.809	0.054	0.180
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.415	0.026	4	A	1		0.187	0.012	0.042
18:1-11t (18:1t n-7)....g									
20:1....g	0.020	0.006	4	A	1		0.009	0.001	0.002
22:1 undifferentiated....g	0.001	0.001	4	AS	1		0.000	0.000	0.000
22:1 c....g	0.001	0.001	4	A	1		0.000	0.000	0.000
22:1 t....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c....g	0.002	0.001	4	A	1		0.001	0.000	0.000
Fatty acids, total polyunsaturated....g	4.068		0	NC	4		1.831	0.122	0.407
18:2 undifferentiated....g	3.624	0.023	4	AS	1		1.631	0.109	0.362
18:2 n-6 c,c....g	3.592	0.020	4	A	1		1.616	0.108	0.359
18:2 CLAs....g	0.005	0.001	4	A	1		0.002	0.000	0.000
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.027	0.004	4	A	1		0.012	0.001	0.003
18:3 undifferentiated....g	0.437	0.007	4	AS	1		0.197	0.013	0.044
18:3 n-3 c,c,c....g	0.423	0.008	4	A	1		0.190	0.013	0.042
18:3 n-6 c,c,c....g	0.014	0.002	4	A	1		0.006	0.000	0.001
18:3i....g									
18:4....g	0.001	0.001	4	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.003	0.000	4	A	1		0.001	0.000	0.000
20:3 undifferentiated....g	0.001	0.001	4	AS	1		0.000	0.000	0.000
20:3 n-3....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 n-6....g	0.001	0.001	4	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3....g	0.000	0.000	4	A	1		0.000	0.000	0.000
21:5....g									
22:4....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:5 n-3....g	0.003	0.000	4	A	1		0.001	0.000	0.000
22:6 n-3....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.443		0	NC	4		0.199	0.013	0.044
Fatty acids, total trans-monoenoic....g	0.415		0	NC	4		0.187	0.012	0.042
Fatty acids, total trans-polyenoic....g	0.027		0	NC	4		0.012	0.001	0.003
Cholesterol....mg	0		0	FLA	4		0	0	0
Phytosterols....mg									

NDB No. 18425

Crackers, saltines, low salt (includes oyster, soda, soup)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.122		0	FLA	4		0.055	0.004	0.012
Threonine....g	0.274		0	FLA	4		0.123	0.008	0.027
Isoleucine....g	0.344		0	FLA	4		0.155	0.010	0.034
Leucine....g	0.681		0	FLA	4		0.307	0.020	0.068
Lysine....g	0.230		0	FLA	4		0.103	0.007	0.023
Methionine....g	0.177		0	FLA	4		0.080	0.005	0.018
Cystine....g	0.208		0	FLA	4		0.093	0.006	0.021
Phenylalanine....g	0.493		0	FLA	4		0.222	0.015	0.049
Tyrosine....g	0.300		0	FLA	4		0.135	0.009	0.030
Valine....g	0.401		0	FLA	4		0.180	0.012	0.040
Arginine....g	0.407		0	FLA	4		0.183	0.012	0.041
Histidine....g	0.221		0	FLA	4		0.100	0.007	0.022
Alanine....g	0.324		0	FLA	4		0.146	0.010	0.032
Aspartic acid....g	0.428		0	FLA	4		0.193	0.013	0.043
Glutamic acid....g	3.283		0	FLA	4		1.477	0.098	0.328
Glycine....g	0.358		0	FLA	4		0.161	0.011	0.036
Proline....g	1.137		0	FLA	4		0.512	0.034	0.114
Serine....g	0.493		0	FLA	4		0.222	0.015	0.049
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0
Theobromine....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 45g: 1 cup oyster crackers

Measure 2 = 3.0g: 1 cracker

Measure 3 = 10.0g: 1 cracker, round large

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18426

Crackers, saltines, unsalted tops (includes oyster, soda, soup)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	4.10	0.082	176		1		0.12	0.58	
Energy kcal	434		0	NC	4		13	62	
Energy kj	1816				4		54	258	
Protein (N x 5.7) g	9.20	0.056	155		1		0.28	1.31	
Total lipid (fat) g	11.80	0.142	161		1		0.35	1.68	
Ash g	3.30	0.080	153		1		0.10	0.47	
Carbohydrate, by difference g	71.50		0		4		2.15	10.15	
Fiber, total dietary g	3.0		0	BFZN	4		0.1	0.4	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	119	5.322	162		1		4	17	
Iron, Fe mg	5.40	0.080	171		1		0.16	0.77	
Magnesium, Mg mg	27	0.355	162		1		1	4	
Phosphorus, P mg	105	1.525	165		1		3	15	
Potassium, K mg	128	1.697	166		1		4	18	
Sodium, Na mg	766		0		4		23	109	
Zinc, Zn mg	0.77	0.011	161		1		0.02	0.11	
Copper, Cu mg	0.199	0.007	163		1		0.006	0.028	
Manganese, Mn mg	0.695	0.009	142		1		0.021	0.099	
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		4		0.0	0.0	
Thiamin mg	0.565	0.016	128		1		0.017	0.080	
Riboflavin mg	0.462	0.006	129		1		0.014	0.066	
Niacin mg	5.249	0.072	131		1		0.157	0.745	
Pantothenic acid mg	0.456	0.101	7		1		0.014	0.065	
Vitamin B-6 mg	0.038	0.004	5		1		0.001	0.005	
Folate, total mcg	124		0	BFZN	4		4	18	
Folic acid mcg	93		0	NC	4		3	13	
Folate, food mcg	31		2		1		1	4	
Folate, DFE mcg_DFE	189		0	NC	4		6	27	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.00		0		4		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	0		0		4		0	0	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	2.932		0	BFZN	4		0.088	0.416	
4:0 g									
6:0 g									
8:0 g									
10:0 g									
12:0 g									
13:0 g									

NDB No. 18426

Crackers, saltines, unsalted tops (includes oyster, soda, soup)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.055		0	BFZN	4		0.002	0.008	
15:0....g									
16:0....g	1.545		0	BFZN	4		0.046	0.219	
17:0....g									
18:0....g	1.329		0	BFZN	4		0.040	0.189	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.422		0	BFZN	4		0.193	0.912	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.005		0	BFZN	4		0.000	0.001	
17:1....g									
18:1 undifferentiated....g	6.417		0	BFZN	4		0.193	0.911	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.679		0	BFZN	4		0.050	0.238	
18:2 undifferentiated....g	1.593		0	BFZN	4		0.048	0.226	
18:3 undifferentiated....g	0.086		0	BFZN	4		0.003	0.012	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0	0.000	9		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.122		0		4		0.004	0.017	
Threonine....g	0.256		0		4		0.008	0.036	
Isoleucine....g	0.334		0		4		0.010	0.047	
Leucine....g	0.632		0		4		0.019	0.090	
Lysine....g	0.258		0		4		0.008	0.037	
Methionine....g	0.159		0		4		0.005	0.023	
Cystine....g	0.198		0		4		0.006	0.028	
Phenylalanine....g	0.452		0		4		0.014	0.064	
Tyrosine....g	0.274		0		4		0.008	0.039	
Valine....g	0.387		0		4		0.012	0.055	
Arginine....g	0.366		0		4		0.011	0.052	
Histidine....g	0.198		0		4		0.006	0.028	
Alanine....g	0.292		0		4		0.009	0.041	
Aspartic acid....g	0.394		0		4		0.012	0.056	
Glutamic acid....g	3.066		0		4		0.092	0.435	
Glycine....g	0.324		0		4		0.010	0.046	
Proline....g	1.046		0		4		0.031	0.149	
Serine....g	0.472		0		4		0.014	0.067	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 3.0g: 1 cracker

Measure 2 = 14.2g: .5 oz

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4.1

NDB No. 18426
Crackers, saltines, unsalted tops (includes oyster, soda, soup)

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18229
Crackers, standard snack-type, regular

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	3.46	0.175	8	A	1		0.55	0.11	0.02
Energy kcal	504		0	NC	4		81	16	3
Energy kj	2110		0	NC	4		338	68	13
Protein g	6.60	0.250	8	A	1		1.06	0.21	0.04
Total lipid (fat) g	25.83	1.014	8	A	1		4.13	0.83	0.15
Ash g	2.74	0.092	8	A	1		0.44	0.09	0.02
Carbohydrate, by difference g	61.37		0	NC	4		9.82	1.96	0.37
Fiber, total dietary g	2.1	0.123	8	A	1		0.3	0.1	0.0
Sugars, total g	7.45	0.288	8	A	1		1.19	0.24	0.04
Sucrose g	5.75	0.247	8	A	1		0.92	0.18	0.03
Glucose (dextrose) g	0.60	0.033	8	A	1		0.10	0.02	0.00
Fructose g	0.42	0.066	8	A	1		0.07	0.01	0.00
Lactose g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose g	0.68	0.057	8	A	1		0.11	0.02	0.00
Galactose g	0.00	0.000	8	A	1		0.00	0.00	0.00
Starch g	50.37	0.396	8	A	1		8.06	1.61	0.30
Minerals:									
Calcium, Ca mg	95	22.398	8	A	1		15	3	1
Iron, Fe mg	3.81	0.262	8	A	1		0.61	0.12	0.02
Magnesium, Mg mg	18	0.587	8	A	1		3	1	0
Phosphorus, P mg	258	8.845	8	A	1		41	8	2
Potassium, K mg	111	3.849	8	A	1		18	4	1
Sodium, Na mg	865	24.159	8	A	1		138	28	5
Zinc, Zn mg	0.58	0.021	8	A	1		0.09	0.02	0.00
Copper, Cu mg	0.110	0.005	8	A	1		0.018	0.004	0.001
Manganese, Mn mg	0.572	0.020	8	A	1		0.091	0.018	0.003
Selenium, Se mcg	3.6	0.464	8	A	1		0.6	0.1	0.0
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin mg	0.437	0.013	8	A	1		0.070	0.014	0.003
Riboflavin mg	0.226	0.027	8	A	1		0.036	0.007	0.001
Niacin mg	4.180	0.276	8	A	1		0.669	0.134	0.025
Pantothenic acid mg	0.390		2	A	1		0.062	0.012	0.002
Vitamin B-6 mg	0.055		2	A	1		0.009	0.002	0.000
Folate, total mcg	118		2	A	1		19	4	1
Folic acid mcg	98		2	A	1		16	3	1
Folate, food mcg	21		0	AS	1		3	1	0
Folate, DFE mcg_DFE	186		0	NC	4		30	6	1
Choline, total mg	13.8		0	AS	1		2.2	0.4	0.1
Betaine mg	51.9		1	A	1		8.3	1.7	0.3
Vitamin B-12 mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin B-12, added mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	0
Retinol mcg	0		0	FLA	4		0	0	0
Carotene, beta mcg	0		0	FLA	4		0	0	0
Carotene, alpha mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta mcg	0		0	FLA	4		0	0	0
Vitamin A, IU IU	0		0	NC	4		0	0	0
Lycopene mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin mcg	12		0	FLA	4		2	0	0
Vitamin E (alpha-tocopherol) mg	3.58	0.139	4	A	1		0.57	0.11	0.02
Vitamin E, added mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta mg	0.30	0.061	4	A	1		0.05	0.01	0.00
Tocopherol, gamma mg	13.52	0.597	4	A	1		2.16	0.43	0.08
Tocopherol, delta mg	4.07	0.080	4	A	1		0.65	0.13	0.02
Vitamin D IU									

NDB No. 18229
Crackers, standard snack-type, regular

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin K (phylloquinone)....mcg	42.5	4.624	4	A	1		6.8	1.4	0.3
Lipids:									
Fatty acids, total saturated....g	5.400		0	NC	4		0.864	0.173	0.032
4:0....g	0.000	0.000	7	A	1		0.000	0.000	0.000
6:0....g	0.000	0.000	8	A	1		0.000	0.000	0.000
8:0....g	0.000	0.000	7	A	1		0.000	0.000	0.000
10:0....g	0.013	0.004	8	A	1		0.002	0.000	0.000
12:0....g	0.001	0.000	8	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.062	0.007	8	A	1		0.010	0.002	0.000
15:0....g	0.006	0.000	8	A	1		0.001	0.000	0.000
16:0....g	3.471	0.191	8	A	1		0.555	0.111	0.021
17:0....g	0.024	0.000	8	A	1		0.004	0.001	0.000
18:0....g	1.642	0.200	8	A	1		0.263	0.053	0.010
20:0....g	0.080	0.002	8	A	1		0.013	0.003	0.000
22:0....g	0.070	0.001	8	A	1		0.011	0.002	0.000
24:0....g	0.031	0.001	8	A	1		0.005	0.001	0.000
Fatty acids, total monounsaturated....g	6.652		0	NC	4		1.064	0.213	0.040
14:1....g	0.000	0.000	8	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	8	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.041	0.009	8	AS	1		0.006	0.001	0.000
16:1 c....g	0.041	0.009	8	A	1		0.006	0.001	0.000
16:1 t....g	0.000	0.000	8	A	1		0.000	0.000	0.000
17:1....g	0.012	0.001	8	A	1		0.002	0.000	0.000
18:1 undifferentiated....g	6.527	0.155	8	AS	1		1.044	0.209	0.039
18:1 c....g	5.821	0.252	8	A	1		0.931	0.186	0.035
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.706	0.105	8	A	1		0.113	0.023	0.004
18:1-11t (18:1t n-7)....g									
20:1....g	0.071	0.004	8	A	1		0.011	0.002	0.000
22:1 undifferentiated....g	0.003	0.001	8	AS	1		0.000	0.000	0.000
22:1 c....g	0.001	0.000	8	A	1		0.000	0.000	0.000
22:1 t....g	0.001	0.000	8	A	1		0.000	0.000	0.000
24:1 c....g	0.000	0.000	8	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	12.597		0	NC	4		2.016	0.403	0.076
18:2 undifferentiated....g	11.659	0.765	8	AS	1		1.865	0.373	0.070
18:2 n-6 c,c....g	11.480	0.732	8	A	1		1.837	0.367	0.069
18:2 CLAs....g	0.024	0.004	8	A	1		0.004	0.001	0.000
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.155	0.032	8	A	1		0.025	0.005	0.001
18:3 undifferentiated....g	0.925	0.117	8	AS	1		0.148	0.030	0.006
18:3 n-3 c,c,c....g	0.894	0.114	8	A	1		0.143	0.029	0.005
18:3 n-6 c,c,c....g	0.032	0.004	8	A	1		0.005	0.001	0.000
18:3i....g									
18:4....g	0.000	0.000	8	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.007	0.000	8	A	1		0.001	0.000	0.000
20:3 undifferentiated....g	0.002	0.001	8	AS	1		0.000	0.000	0.000
20:3 n-3....g	0.000	0.000	8	A	1		0.000	0.000	0.000
20:3 n-6....g	0.002	0.001	8	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.000	0.000	8	A	1		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3....g	0.000	0.000	8	A	1		0.000	0.000	0.000
21:5....g									
22:4....g	0.000	0.000	8	A	1		0.000	0.000	0.000
22:5 n-3....g	0.005	0.000	8	A	1		0.001	0.000	0.000
22:6 n-3....g	0.000	0.000	8	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.862		0	NC	4		0.138	0.028	0.005
Fatty acids, total trans-monoenoic....g	0.708		0	NC	4		0.113	0.023	0.004

NDB No. 18229
Crackers, standard snack-type, regular

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic....g	0.155		0	NC	4		0.025	0.005	0.001
Cholesterol....mg	0		0	FLA	4		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.084		0	A	1		0.013	0.003	0.001
Threonine....g	0.193		0	A	1		0.031	0.006	0.001
Isoleucine....g	0.246		0	A	1		0.039	0.008	0.001
Leucine....g	0.471		0	A	1		0.075	0.015	0.003
Lysine....g	0.103		0	A	1		0.016	0.003	0.001
Methionine....g	0.112		0	A	1		0.018	0.004	0.001
Cystine....g	0.172		0	A	1		0.028	0.006	0.001
Phenylalanine....g	0.331		0	A	1		0.053	0.011	0.002
Tyrosine....g	0.157		0	A	1		0.025	0.005	0.001
Valine....g	0.294		0	A	1		0.047	0.009	0.002
Arginine....g	0.252		0	A	1		0.040	0.008	0.002
Histidine....g	0.145		0	A	1		0.023	0.005	0.001
Alanine....g	0.225		0	A	1		0.036	0.007	0.001
Aspartic acid....g	0.306		0	A	1		0.049	0.010	0.002
Glutamic acid....g	2.298		0	A	1		0.368	0.074	0.014
Glycine....g	0.252		0	A	1		0.040	0.008	0.002
Proline....g	0.748		0	A	1		0.120	0.024	0.004
Serine....g	0.316		0	A	1		0.050	0.010	0.002
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0
Theobromine....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 16g: 5 crackers, regular size, round (1 serving)

Measure 2 = 3.2g: 1 cracker, round

Measure 3 = 0.6g: 1 cracker, bite size

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18427
Crackers, standard snack-type, regular, low salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.50	0.078	157		1		2.17	2.52	0.02
Energy....kcal	502		0	NC	4		311	361	3
Energy....kj	2100		0		4		1302	1512	13
Protein (N x 5.7)....g	7.40	0.093	159		1		4.59	5.33	0.04
Total lipid (fat)....g	25.30	0.329	169		1		15.69	18.22	0.15
Ash....g	2.80	0.056	149		1		1.74	2.02	0.02
Carbohydrate, by difference....g	61.00		0		4		37.82	43.92	0.37
Fiber, total dietary....g	1.6		0		4		1.0	1.2	0.0
Sugars, total....g	1.79		0	FLA	4		1.11	1.29	0.01
Starch....g									
Minerals:									
Calcium, Ca....mg	120	3.998	145		1		74	86	1
Iron, Fe....mg	3.60	0.056	147		1		2.23	2.59	0.02
Magnesium, Mg....mg	27	1.161	137		1		17	19	0
Phosphorus, P....mg	228	6.627	139		1		141	164	1
Potassium, K....mg	355		0		4		220	256	2
Sodium, Na....mg	373		0		4		231	269	2
Zinc, Zn....mg	0.68	0.021	143		1		0.42	0.49	0.00
Copper, Cu....mg	0.213	0.011	138		1		0.132	0.153	0.001
Manganese, Mn....mg	0.556	0.014	123		1		0.345	0.400	0.003
Selenium, Se....mcg	6.6	0.653	6	A	1		4.1	4.8	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	0.0
Thiamin....mg	0.408	0.009	129		1		0.253	0.294	0.002
Riboflavin....mg	0.342	0.006	131		1		0.212	0.246	0.002
Niacin....mg	4.048	0.048	133		1		2.510	2.915	0.024
Pantothenic acid....mg	0.271	0.028	5		1		0.168	0.195	0.002
Vitamin B-6....mg	0.053	0.003	3		1		0.033	0.038	0.000
Folate, total....mcg	90		0	FLA	4		56	65	1
Folic acid....mcg	75		0	FLA	4		47	54	0
Folate, food....mcg	14		0	FLA	4		9	10	0
Folate, DFE....mcg_DFE	142		0	NC	4		88	102	1
Choline, total....mg	13.8		0	BFZN	4		8.6	9.9	0.1
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	0
Retinol....mcg	0		0	FLA	4		0	0	0
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0		4		0	0	0
Lycopene....mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....mcg	11		0	FLA	4		7	8	0
Vitamin E (alpha-tocopherol)....mg	2.03		0	FLA	4		1.26	1.46	0.01
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	6.3		0	FLA	4		3.9	4.5	0.0
Lipids:									
Fatty acids, total saturated....g	3.776		0	BFZN	4		2.341	2.719	0.023
4:0....g	0.000		0		4		0.000	0.000	0.000
6:0....g	0.000		0		4		0.000	0.000	0.000
8:0....g	0.000		0		4		0.000	0.000	0.000
10:0....g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 18427

Crackers, standard snack-type, regular, low salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0 g									
14:0 g	0.025		0	BFZN	4		0.016	0.018	0.000
15:0 g									
16:0 g	2.516		0	BFZN	4		1.560	1.812	0.015
17:0 g									
18:0 g	1.235		0	BFZN	4		0.766	0.889	0.007
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	10.640		0	BFZN	4		6.597	7.661	0.064
14:1 g									
15:1 g									
16:1 undifferentiated g	0.098		0	BFZN	4		0.061	0.071	0.001
17:1 g									
18:1 undifferentiated g	10.517		0	BFZN	4		6.521	7.572	0.063
20:1 g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	9.545		0	BFZN	4		5.918	6.872	0.057
18:2 undifferentiated g	8.865		0	BFZN	4		5.496	6.383	0.053
18:3 undifferentiated g	0.655		0	BFZN	4		0.406	0.472	0.004
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0	0.000	7		1		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.091		0		4		0.056	0.066	0.001
Threonine g	0.202		0		4		0.125	0.145	0.001
Isoleucine g	0.255		0		4		0.158	0.184	0.002
Leucine g	0.507		0		4		0.314	0.365	0.003
Lysine g	0.164		0		4		0.102	0.118	0.001
Methionine g	0.131		0		4		0.081	0.094	0.001
Cystine g	0.157		0		4		0.097	0.113	0.001
Phenylalanine g	0.371		0		4		0.230	0.267	0.002
Tyrosine g	0.223		0		4		0.138	0.161	0.001
Valine g	0.296		0		4		0.184	0.213	0.002
Arginine g	0.298		0		4		0.185	0.215	0.002
Histidine g	0.164		0		4		0.102	0.118	0.001
Alanine g	0.238		0		4		0.148	0.171	0.001
Aspartic acid g	0.313		0		4		0.194	0.225	0.002
Glutamic acid g	2.475		0		4		1.535	1.782	0.015
Glycine g	0.265		0		4		0.164	0.191	0.002
Proline g	0.854		0		4		0.529	0.615	0.005
Serine g	0.367		0		4		0.228	0.264	0.002
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	FLA	4		0	0	0
Theobromine mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18427

Crackers, standard snack-type, regular, low salt

Measure 1 = 62g: 1 cup, bite size

Measure 2 = 72g: 1 cup, crushed

Measure 3 = 0.6g: 1 cracker, bite size

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18230

Crackers, standard snack-type, sandwich, with cheese filling

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	3.90	0.278	7		1		0.55	0.27	
Energy kcal	477		0	NC	4		68	33	
Energy kj	1996		0		4		283	140	
Protein (N x 5.8) g	9.30	0.314	7		1		1.32	0.65	
Total lipid (fat) g	21.10	0.579	7		1		3.00	1.48	
Ash g	4.00	0.685	3		1		0.57	0.28	
Carbohydrate, by difference g	61.70		0	NC	4		8.76	4.32	
Fiber, total dietary g	1.9		0		4		0.3	0.1	
Sugars, total g	3.18		0	FLA	4		0.45	0.22	
Starch g									
Minerals:									
Calcium, Ca mg	257	17.634	6		1		36	18	
Iron, Fe mg	2.39	0.130	5		1		0.34	0.17	
Magnesium, Mg mg	36	0.872	5		1		5	3	
Phosphorus, P mg	406	9.721	5		1		58	28	
Potassium, K mg	429	53.599	6		1		61	30	
Sodium, Na mg	1401	8.177	5		1		199	98	
Zinc, Zn mg	0.62	0.036	5		1		0.09	0.04	
Copper, Cu mg	0.082	0.002	5		1		0.012	0.006	
Manganese, Mn mg	0.290	0.066	5		1		0.041	0.020	
Selenium, Se mcg	21.5		0	FLA	4		3.1	1.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.1		0	FLA	4		0.0	0.0	
Thiamin mg	0.446	0.015	7		1		0.063	0.031	
Riboflavin mg	0.684	0.069	7		1		0.097	0.048	
Niacin mg	3.766	0.101	7		1		0.535	0.264	
Pantothenic acid mg	0.509		0	FLA	4		0.072	0.036	
Vitamin B-6 mg	0.049		0	FLA	4		0.007	0.003	
Folate, total mcg	100		0	FLA	4		14	7	
Folic acid mcg	86		0		4		12	6	
Folate, food mcg	14		0		4		2	1	
Folate, DFE mcg_DFE	160		0	NC	4		23	11	
Choline, total mg	27.5		0	BFZN	4		3.9	1.9	
Betaine mg									
Vitamin B-12 mcg	0.10		0	FLA	4		0.01	0.01	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	17		0	NC	4		2	1	
Retinol mcg	16		0	FLA	4		2	1	
Carotene, beta mcg	5		0	FLA	4		1	0	
Carotene, alpha mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta mcg	0		0	FLA	4		0	0	
Vitamin A, IU IU	62		0	NC	4		9	4	
Lycopene mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin mcg	10		0	FLA	4		1	1	
Vitamin E (alpha-tocopherol) mg	0.22		0	FLA	4		0.03	0.02	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	8.3		0	FLA	4		1.2	0.6	
Lipids:									
Fatty acids, total saturated g	6.125		0	FLA	4		0.870	0.429	
4:0 g	0.031		0		1		0.004	0.002	
6:0 g	0.017		0		1		0.002	0.001	
8:0 g	0.009		0		1		0.001	0.001	
10:0 g	0.020		0		1		0.003	0.001	

NDB No. 18230

Crackers, standard snack-type, sandwich, with cheese filling

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.020		0		1		0.003	0.001	
13:0 g									
14:0 g	0.196		0		1		0.028	0.014	
15:0 g									
16:0 g	2.911		0		1		0.413	0.204	
17:0 g									
18:0 g	2.446		0		1		0.347	0.171	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	11.254		0	FLA	4		1.598	0.788	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.058		0	FLA	4		0.008	0.004	
17:1 g									
18:1 undifferentiated g	11.165		0	FLA	4		1.585	0.782	
20:1 g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	2.567		0	FLA	4		0.365	0.180	
18:2 undifferentiated g	2.415		0	FLA	4		0.343	0.169	
18:3 undifferentiated g	0.153		0	FLA	4		0.022	0.011	
18:4 g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	2		1		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.120		0		1		0.017	0.008	
Threonine g	0.266		0		1		0.038	0.019	
Isoleucine g	0.348		0		1		0.049	0.024	
Leucine g	0.649		0		1		0.092	0.045	
Lysine g	0.293		0		1		0.042	0.021	
Methionine g	0.165		0		1		0.023	0.012	
Cystine g	0.189		0		1		0.027	0.013	
Phenylalanine g	0.447		0		1		0.063	0.031	
Tyrosine g	0.279		0		1		0.040	0.020	
Valine g	0.398		0		1		0.057	0.028	
Arginine g	0.361		0		1		0.051	0.025	
Histidine g	0.204		0		1		0.029	0.014	
Alanine g	0.290		0		1		0.041	0.020	
Aspartic acid g	0.414		0		1		0.059	0.029	
Glutamic acid g	2.977		0		1		0.423	0.208	
Glycine g	0.309		0		1		0.044	0.022	
Proline g	1.031		0		1		0.146	0.072	
Serine g	0.470		0		1		0.067	0.033	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	FLA	4		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18230

Crackers, standard snack-type, sandwich, with cheese filling

Measure 1 = 14.2g: .5 oz

Measure 2 = 7.0g: 1 cracker, sandwich

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18231

Crackers, standard snack-type, sandwich, with peanut butter filling

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	2.93	0.148	6	A	1		0.42	0.21	
Energy kcal	494		0	NC	4		70	35	
Energy kj	2067		0	NC	4		293	145	
Protein (N x 5.6) g	11.47	0.185	6	A	1		1.63	0.80	
Total lipid (fat) g	24.54	0.343	6	A	1		3.48	1.72	
Ash g	2.68	0.077	6	A	1		0.38	0.19	
Carbohydrate, by difference g	58.38		0	NC	4		8.29	4.09	
Fiber, total dietary g	2.3	0.177	3	A	1		0.3	0.2	
Sugars, total g	10.50	1.040	3	A	1		1.49	0.74	
Sucrose g	6.57	0.259	3	A	1		0.93	0.46	
Glucose (dextrose) g	2.76	0.722	3	A	1		0.39	0.19	
Fructose g	0.51	0.201	3	A	1		0.07	0.04	
Lactose g	0.07	0.071	3	A	1		0.01	0.00	
Maltose g	0.59	0.055	3	A	1		0.08	0.04	
Galactose g	0.00	0.000	3	A	1		0.00	0.00	
Starch g	40.78	0.703	3	A	1		5.79	2.85	
Minerals:									
Calcium, Ca mg	81	16.041	6	A	1		11	6	
Iron, Fe mg	2.77	0.244	6	A	1		0.39	0.19	
Magnesium, Mg mg	55	1.048	6	A	1		8	4	
Phosphorus, P mg	274	2.545	6	A	1		39	19	
Potassium, K mg	215	5.131	6	A	1		31	15	
Sodium, Na mg	718	22.579	6	A	1		102	50	
Zinc, Zn mg	1.13	0.019	6	A	1		0.16	0.08	
Copper, Cu mg	0.324	0.047	6	A	1		0.046	0.023	
Manganese, Mn mg	0.784	0.020	6	A	1		0.111	0.055	
Selenium, Se mcg	10.8	1.519	3	A	1		1.5	0.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin mg	0.489	0.011	6	A	1		0.069	0.034	
Riboflavin mg	0.271	0.008	6	A	1		0.038	0.019	
Niacin mg	6.114	0.073	6	A	1		0.868	0.428	
Pantothenic acid mg	0.476	0.022	3	A	1		0.068	0.033	
Vitamin B-6 mg	0.148	0.004	6	A	1		0.021	0.010	
Folate, total mcg	86	2.241	6	A	1		12	6	
Folic acid mcg	52		0	O	4		7	4	
Folate, food mcg	34		0		4		5	2	
Folate, DFE mcg_DFE	122		0	NC	4		17	9	
Choline, total mg	24.7		0	BFZN	4		3.5	1.7	
Betaine mg									
Vitamin B-12 mcg	0.01		0	FLC	4		0.00	0.00	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	1		0	FLC	4		0	0	
Retinol mcg	1		0	FLC	4		0	0	
Carotene, beta mcg	0		0	FLC	4		0	0	
Carotene, alpha mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta mcg	0		0	FLC	4		0	0	
Vitamin A, IU IU	4		0	NC	4		1	0	
Lycopene mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin mcg	10		0	FLC	4		1	1	
Vitamin E (alpha-tocopherol) mg	2.06	0.250	3	A	1		0.29	0.14	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.16	0.003	3	A	1		0.02	0.01	
Tocopherol, gamma mg	7.49	0.025	3	A	1		1.06	0.52	
Tocopherol, delta mg	2.11	0.187	3	A	1		0.30	0.15	
Vitamin D IU									
Vitamin K (phylloquinone) mcg	9.5		2	A	1		1.4	0.7	

NDB No. 18231

Crackers, standard snack-type, sandwich, with peanut butter filling

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.913		0	NC	4		0.698	0.344	
4:0....g	0.000	0.000	3	A	1		0.000	0.000	
6:0....g	0.000	0.000	3	A	1		0.000	0.000	
8:0....g	0.000	0.000	3	A	1		0.000	0.000	
10:0....g	0.000	0.000	3	A	1		0.000	0.000	
12:0....g	0.000	0.000	3	A	1		0.000	0.000	
13:0....g	0.000		1	A	1		0.000	0.000	
14:0....g	0.000	0.000	3	A	1		0.000	0.000	
15:0....g	0.000	0.000	3	A	1		0.000	0.000	
16:0....g	3.077	0.408	3	A	1		0.437	0.215	
17:0....g	0.000	0.000	3	A	1		0.000	0.000	
18:0....g	1.250	0.360	3	A	1		0.177	0.087	
20:0....g	0.190	0.005	3	A	1		0.027	0.013	
22:0....g	0.397	0.021	3	A	1		0.056	0.028	
24:0....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	13.776		0	NC	4		1.956	0.964	
14:1....g	0.000	0.000	3	A	1		0.000	0.000	
15:1....g									
16:1 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	13.559	0.433	3	A	1		1.925	0.949	
20:1....g	0.217	0.002	3	A	1		0.031	0.015	
22:1 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.655		0	NC	4		0.661	0.326	
18:2 undifferentiated....g	4.655	0.076	3	A	1		0.661	0.326	
18:3 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
18:4....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3....g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg	49		0	FLC	4		7	3	
Stigmasterol....mg	0		0	FLC	4		0	0	
Campesterol....mg	0		0	FLC	4		0	0	
Beta-sitosterol....mg	0		0	FLC	4		0	0	
Amino Acids:									
Tryptophan....g	0.125		0	FLC	4		0.018	0.009	
Threonine....g	0.354		0	FLC	4		0.050	0.025	
Isoleucine....g	0.400		0	FLC	4		0.057	0.028	
Leucine....g	0.762		0	FLC	4		0.108	0.053	
Lysine....g	0.339		0	FLC	4		0.048	0.024	
Methionine....g	0.170		0	FLC	4		0.024	0.012	
Cystine....g	0.191		0	FLC	4		0.027	0.013	
Phenylalanine....g	0.582		0	FLC	4		0.083	0.041	
Tyrosine....g	0.408		0	FLC	4		0.058	0.029	
Valine....g	0.471		0	FLC	4		0.067	0.033	
Arginine....g	0.933		0	FLC	4		0.132	0.065	
Histidine....g	0.272		0	FLC	4		0.039	0.019	
Alanine....g	0.412		0	FLC	4		0.059	0.029	
Aspartic acid....g	0.959		0	FLC	4		0.136	0.067	
Glutamic acid....g	3.066		0	FLC	4		0.435	0.215	
Glycine....g	0.553		0	FLC	4		0.079	0.039	
Proline....g	0.892		0	FLC	4		0.127	0.062	
Serine....g	0.566		0	FLC	4		0.080	0.040	
Hydroxyproline....g									
Others:									

NDB No. 18231

Crackers, standard snack-type, sandwich, with peanut butter filling

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	
Theobromine....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.2g: .5 oz

Measure 2 = 7.0g: 1 cracker, sandwich

Calories Factors: **Protein** 3.8 **Fat** 8.6 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18428
Crackers, wheat, low salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	3.10	0.095	57		1		0.09		
Energy kcal	473		0	NC	4		14		
Energy kj	1979		0		4		59		
Protein (N x 5.8) g	8.60	0.190	58		1		0.26		
Total lipid (fat) g	20.60	0.403	56		1		0.62		
Ash g	2.80	0.091	55		1		0.08		
Carbohydrate, by difference g	64.90		0		4		1.95		
Fiber, total dietary g	4.5		0		4		0.1		
Sugars, total g	13.04		0	FLA	4		0.39		
Starch g									
Minerals:									
Calcium, Ca mg	49	4.931	55		1		1		
Iron, Fe mg	4.40	0.106	56		1		0.13		
Magnesium, Mg mg	62	1.667	52		1		2		
Phosphorus, P mg	220	9.705	53		1		7		
Potassium, K mg	203		0		4		6		
Sodium, Na mg	283		0		4		8		
Zinc, Zn mg	1.60	0.067	52		1		0.05		
Copper, Cu mg	0.318	0.027	52		1		0.010		
Manganese, Mn mg	1.781	0.070	46		1		0.053		
Selenium, Se mcg	33.7		0	FLA	4		1.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		4		0.0		
Thiamin mg	0.505	0.015	54		1		0.015		
Riboflavin mg	0.327	0.014	55		1		0.010		
Niacin mg	4.961	0.140	55		1		0.149		
Pantothenic acid mg	0.522	0.151	3		1		0.016		
Vitamin B-6 mg	0.136		2		1		0.004		
Folate, total mcg	50		0	FLA	4		1		
Folic acid mcg	32		0		4		1		
Folate, food mcg	18		1		1		1		
Folate, DFE mcg_DFE	72		0	NC	4		2		
Choline, total mg	27.2		0	BFZN	4		0.8		
Betaine mg									
Vitamin B-12 mcg	0.00		0		4		0.00		
Vitamin B-12, added mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE mcg_RAE	0		0	NC	4		0		
Retinol mcg	0		0	FLA	4		0		
Carotene, beta mcg	0		0	Z	7		0		
Carotene, alpha mcg	0		0	Z	7		0		
Cryptoxanthin, beta mcg	0		0	Z	7		0		
Vitamin A, IU IU	0		0		4		0		
Lycopene mcg	0		0	FLA	4		0		
Lutein + zeaxanthin mcg	81		0	FLA	4		2		
Vitamin E (alpha-tocopherol) mg	0.50		0	FLA	4		0.02		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	9.6		0	FLA	4		0.3		
Lipids:									
Fatty acids, total saturated g	5.178		0	BFZN	4		0.155		
4:0 g	0.000		0		4		0.000		
6:0 g	0.000		0		4		0.000		
8:0 g	0.008		0	BFZN	4		0.000		
10:0 g	0.000		0		4		0.000		

NDB No. 18428
Crackers, wheat, low salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0		4		0.000		
13:0 g									
14:0 g	0.099		0	BFZN	4		0.003		
15:0 g									
16:0 g	2.693		0	BFZN	4		0.081		
17:0 g									
18:0 g	2.371		0	BFZN	4		0.071		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	11.448		0	BFZN	4		0.343		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.006		0	BFZN	4		0.000		
17:1 g									
18:1 undifferentiated g	11.442		0	BFZN	4		0.343		
20:1 g	0.000		0		4		0.000		
22:1 undifferentiated g	0.000		0		4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	2.796		0	BFZN	4		0.084		
18:2 undifferentiated g	2.653		0	BFZN	4		0.080		
18:3 undifferentiated g	0.140		0	BFZN	4		0.004		
18:4 g	0.000		0		4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.001		0		4		0.000		
20:5 n-3 g	0.000		0		4		0.000		
22:5 n-3 g	0.000		0		4		0.000		
22:6 n-3 g	0.000		0		4		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		2		1		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.124		0		4		0.004		
Threonine g	0.242		0		4		0.007		
Isoleucine g	0.314		0		4		0.009		
Leucine g	0.582		0		4		0.017		
Lysine g	0.236		0		4		0.007		
Methionine g	0.138		0		4		0.004		
Cystine g	0.193		0		4		0.006		
Phenylalanine g	0.412		0		4		0.012		
Tyrosine g	0.250		0		4		0.008		
Valine g	0.375		0		4		0.011		
Arginine g	0.375		0		4		0.011		
Histidine g	0.193		0		4		0.006		
Alanine g	0.289		0		4		0.009		
Aspartic acid g	0.406		0		4		0.012		
Glutamic acid g	2.765		0		4		0.083		
Glycine g	0.328		0		4		0.010		
Proline g	0.925		0		4		0.028		
Serine g	0.418		0		4		0.013		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0		
Caffeine mg	0		0	FLA	4		0		
Theobromine mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18428
Crackers, wheat, low salt

Measure 1 = 3.0g: 1 cup, crushed

Calories Factors: **Protein** 3.8 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18232
Crackers, wheat, regular

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	3.10	0.095	57		1		2.57		
Energy kcal	474		0	NC	4		393		
Energy kj	1981		0	NC	4		1645		
Protein (N x 5.8) g	8.60	0.190	58		1		7.14		
Total lipid (fat) g	20.60	0.403	56		1		17.10		
Ash g	2.80	0.091	55		1		2.32		
Carbohydrate, by difference g	64.90		0	NC	4		53.87		
Fiber, total dietary g	4.5		0		1		3.7		
Sugars, total g	13.04		0	FLA	4		10.82		
Starch g									
Minerals:									
Calcium, Ca mg	49	4.931	55		1		41		
Iron, Fe mg	4.40	0.106	56		1		3.65		
Magnesium, Mg mg	62	1.667	52		1		51		
Phosphorus, P mg	220	9.705	53		1		183		
Potassium, K mg	183	6.333	55		1		152		
Sodium, Na mg	795	26.881	56		1		660		
Zinc, Zn mg	1.60	0.067	52		1		1.33		
Copper, Cu mg	0.318	0.027	52		1		0.264		
Manganese, Mn mg	1.781	0.070	46		1		1.478		
Selenium, Se mcg	6.3	1.039	8	A	1		5.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0		
Thiamin mg	0.505	0.015	54		1		0.419		
Riboflavin mg	0.327	0.014	55		1		0.271		
Niacin mg	4.961	0.140	55		1		4.118		
Pantothenic acid mg	0.522	0.151	3		1		0.433		
Vitamin B-6 mg	0.136		2		1		0.113		
Folate, total mcg	117		1	AI	13		97		
Folic acid mcg	99		0		4		82		
Folate, food mcg	18		1		1		15		
Folate, DFE mcg_DFE	186		0	NC	4		155		
Choline, total mg	27.2	2.654	6	AS	1		22.6		
Betaine mg									
Vitamin B-12 mcg	0.00		0		1		0.00		
Vitamin B-12, added mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE mcg_RAE	0		0	NC	4		0		
Retinol mcg	0		0	FLA	4		0		
Carotene, beta mcg	0		0	FLA	4		0		
Carotene, alpha mcg	0		0	FLA	4		0		
Cryptoxanthin, beta mcg	0		0	FLA	4		0		
Vitamin A, IU IU	0		0		1		0		
Lycopene mcg	0		0	FLA	4		0		
Lutein + zeaxanthin mcg	81		0	FLA	4		67		
Vitamin E (alpha-tocopherol) mg	0.50		0	FLA	4		0.42		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	9.6		0	FLA	4		8.0		
Lipids:									
Fatty acids, total saturated g	5.178		0	FLA	4		4.298		
4:0 g	0.000		0	FLA	4		0.000		
6:0 g	0.000		0	FLA	4		0.000		
8:0 g	0.008		0	FLA	4		0.007		
10:0 g	0.000		0	FLA	4		0.000		

NDB No. 18232
Crackers, wheat, regular

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0	FLA	4		0.000		
13:0 g									
14:0 g	0.099		0	FLA	4		0.082		
15:0 g									
16:0 g	2.693		0	FLA	4		2.235		
17:0 g									
18:0 g	2.371		0	FLA	4		1.968		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	11.448		0	FLA	4		9.502		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.006		0	FLA	4		0.005		
17:1 g									
18:1 undifferentiated g	11.442		0	FLA	4		9.497		
20:1 g	0.000		0	FLA	4		0.000		
22:1 undifferentiated g	0.000		0	FLA	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	2.796		0	FLA	4		2.321		
18:2 undifferentiated g	2.653		0	FLA	4		2.202		
18:3 undifferentiated g	0.140		0	FLA	4		0.116		
18:4 g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.001		0	FLA	4		0.001		
20:5 n-3 g	0.000		0	FLA	4		0.000		
22:5 n-3 g	0.000		0	FLA	4		0.000		
22:6 n-3 g	0.000		0	FLA	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		2		1		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.124		0		1		0.103		
Threonine g	0.242		0		1		0.201		
Isoleucine g	0.314		0		1		0.261		
Leucine g	0.582		0		1		0.483		
Lysine g	0.236		0		1		0.196		
Methionine g	0.138		0		1		0.115		
Cystine g	0.193		0		1		0.160		
Phenylalanine g	0.412		0		1		0.342		
Tyrosine g	0.250		0		1		0.208		
Valine g	0.375		0		1		0.311		
Arginine g	0.375		0		1		0.311		
Histidine g	0.193		0		1		0.160		
Alanine g	0.289		0		1		0.240		
Aspartic acid g	0.406		0		1		0.337		
Glutamic acid g	2.765		0		1		2.295		
Glycine g	0.328		0		1		0.272		
Proline g	0.925		0		1		0.768		
Serine g	0.418		0		1		0.347		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0		
Caffeine mg	0		0	FLA	4		0		
Theobromine mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18232
Crackers, wheat, regular

Measure 1 = 83g: 1 cup, crushed

Calories Factors: **Protein** 3.8 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18233
Crackers, wheat, sandwich, with cheese filling

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	3.20		1		1		0.45	0.22	
Energy kcal	497		0	NC	4		71	35	
Energy kj	2079				4		295	146	
Protein (N x 5.8) g	9.80		2		1		1.39	0.69	
Total lipid (fat) g	25.00		2		1		3.55	1.75	
Ash g	3.80		2		1		0.54	0.27	
Carbohydrate, by difference g	58.20		0	NC	4		8.26	4.07	
Fiber, total dietary g	3.1		0		4		0.4	0.2	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	204		2		1		29	14	
Iron, Fe mg	2.62		2		1		0.37	0.18	
Magnesium, Mg mg	54		1		1		8	4	
Phosphorus, P mg	382		1		1		54	27	
Potassium, K mg	306		2		1		43	21	
Sodium, Na mg	913		2		1		130	64	
Zinc, Zn mg	0.87		1		1		0.12	0.06	
Copper, Cu mg	0.160		1		1		0.023	0.011	
Manganese, Mn mg	1.083		0	FLA	4		0.154	0.076	
Selenium, Se mcg	24.3		0	FLA	4		3.5	1.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	1.5		1		1		0.2	0.1	
Thiamin mg	0.358		2		1		0.051	0.025	
Riboflavin mg	0.427		2		1		0.061	0.030	
Niacin mg	3.185		2		1		0.452	0.223	
Pantothenic acid mg	0.622		0	FLA	4		0.088	0.044	
Vitamin B-6 mg	0.261		1		1		0.037	0.018	
Folate, total mcg	64		0	FLA	4		9	4	
Folic acid mcg	45		0	NC	4		6	3	
Folate, food mcg	19		0		4		3	1	
Folate, DFE mcg_DFE	96		0	NC	4		14	7	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.12		0	FLA	4		0.02	0.01	
Vitamin A, RAE mcg_RAE	17		0	NC	4		2	1	
Retinol mcg	16		0	NC	4		2	1	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	71		1		1		10	5	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	4.129		0	FLA	4		0.586	0.289	
4:0 g	0.027		0	FLA	4		0.004	0.002	
6:0 g	0.014		0	FLA	4		0.002	0.001	
8:0 g	0.011		0	FLA	4		0.002	0.001	
10:0 g	0.017		0	FLA	4		0.002	0.001	
12:0 g	0.017		0	FLA	4		0.002	0.001	
13:0 g									

NDB No. 18233
Crackers, wheat, sandwich, with cheese filling

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0 g	0.107		0	FLA	4		0.015	0.007	
15:0 g									
16:0 g	2.639		0	FLA	4		0.375	0.185	
17:0 g									
18:0 g	1.271		0	FLA	4		0.180	0.089	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	10.351		0	FLA	4		1.470	0.725	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.119		0	FLA	4		0.017	0.008	
17:1 g									
18:1 undifferentiated g	10.196		0	FLA	4		1.448	0.714	
20:1 g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	9.166		0	FLA	4		1.302	0.642	
18:2 undifferentiated g	8.505		0	FLA	4		1.208	0.595	
18:3 undifferentiated g	0.637		0	FLA	4		0.090	0.045	
18:4 g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	7		2		1		1	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.130		0		1		0.018	0.009	
Threonine g	0.298		0		1		0.042	0.021	
Isoleucine g	0.383		0		1		0.054	0.027	
Leucine g	0.698		0		1		0.099	0.049	
Lysine g	0.344		0		1		0.049	0.024	
Methionine g	0.167		0		1		0.024	0.012	
Cystine g	0.194		0		1		0.028	0.014	
Phenylalanine g	0.472		0		1		0.067	0.033	
Tyrosine g	0.300		0		1		0.043	0.021	
Valine g	0.438		0		1		0.062	0.031	
Arginine g	0.408		0		1		0.058	0.029	
Histidine g	0.219		0		1		0.031	0.015	
Alanine g	0.322		0		1		0.046	0.023	
Aspartic acid g	0.506		0		1		0.072	0.035	
Glutamic acid g	2.996		0		1		0.425	0.210	
Glycine g	0.339		0		1		0.048	0.024	
Proline g	1.036		0		1		0.147	0.073	
Serine g	0.494		0		1		0.070	0.035	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.2g: .5 oz

Measure 2 = 7.0g: 1 cracker, sandwich

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4.1

NDB No. 18233
Crackers, wheat, sandwich, with cheese filling

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18234

Crackers, wheat, sandwich, with peanut butter filling

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	3.40	0.732	3		1		0.48	0.24	
Energy kcal	495		0	NC	4		70	35	
Energy kj	2071				4		294	145	
Protein (N x 5.6) g	13.50	0.545	4		1		1.92	0.95	
Total lipid (fat) g	26.70	0.984	4		1		3.79	1.87	
Ash g	2.60	0.224	4		1		0.37	0.18	
Carbohydrate, by difference g	53.80		0	NC	4		7.64	3.77	
Fiber, total dietary g	4.4		0		4		0.6	0.3	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	170		2		1		24	12	
Iron, Fe mg	2.67		2		1		0.38	0.19	
Magnesium, Mg mg	38		1		1		5	3	
Phosphorus, P mg	347		1		1		49	24	
Potassium, K mg	297		2		1		42	21	
Sodium, Na mg	807		2		1		115	56	
Zinc, Zn mg	0.82		1		1		0.12	0.06	
Copper, Cu mg	0.055		1		1		0.008	0.004	
Manganese, Mn mg	0.701		1		1		0.100	0.049	
Selenium, Se mcg	21.8		0	FLA	4		3.1	1.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1		1		0.0	0.0	
Thiamin mg	0.389	0.031	4		1		0.055	0.027	
Riboflavin mg	0.293	0.013	4		1		0.042	0.021	
Niacin mg	5.877	0.272	3		1		0.835	0.411	
Pantothenic acid mg	0.564		0	FLA	4		0.080	0.039	
Vitamin B-6 mg	0.137		1		1		0.019	0.010	
Folate, total mcg	70		0	FLA	4		10	5	
Folic acid mcg	33		0	NC	4		5	2	
Folate, food mcg	37		0		4		5	3	
Folate, DFE mcg_DFE	93		0	NC	4		13	7	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.00		0		1		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	0		0	FLA	4		0	0	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	4.602		0	FLA	4		0.653	0.322	
4:0 g	0.000		0	FLA	4		0.000	0.000	
6:0 g	0.000		0	FLA	4		0.000	0.000	
8:0 g	0.003		0	FLA	4		0.000	0.000	
10:0 g	0.000		0	FLA	4		0.000	0.000	
12:0 g	0.005		0	FLA	4		0.001	0.000	
13:0 g									

NDB No. 18234

Crackers, wheat, sandwich, with peanut butter filling

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.064		0	FLA	4		0.009	0.004	
15:0....g									
16:0....g	2.809		0	FLA	4		0.399	0.197	
17:0....g									
18:0....g	1.335		0	FLA	4		0.190	0.093	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	11.766		0	FLA	4		1.671	0.824	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.061		0	FLA	4		0.009	0.004	
17:1....g									
18:1 undifferentiated....g	11.594		0	FLA	4		1.646	0.812	
20:1....g	0.097		0	FLA	4		0.014	0.007	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	8.862		0	FLA	4		1.258	0.620	
18:2 undifferentiated....g	8.436		0	FLA	4		1.198	0.591	
18:3 undifferentiated....g	0.411		0	FLA	4		0.058	0.029	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.164		0		1		0.023	0.011	
Threonine....g	0.418		0		1		0.059	0.029	
Isoleucine....g	0.488		0		1		0.069	0.034	
Leucine....g	0.908		0		1		0.129	0.064	
Lysine....g	0.437		0		1		0.062	0.031	
Methionine....g	0.198		0		1		0.028	0.014	
Cystine....g	0.239		0		1		0.034	0.017	
Phenylalanine....g	0.674		0		1		0.096	0.047	
Tyrosine....g	0.464		0		1		0.066	0.032	
Valine....g	0.575		0		1		0.082	0.040	
Arginine....g	1.034		0		1		0.147	0.072	
Histidine....g	0.319		0		1		0.045	0.022	
Alanine....g	0.490		0		1		0.070	0.034	
Aspartic acid....g	1.092		0		1		0.155	0.076	
Glutamic acid....g	3.667		0		1		0.521	0.257	
Glycine....g	0.633		0		1		0.090	0.044	
Proline....g	1.082		0		1		0.154	0.076	
Serine....g	0.674		0		1		0.096	0.047	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.2g: .5 oz

Measure 2 = 7.0g: 1 cracker, sandwich

Calories Factors: **Protein** 3.7 **Fat** 8.6 **Carbohydrate** 4

NDB No. 18234
Crackers, wheat, sandwich, with peanut butter filling

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18235
Crackers, whole-wheat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	2.70	0.170	34		1		2.54	0.11	0.27
Energy kcal	444		0	NC	4		417	18	44
Energy kj	1857		0	NC	4		1745	74	186
Protein (N x 5.8) g	8.80	0.309	16		1		8.27	0.35	0.88
Total lipid (fat) g	17.20	0.532	23		1		16.17	0.69	1.72
Ash g	2.70	0.131	18		1		2.54	0.11	0.27
Carbohydrate, by difference g	68.60		0	NC	4		64.48	2.74	6.86
Fiber, total dietary g	10.5		0		1		9.9	0.4	1.1
Sugars, total g	0.37		0	FLA	4		0.34	0.01	0.04
Starch g									
Minerals:									
Calcium, Ca mg	50	7.806	24		1		47	2	5
Iron, Fe mg	3.08	0.199	24		1		2.90	0.12	0.31
Magnesium, Mg mg	99	2.966	24		1		93	4	10
Phosphorus, P mg	295	9.701	23		1		277	12	30
Potassium, K mg	297	9.566	24		1		279	12	30
Sodium, Na mg	659	47.959	23		1		619	26	66
Zinc, Zn mg	2.15	0.074	26		1		2.02	0.09	0.22
Copper, Cu mg	0.444	0.032	25		1		0.417	0.018	0.044
Manganese, Mn mg	2.247	0.102	21		1		2.112	0.090	0.225
Selenium, Se mcg	14.7	7.683	5	A	1		13.8	0.6	1.5
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	0.0
Thiamin mg	0.201	0.007	21		1		0.189	0.008	0.020
Riboflavin mg	0.100	0.018	22		1		0.094	0.004	0.010
Niacin mg	4.519	0.103	15		1		4.248	0.181	0.452
Pantothenic acid mg	0.813	0.026	10		1		0.764	0.033	0.081
Vitamin B-6 mg	0.183	0.005	9		1		0.172	0.007	0.018
Folate, total mcg	28	0.403	8		1		26	1	3
Folic acid mcg	0		0	Z	7		0	0	0
Folate, food mcg	28	0.403	8		1		26	1	3
Folate, DFE mcg_DFE	28		0	NC	4		26	1	3
Choline, total mg	27.2		0	BFZN	4		25.6	1.1	2.7
Betaine mg									
Vitamin B-12 mcg	0.00		0		1		0.00	0.00	0.00
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	0
Retinol mcg	0		0	FLA	4		0	0	0
Carotene, beta mcg	0		0	FLA	4		0	0	0
Carotene, alpha mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta mcg	0		0	FLA	4		0	0	0
Vitamin A, IU IU	0		0		1		0	0	0
Lycopene mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin mcg	179		0	FLA	4		168	7	18
Vitamin E (alpha-tocopherol) mg	0.86		0	FLA	4		0.81	0.03	0.09
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	8.3		0	FLA	4		7.8	0.3	0.8
Lipids:									
Fatty acids, total saturated g	3.393		0	FLA	4		3.189	0.136	0.339
4:0 g	0.000		0	FLA	4		0.000	0.000	0.000
6:0 g	0.000		0	FLA	4		0.000	0.000	0.000
8:0 g	0.016		0	FLA	4		0.015	0.001	0.002
10:0 g	0.000		0	FLA	4		0.000	0.000	0.000

NDB No. 18235
Crackers, whole-wheat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0	FLA	4		0.000	0.000	0.000
13:0 g									
14:0 g	0.003		0	FLA	4		0.003	0.000	0.000
15:0 g									
16:0 g	1.744		0	FLA	4		1.639	0.070	0.174
17:0 g									
18:0 g	1.617		0	FLA	4		1.520	0.065	0.162
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.880		0	FLA	4		5.527	0.235	0.588
14:1 g									
15:1 g									
16:1 undifferentiated g	0.012		0	FLA	4		0.011	0.000	0.001
17:1 g									
18:1 undifferentiated g	5.868		0	FLA	4		5.516	0.235	0.587
20:1 g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	6.596		0	FLA	4		6.200	0.264	0.660
18:2 undifferentiated g	6.218		0	FLA	4		5.845	0.249	0.622
18:3 undifferentiated g	0.376		0	FLA	4		0.353	0.015	0.038
18:4 g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.002		0	FLA	4		0.002	0.000	0.000
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.137		0		1		0.129	0.005	0.014
Threonine g	0.256		0		1		0.241	0.010	0.026
Isoleucine g	0.329		0		1		0.309	0.013	0.033
Leucine g	0.600		0		1		0.564	0.024	0.060
Lysine g	0.245		0		1		0.230	0.010	0.025
Methionine g	0.137		0		1		0.129	0.005	0.014
Cystine g	0.206		0		1		0.194	0.008	0.021
Phenylalanine g	0.419		0		1		0.394	0.017	0.042
Tyrosine g	0.259		0		1		0.243	0.010	0.026
Valine g	0.401		0		1		0.377	0.016	0.040
Arginine g	0.416		0		1		0.391	0.017	0.042
Histidine g	0.206		0		1		0.194	0.008	0.021
Alanine g	0.315		0		1		0.296	0.013	0.032
Aspartic acid g	0.456		0		1		0.429	0.018	0.046
Glutamic acid g	2.804		0		1		2.636	0.112	0.280
Glycine g	0.358		0		1		0.337	0.014	0.036
Proline g	0.922		0		1		0.867	0.037	0.092
Serine g	0.419		0		1		0.394	0.017	0.042
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	FLA	4		0	0	0
Theobromine mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18235
Crackers, whole-wheat

Measure 1 = 94g: 1 cup, crushed
Measure 2 = 4.0g: 1 cracker
Measure 3 = 10.0g: 10 Triscuit Bits

Calories Factors: **Protein** 3.6 **Fat** 8.8 **Carbohydrate** 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18429
Crackers, whole-wheat, low salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	2.70	0.170	34		1		2.54	0.11	0.11
Energy kcal	443		0	NC	4		416	18	18
Energy kj	1854		0		4		1742	74	74
Protein (N x 5.8) g	8.80	0.309	16		1		8.27	0.35	0.35
Total lipid (fat) g	17.20	0.532	23		1		16.17	0.69	0.69
Ash g	2.70	0.131	18		1		2.54	0.11	0.11
Carbohydrate, by difference g	68.60		0		4		64.48	2.74	2.74
Fiber, total dietary g	10.5		0		4		9.9	0.4	0.4
Sugars, total g	0.37		0	FLA	4		0.34	0.01	0.01
Starch g									
Minerals:									
Calcium, Ca mg	50	7.806	24		1		47	2	2
Iron, Fe mg	3.08	0.199	24		1		2.90	0.12	0.12
Magnesium, Mg mg	99	2.966	24		1		93	4	4
Phosphorus, P mg	295	9.701	23		1		277	12	12
Potassium, K mg	297	9.566	24		1		279	12	12
Sodium, Na mg	247		0		4		232	10	10
Zinc, Zn mg	2.15	0.074	26		1		2.02	0.09	0.09
Copper, Cu mg	0.444	0.032	25		1		0.417	0.018	0.018
Manganese, Mn mg	2.247	0.102	21		1		2.112	0.090	0.090
Selenium, Se mcg	14.7	7.683	5	A	1		13.8	0.6	0.6
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		4		0.0	0.0	0.0
Thiamin mg	0.201	0.007	21		1		0.189	0.008	0.008
Riboflavin mg	0.100	0.018	22		1		0.094	0.004	0.004
Niacin mg	4.519	0.103	15		1		4.248	0.181	0.181
Pantothenic acid mg	0.813	0.026	10		1		0.764	0.033	0.033
Vitamin B-6 mg	0.183	0.005	9		1		0.172	0.007	0.007
Folate, total mcg	28	0.403	8		1		26	1	1
Folic acid mcg	0		0	Z	7		0	0	0
Folate, food mcg	28	0.403	8		1		26	1	1
Folate, DFE mcg_DFE	28		0	NC	4		26	1	1
Choline, total mg	27.2		0	BFZN	4		25.6	1.1	1.1
Betaine mg									
Vitamin B-12 mcg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	0
Retinol mcg	0		0	FLA	4		0	0	0
Carotene, beta mcg	0		0	Z	7		0	0	0
Carotene, alpha mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta mcg	0		0	FLA	4		0	0	0
Vitamin A, IU IU	0		0		4		0	0	0
Lycopene mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin mcg	179		0	FLA	4		168	7	7
Vitamin E (alpha-tocopherol) mg	0.86		0	FLA	4		0.81	0.03	0.03
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	8.3		0	FLA	4		7.8	0.3	0.3
Lipids:									
Fatty acids, total saturated g	3.393		0	BFZN	4		3.189	0.136	0.136
4:0 g	0.000		0		4		0.000	0.000	0.000
6:0 g	0.000		0		4		0.000	0.000	0.000
8:0 g	0.016		0	BFZN	4		0.015	0.001	0.001
10:0 g	0.000		0		4		0.000	0.000	0.000

NDB No. 18429
Crackers, whole-wheat, low salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0		4		0.000	0.000	0.000
13:0 g									
14:0 g	0.003		0	BFZN	4		0.003	0.000	0.000
15:0 g									
16:0 g	1.744		0	BFZN	4		1.639	0.070	0.070
17:0 g									
18:0 g	1.617		0	BFZN	4		1.520	0.065	0.065
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.880		0	BFZN	4		5.527	0.235	0.235
14:1 g									
15:1 g									
16:1 undifferentiated g	0.012		0	BFZN	4		0.011	0.000	0.000
17:1 g									
18:1 undifferentiated g	5.868		0	BFZN	4		5.516	0.235	0.235
20:1 g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	6.596		0	BFZN	4		6.200	0.264	0.264
18:2 undifferentiated g	6.218		0	BFZN	4		5.845	0.249	0.249
18:3 undifferentiated g	0.376		0	BFZN	4		0.353	0.015	0.015
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.002		0	BFZN	4		0.002	0.000	0.000
20:5 n-3 g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.137		0		4		0.129	0.005	0.005
Threonine g	0.256		0		4		0.241	0.010	0.010
Isoleucine g	0.329		0		4		0.309	0.013	0.013
Leucine g	0.600		0		4		0.564	0.024	0.024
Lysine g	0.245		0		4		0.230	0.010	0.010
Methionine g	0.137		0		4		0.129	0.005	0.005
Cystine g	0.206		0		4		0.194	0.008	0.008
Phenylalanine g	0.419		0		4		0.394	0.017	0.017
Tyrosine g	0.259		0		4		0.243	0.010	0.010
Valine g	0.401		0		4		0.377	0.016	0.016
Arginine g	0.416		0		4		0.391	0.017	0.017
Histidine g	0.206		0		4		0.194	0.008	0.008
Alanine g	0.315		0		4		0.296	0.013	0.013
Aspartic acid g	0.456		0		4		0.429	0.018	0.018
Glutamic acid g	2.804		0		4		2.636	0.112	0.112
Glycine g	0.358		0		4		0.337	0.014	0.014
Proline g	0.922		0		4		0.867	0.037	0.037
Serine g	0.419		0		4		0.394	0.017	0.017
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	FLA	4		0	0	0
Theobromine mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18429
Crackers, whole-wheat, low salt

Measure 1 = 94g: 1 cup, crushed
Measure 2 = 4.0g: 1 cracker
Measure 3 = 4.0g: 1 cracker, square

Calories Factors: **Protein** 3.6 **Fat** 8.8 **Carbohydrate** 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18237

Cream puffs, prepared from recipe, shell (includes eclair)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	40.50		0		1		11.48	19.44	26.73
Energy kcal	362		0	NC	4		103	174	239
Energy kj	1515		0		4		429	727	1000
Protein (N x 0) g	9.00		0		1		2.55	4.32	5.94
Total lipid (fat) g	25.90		0		1		7.34	12.43	17.09
Ash g	1.80		0		1		0.51	0.86	1.19
Carbohydrate, by difference g	22.80		0	NC	4		6.46	10.94	15.05
Fiber, total dietary g	0.8		0	RA	4		0.2	0.4	0.5
Sugars, total g	0.43		0	RC	4		0.12	0.21	0.28
Starch g									
Minerals:									
Calcium, Ca mg	36		0		1		10	17	24
Iron, Fe mg	2.02		0		1		0.57	0.97	1.33
Magnesium, Mg mg	12		0		1		3	6	8
Phosphorus, P mg	119		0		1		34	57	79
Potassium, K mg	97		0		1		27	47	64
Sodium, Na mg	557		0		1		158	267	368
Zinc, Zn mg	0.73		0		1		0.21	0.35	0.48
Copper, Cu mg	0.051		0		1		0.014	0.024	0.034
Manganese, Mn mg	0.211		0		1		0.060	0.101	0.139
Selenium, Se mcg	24.0		0	RK	4		6.8	11.5	15.8
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	0.0
Thiamin mg	0.206		0		1		0.058	0.099	0.136
Riboflavin mg	0.360		0		1		0.102	0.173	0.238
Niacin mg	1.567		0		1		0.444	0.752	1.034
Pantothenic acid mg	0.624		0		1		0.177	0.300	0.412
Vitamin B-6 mg	0.075		0		1		0.021	0.036	0.050
Folate, total mcg	53		0	RC	4		15	26	35
Folic acid mcg	31		0		4		9	15	20
Folate, food mcg	22		0		1		6	11	15
Folate, DFE mcg_DFE	75		0	NC	4		21	36	49
Choline, total mg	98.7		0	RC	4		28.0	47.4	65.1
Betaine mg									
Vitamin B-12 mcg	0.39		0		1		0.11	0.19	0.26
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	278		0	NC	4		79	134	184
Retinol mcg	265		0	RC	4		75	127	175
Carotene, beta mcg	164		0	RC	4		47	79	108
Carotene, alpha mcg	0		0	RC	4		0	0	0
Cryptoxanthin, beta mcg	4		0	RC	4		1	2	3
Vitamin A, IU IU	1159		0	NC	4		329	556	765
Lycopene mcg	0		0	RC	4		0	0	0
Lutein + zeaxanthin mcg	157		0	RC	4		45	76	104
Vitamin E (alpha-tocopherol) mg	2.81		0	RC	4		0.80	1.35	1.86
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	24.5		0	RC	4		7.0	11.8	16.2
Lipids:									
Fatty acids, total saturated g	5.599		0		1		1.587	2.688	3.695
4:0 g	0.000		0		1		0.000	0.000	0.000
6:0 g	0.000		0		1		0.000	0.000	0.000
8:0 g	0.001		0		1		0.000	0.000	0.001
10:0 g	0.001		0		1		0.000	0.000	0.001

NDB No. 18237

Cream puffs, prepared from recipe, shell (includes eclair)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.001		0		1		0.000	0.000	0.001
13:0 g									
14:0 g	0.068		0		1		0.019	0.033	0.045
15:0 g									
16:0 g	3.601		0		1		1.021	1.728	2.377
17:0 g									
18:0 g	1.904		0		1		0.540	0.914	1.257
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	11.128		0		1		3.155	5.341	7.344
14:1 g									
15:1 g									
16:1 undifferentiated g	0.137		0		1		0.039	0.066	0.090
17:1 g									
18:1 undifferentiated g	10.973		0		1		3.111	5.267	7.242
20:1 g	0.013		0		1		0.004	0.006	0.009
22:1 undifferentiated g	0.001		0		1		0.000	0.000	0.001
24:1 c g									
Fatty acids, total polyunsaturated g	7.380		0		1		2.092	3.542	4.871
18:2 undifferentiated g	6.987		0		1		1.981	3.354	4.611
18:3 undifferentiated g	0.309		0		1		0.088	0.148	0.204
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.065		0		1		0.018	0.031	0.043
20:5 n-3 g	0.002		0		1		0.001	0.001	0.001
22:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 g	0.017		0		1		0.005	0.008	0.011
Fatty acids, total trans g									
Cholesterol mg	196		0		1		56	94	129
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.110		0		1		0.031	0.053	0.073
Threonine g	0.367		0		1		0.104	0.176	0.242
Isoleucine g	0.430		0		1		0.122	0.206	0.284
Leucine g	0.718		0		1		0.204	0.345	0.474
Lysine g	0.497		0		1		0.141	0.239	0.328
Methionine g	0.238		0		1		0.067	0.114	0.157
Cystine g	0.199		0		1		0.056	0.096	0.131
Phenylalanine g	0.466		0		1		0.132	0.224	0.308
Tyrosine g	0.335		0		1		0.095	0.161	0.221
Valine g	0.485		0		1		0.137	0.233	0.320
Arginine g	0.473		0		1		0.134	0.227	0.312
Histidine g	0.209		0		1		0.059	0.100	0.138
Alanine g	0.424		0		1		0.120	0.204	0.280
Aspartic acid g	0.721		0		1		0.204	0.346	0.476
Glutamic acid g	1.801		0		1		0.511	0.864	1.189
Glycine g	0.305		0		1		0.086	0.146	0.201
Proline g	0.596		0		1		0.169	0.286	0.393
Serine g	0.589		0		1		0.167	0.283	0.389
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	RA	4		0.0	0.0	0.0
Caffeine mg	0		0	RC	4		0	0	0
Theobromine mg	0		0	RC	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18237

Cream puffs, prepared from recipe, shell (includes eclair)

Measure 1 = 28.35g: 1 oz

Measure 2 = 48g: 1 eclair (5" x 2" x 1-3/4")

Measure 3 = 66g: 1 cream puff shell

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18238

Cream puffs, prepared from recipe, shell, with custard filling

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	53.50		0		1		15.17	69.55	48.15
Energy kcal	258		0	NC	4		73	335	232
Energy kj	1079		0		4		306	1403	972
Protein (N x 0) g	6.70		0		1		1.90	8.71	6.03
Total lipid (fat) g	15.50		0		1		4.39	20.15	13.95
Ash g	1.30		0		1		0.37	1.69	1.17
Carbohydrate, by difference g	22.90		0	NC	4		6.49	29.77	20.61
Fiber, total dietary g	0.4		0		4		0.1	0.5	0.4
Sugars, total g	9.49		0	RK	4		2.69	12.34	8.54
Starch g									
Minerals:									
Calcium, Ca mg	66		0		1		19	86	59
Iron, Fe mg	1.17		0		1		0.33	1.52	1.05
Magnesium, Mg mg	12		0		1		3	16	11
Phosphorus, P mg	109		0		1		31	142	98
Potassium, K mg	115		0		1		33	150	104
Sodium, Na mg	341		0		1		97	443	307
Zinc, Zn mg	0.60		0		1		0.17	0.78	0.54
Copper, Cu mg	0.035		0		1		0.010	0.046	0.032
Manganese, Mn mg	0.112		0		1		0.032	0.146	0.101
Selenium, Se mcg	15.4		0	RK	4		4.4	20.0	13.9
Vitamins:									
Vitamin C, total ascorbic acid mg	0.3		0		1		0.1	0.4	0.3
Thiamin mg	0.122		0		1		0.035	0.159	0.110
Riboflavin mg	0.280		0		1		0.079	0.364	0.252
Niacin mg	0.835		0		1		0.237	1.086	0.752
Pantothenic acid mg	0.517		0		1		0.147	0.672	0.465
Vitamin B-6 mg	0.062		0		1		0.018	0.081	0.056
Folate, total mcg	37		0	RA	4		10	48	33
Folic acid mcg	22		0		4		6	29	20
Folate, food mcg	15		0		1		4	20	14
Folate, DFE mcg_DFE	52		0	NC	4		15	68	47
Choline, total mg	68.7		0	RA	4		19.5	89.2	61.8
Betaine mg									
Vitamin B-12 mcg	0.36		0		1		0.10	0.47	0.32
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	142		0	NC	4		40	185	128
Retinol mcg	135		0	RA	4		38	175	121
Carotene, beta mcg	84		0	RA	4		24	109	75
Carotene, alpha mcg	0		0	RA	4		0	0	0
Cryptoxanthin, beta mcg	2		0	RA	4		1	3	2
Vitamin A, IU IU	591		0	NC	4		168	768	532
Lycopene mcg	0		0	RA	4		0	0	0
Lutein + zeaxanthin mcg	80		0	RA	4		23	104	72
Vitamin E (alpha-tocopherol) mg	1.43		0	RA	4		0.41	1.87	1.29
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	12.5		0	RA	4		3.5	16.3	11.3
Lipids:									
Fatty acids, total saturated g	3.679		0		1		1.043	4.783	3.311
4:0 g	0.023		0		1		0.007	0.030	0.021
6:0 g	0.014		0		1		0.004	0.018	0.013
8:0 g	0.009		0		1		0.003	0.012	0.008
10:0 g	0.019		0		1		0.005	0.025	0.017

NDB No. 18238

Cream puffs, prepared from recipe, shell, with custard filling

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.021		0		1		0.006	0.027	0.019
13:0 g									
14:0 g	0.111		0		1		0.031	0.144	0.100
15:0 g									
16:0 g	2.290		0		1		0.649	2.977	2.061
17:0 g									
18:0 g	1.177		0		1		0.334	1.530	1.059
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.527		0		1		1.850	8.485	5.874
14:1 g									
15:1 g									
16:1 undifferentiated g	0.108		0		1		0.031	0.140	0.097
17:1 g									
18:1 undifferentiated g	6.406		0		1		1.816	8.328	5.765
20:1 g	0.009		0		1		0.003	0.012	0.008
22:1 undifferentiated g	0.001		0		1		0.000	0.001	0.001
24:1 c g									
Fatty acids, total polyunsaturated g	4.156		0		1		1.178	5.403	3.740
18:2 undifferentiated g	3.918		0		1		1.111	5.093	3.526
18:3 undifferentiated g	0.182		0		1		0.052	0.237	0.164
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.044		0		1		0.012	0.057	0.040
20:5 n-3 g	0.001		0		1		0.000	0.001	0.001
22:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 g	0.011		0		1		0.003	0.014	0.010
Fatty acids, total trans g									
Cholesterol mg	134		0		1		38	174	121
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.083		0		1		0.024	0.108	0.075
Threonine g	0.283		0		1		0.080	0.368	0.255
Isoleucine g	0.339		0		1		0.096	0.441	0.305
Leucine g	0.558		0		1		0.158	0.725	0.502
Lysine g	0.411		0		1		0.117	0.534	0.370
Methionine g	0.179		0		1		0.051	0.233	0.161
Cystine g	0.133		0		1		0.038	0.173	0.120
Phenylalanine g	0.342		0		1		0.097	0.445	0.308
Tyrosine g	0.264		0		1		0.075	0.343	0.238
Valine g	0.381		0		1		0.108	0.495	0.343
Arginine g	0.338		0		1		0.096	0.439	0.304
Histidine g	0.160		0		1		0.045	0.208	0.144
Alanine g	0.307		0		1		0.087	0.399	0.276
Aspartic acid g	0.547		0		1		0.155	0.711	0.492
Glutamic acid g	1.280		0		1		0.363	1.664	1.152
Glycine g	0.211		0		1		0.060	0.274	0.190
Proline g	0.452		0		1		0.128	0.588	0.407
Serine g	0.431		0		1		0.122	0.560	0.388
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	RA	4		0	0	0
Theobromine mg	0		0	RA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18238

Cream puffs, prepared from recipe, shell, with custard filling

Measure 1 = 28.35g: 1 oz

Measure 2 = 130g: 1 cream puff

Measure 3 = 90g: 1 eclair (5" x 2" x 1-3/4")

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18240
Croissants, apple

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	45.60		2		1		12.93	25.99	
Energy kcal	254		0	NC	4		72	145	
Energy kj	1063				4		301	606	
Protein (N x 5.9) g	7.40		2		1		2.10	4.22	
Total lipid (fat) g	8.70	0.295	3		1		2.47	4.96	
Ash g	1.20		2		1		0.34	0.68	
Carbohydrate, by difference g	37.10		0	NC	4		10.52	21.15	
Fiber, total dietary g	2.5		0		1		0.7	1.4	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	30		2		1		9	17	
Iron, Fe mg	1.10		2		1		0.31	0.63	
Magnesium, Mg mg	13		2		1		4	7	
Phosphorus, P mg	58		2		1		16	33	
Potassium, K mg	90		2		1		26	51	
Sodium, Na mg	274		2		1		78	156	
Zinc, Zn mg	1.03		2		1		0.29	0.59	
Copper, Cu mg	0.040		2		1		0.011	0.023	
Manganese, Mn mg	0.210		2		1		0.060	0.120	
Selenium, Se mcg	19.0		0	FLA	4		5.4	10.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.5		0	FLA	4		0.1	0.3	
Thiamin mg	0.232	0.007	8		1		0.066	0.132	
Riboflavin mg	0.164	0.003	8		1		0.046	0.093	
Niacin mg	1.600	0.053	8		1		0.454	0.912	
Pantothenic acid mg	0.596	0.019	8		1		0.169	0.340	
Vitamin B-6 mg	0.032	0.000	8		1		0.009	0.018	
Folate, total mcg	57		0	FLA	4		16	32	
Folic acid mcg	44		0	NC	4		12	25	
Folate, food mcg	13	0.435	8		1		4	7	
Folate, DFE mcg_DFE	88		0	NC	4		25	50	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.20		0	FLA	4		0.06	0.11	
Vitamin A, RAE mcg_RAE	94		0	NC	4		27	54	
Retinol mcg	90		0	NC	4		26	51	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	380		0	FLA	4		108	217	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	4.994		0	FLA	4		1.416	2.847	
4:0 g	0.211		0		1		0.060	0.120	
6:0 g	0.125		0		1		0.035	0.071	
8:0 g	0.073		0		1		0.021	0.042	
10:0 g	0.165		0		1		0.047	0.094	
12:0 g	0.185		0		1		0.052	0.105	
13:0 g									

NDB No. 18240
Croissants, apple

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.663		0		1		0.188	0.378	
15:0....g									
16:0....g	2.115		0		1		0.600	1.206	
17:0....g									
18:0....g	0.908		0		1		0.257	0.518	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.393		0	FLA	4		0.678	1.364	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.200		0		1		0.057	0.114	
17:1....g									
18:1 undifferentiated....g	2.169		0		1		0.615	1.236	
20:1....g	0.004		0		1		0.001	0.002	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.628		0	FLA	4		0.178	0.358	
18:2 undifferentiated....g	0.600		0		1		0.170	0.342	
18:3 undifferentiated....g	0.118		0		1		0.033	0.067	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.019		0		1		0.005	0.011	
20:5 n-3....g	0.001		0		1		0.000	0.001	
22:5 n-3....g									
22:6 n-3....g	0.005		0		1		0.001	0.003	
Fatty acids, total trans....g									
Cholesterol....mg	31		0	FLA	4		9	18	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.086		0		1		0.024	0.049	
Threonine....g	0.256		0		1		0.073	0.146	
Isoleucine....g	0.325		0		1		0.092	0.185	
Leucine....g	0.556		0		1		0.158	0.317	
Lysine....g	0.318		0		1		0.090	0.181	
Methionine....g	0.151		0		1		0.043	0.086	
Cystine....g	0.140		0		1		0.040	0.080	
Phenylalanine....g	0.359		0		1		0.102	0.205	
Tyrosine....g	0.243		0		1		0.069	0.139	
Valine....g	0.368		0		1		0.104	0.210	
Arginine....g	0.309		0		1		0.088	0.176	
Histidine....g	0.166		0		1		0.047	0.095	
Alanine....g	0.296		0		1		0.084	0.169	
Aspartic acid....g	0.456		0		1		0.129	0.260	
Glutamic acid....g	1.970		0		1		0.558	1.123	
Glycine....g	0.296		0		1		0.084	0.169	
Proline....g	0.712		0		1		0.202	0.406	
Serine....g	0.383		0		1		0.109	0.218	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 1 croissant, medium

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4

NDB No. 18240
Croissants, apple

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18239
Croissants, butter

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	23.20	0.731	6		1		6.58	6.50	9.74
Energy kcal	406		0		4		115	114	171
Energy kj	1699		0		4		482	476	713
Protein (N x 5.9) g	8.20	0.030	26		1		2.32	2.30	3.44
Total lipid (fat) g	21.00	0.307	27		1		5.95	5.88	8.82
Ash g	1.60	0.049	6		1		0.45	0.45	0.67
Carbohydrate, by difference g	45.80		0	NC	4		12.98	12.82	19.24
Fiber, total dietary g	2.6		0		1		0.7	0.7	1.1
Sugars, total g	11.26		0	FLA	4		3.19	3.15	4.73
Starch g									
Minerals:									
Calcium, Ca mg	37	1.492	26		1		10	10	16
Iron, Fe mg	2.03	0.583	4		1		0.58	0.57	0.85
Magnesium, Mg mg	16	0.504	25		1		5	4	7
Phosphorus, P mg	105	4.790	3		1		30	29	44
Potassium, K mg	118	1.758	25		1		33	33	50
Sodium, Na mg	744	37.662	26		1		211	208	312
Zinc, Zn mg	0.75		2		1		0.21	0.21	0.32
Copper, Cu mg	0.080		2		1		0.023	0.022	0.034
Manganese, Mn mg	0.330		2		1		0.094	0.092	0.139
Selenium, Se mcg	22.7		0	FLA	4		6.4	6.4	9.5
Vitamins:									
Vitamin C, total ascorbic acid mg	0.2		0		4		0.1	0.1	0.1
Thiamin mg	0.388	0.038	10		1		0.110	0.109	0.163
Riboflavin mg	0.241	0.020	10		1		0.068	0.067	0.101
Niacin mg	2.188	0.147	10		1		0.620	0.613	0.919
Pantothenic acid mg	0.861	0.022	8		1		0.244	0.241	0.362
Vitamin B-6 mg	0.058	0.001	8		1		0.016	0.016	0.024
Folate, total mcg	88		0	FLA	4		25	25	37
Folic acid mcg	60		0		4		17	17	25
Folate, food mcg	28	1.503	8		1		8	8	12
Folate, DFE mcg_DFE	130		0	NC	4		37	36	55
Choline, total mg	38.8		0	FLC	4		11.0	10.9	16.3
Betaine mg									
Vitamin B-12 mcg	0.16		0	FLA	4		0.05	0.04	0.07
Vitamin B-12, added mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	206		0	NC	4		58	58	86
Retinol mcg	202		0	FLA	4		57	57	85
Carotene, beta mcg	38		0	FLA	4		11	11	16
Carotene, alpha mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta mcg	1		0	FLA	4		0	0	1
Vitamin A, IU IU	744		0	FLA	4		211	208	312
Lycopene mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin mcg	74		0	FLA	4		21	21	31
Vitamin E (alpha-tocopherol) mg	0.84		0	FLA	4		0.24	0.24	0.35
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	1.8		0	FLA	4		0.5	0.5	0.8
Lipids:									
Fatty acids, total saturated g	11.659		0	FLA	4		3.305	3.265	4.897
4:0 g	0.595		0	FLA	4		0.169	0.167	0.250
6:0 g	0.351		0	FLA	4		0.100	0.098	0.147
8:0 g	0.205		0	FLA	4		0.058	0.057	0.086
10:0 g	0.459		0	FLA	4		0.130	0.129	0.193

NDB No. 18239
Croissants, butter

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.514		0	FLA	4		0.146	0.144	0.216
13:0 g									
14:0 g	1.845		0	FLA	4		0.523	0.517	0.775
15:0 g									
16:0 g	5.023		0	FLA	4		1.424	1.406	2.110
17:0 g									
18:0 g	2.259		0	FLA	4		0.640	0.633	0.949
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.525		0	FLA	4		1.566	1.547	2.321
14:1 g									
15:1 g									
16:1 undifferentiated g	0.429		0	FLA	4		0.122	0.120	0.180
17:1 g									
18:1 undifferentiated g	4.822		0	FLA	4		1.367	1.350	2.025
20:1 g	0.001		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	1.094		0	FLA	4		0.310	0.306	0.459
18:2 undifferentiated g	0.795		0	FLA	4		0.225	0.223	0.334
18:3 undifferentiated g	0.289		0	FLA	4		0.082	0.081	0.121
18:4 g	0.001		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.006		0	FLA	4		0.002	0.002	0.003
20:5 n-3 g	0.003		0	FLA	4		0.001	0.001	0.001
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 g	0.002		0	FLA	4		0.001	0.001	0.001
Fatty acids, total trans g									
Cholesterol mg	67		0	FLA	4		19	19	28
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.099		0		1		0.028	0.028	0.042
Threonine g	0.284		0		1		0.081	0.080	0.119
Isoleucine g	0.365		0		1		0.103	0.102	0.153
Leucine g	0.623		0		1		0.177	0.174	0.262
Lysine g	0.329		0		1		0.093	0.092	0.138
Methionine g	0.175		0		1		0.050	0.049	0.074
Cystine g	0.172		0		1		0.049	0.048	0.072
Phenylalanine g	0.416		0		1		0.118	0.116	0.175
Tyrosine g	0.271		0		1		0.077	0.076	0.114
Valine g	0.410		0		1		0.116	0.115	0.172
Arginine g	0.339		0		1		0.096	0.095	0.142
Histidine g	0.187		0		1		0.053	0.052	0.079
Alanine g	0.325		0		1		0.092	0.091	0.137
Aspartic acid g	0.501		0		1		0.142	0.140	0.210
Glutamic acid g	2.300		0		1		0.652	0.644	0.966
Glycine g	0.288		0		1		0.082	0.081	0.121
Proline g	0.778		0		1		0.221	0.218	0.327
Serine g	0.440		0		1		0.125	0.123	0.185
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	FLA	4		0	0	0
Theobromine mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18239
Croissants, butter

Measure 1 = 28.35g: 1 oz
Measure 2 = 28g: 1 croissant, mini
Measure 3 = 42g: 1 croissant, small

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18241
Croissants, cheese

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	21.00		2		1		5.95	8.82	11.97
Energy kcal	414		0	NC	4		117	174	236
Energy kj	1732		0		4		491	728	987
Protein (N x 5.9) g	9.20		2		1		2.61	3.86	5.24
Total lipid (fat) g	20.90	0.294	3		1		5.93	8.78	11.91
Ash g	1.90		2		1		0.54	0.80	1.08
Carbohydrate, by difference g	47.00		0	NC	4		13.32	19.74	26.79
Fiber, total dietary g	2.6		0		4		0.7	1.1	1.5
Sugars, total g	11.35		0	FLA	4		3.22	4.77	6.47
Starch g									
Minerals:									
Calcium, Ca mg	53		2		1		15	22	30
Iron, Fe mg	2.15		2		1		0.61	0.90	1.23
Magnesium, Mg mg	24		2		1		7	10	14
Phosphorus, P mg	130		2		1		37	55	74
Potassium, K mg	132		2		1		37	55	75
Sodium, Na mg	555		2		1		157	233	316
Zinc, Zn mg	0.94		2		1		0.27	0.39	0.54
Copper, Cu mg	0.100		2		1		0.028	0.042	0.057
Manganese, Mn mg	0.340		2		1		0.096	0.143	0.194
Selenium, Se mcg	26.8		0	FLA	4		7.6	11.3	15.3
Vitamins:									
Vitamin C, total ascorbic acid mg	0.2		0	FLA	4		0.1	0.1	0.1
Thiamin mg	0.523	0.003	8		1		0.148	0.220	0.298
Riboflavin mg	0.325	0.011	8		1		0.092	0.137	0.185
Niacin mg	2.160	0.074	8		1		0.612	0.907	1.231
Pantothenic acid mg	0.842	0.024	8		1		0.239	0.354	0.480
Vitamin B-6 mg	0.073	0.001	8		1		0.021	0.031	0.042
Folate, total mcg	74		0	FLA	4		21	31	42
Folic acid mcg	41		0	NC	4		12	17	23
Folate, food mcg	33	0.552	8		1		9	14	19
Folate, DFE mcg_DFE	103		0	NC	4		29	43	59
Choline, total mg	38.8		0	BFZN	4		11.0	16.3	22.1
Betaine mg									
Vitamin B-12 mcg	0.32	0.011	8		1		0.09	0.13	0.18
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	204		0	NC	4		58	86	116
Retinol mcg	197		0	FLA	4		56	83	112
Carotene, beta mcg	89		0	FLA	4		25	37	51
Carotene, alpha mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta mcg	0		0	FLA	4		0	0	0
Vitamin A, IU IU	805		0	FLA	4		228	338	459
Lycopene mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin mcg	43		0	FLA	4		12	18	25
Vitamin E (alpha-tocopherol) mg	1.44		0	FLA	4		0.41	0.60	0.82
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	10.9		0	FLA	4		3.1	4.6	6.2
Lipids:									
Fatty acids, total saturated g	10.628		0	FLA	4		3.013	4.464	6.058
4:0 g	0.497		0	FLA	4		0.141	0.209	0.283
6:0 g	0.293		0	FLA	4		0.083	0.123	0.167
8:0 g	0.170		0	FLA	4		0.048	0.071	0.097
10:0 g	0.382		0	FLA	4		0.108	0.160	0.218

NDB No. 18241
Croissants, cheese

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.426		0	FLA	4		0.121	0.179	0.243
13:0 g									
14:0 g	1.553		0	FLA	4		0.440	0.652	0.885
15:0 g									
16:0 g	4.762		0	FLA	4		1.350	2.000	2.714
17:0 g									
18:0 g	2.198		0	FLA	4		0.623	0.923	1.253
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.509		0	FLA	4		1.845	2.734	3.710
14:1 g									
15:1 g									
16:1 undifferentiated g	0.363		0	FLA	4		0.103	0.152	0.207
17:1 g									
18:1 undifferentiated g	5.917		0	FLA	4		1.677	2.485	3.373
20:1 g	0.001		0	FLA	4		0.000	0.000	0.001
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	2.384		0	FLA	4		0.676	1.001	1.359
18:2 undifferentiated g	2.069		0	FLA	4		0.587	0.869	1.179
18:3 undifferentiated g	0.306		0	FLA	4		0.087	0.129	0.174
18:4 g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.005		0	FLA	4		0.001	0.002	0.003
20:5 n-3 g	0.002		0	FLA	4		0.001	0.001	0.001
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 g	0.002		0	FLA	4		0.001	0.001	0.001
Fatty acids, total trans g									
Cholesterol mg	57		0	FLA	4		16	24	32
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.109		0		1		0.031	0.046	0.062
Threonine g	0.304		0		1		0.086	0.128	0.173
Isoleucine g	0.407		0		1		0.115	0.171	0.232
Leucine g	0.692		0		1		0.196	0.291	0.394
Lysine g	0.371		0		1		0.105	0.156	0.211
Methionine g	0.187		0		1		0.053	0.079	0.107
Cystine g	0.176		0		1		0.050	0.074	0.100
Phenylalanine g	0.455		0		1		0.129	0.191	0.259
Tyrosine g	0.302		0		1		0.086	0.127	0.172
Valine g	0.453		0		1		0.128	0.190	0.258
Arginine g	0.363		0		1		0.103	0.152	0.207
Histidine g	0.212		0		1		0.060	0.089	0.121
Alanine g	0.338		0		1		0.096	0.142	0.193
Aspartic acid g	0.527		0		1		0.149	0.221	0.300
Glutamic acid g	2.585		0		1		0.733	1.086	1.473
Glycine g	0.301		0		1		0.085	0.126	0.172
Proline g	0.894		0		1		0.253	0.375	0.510
Serine g	0.478		0		1		0.136	0.201	0.272
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	FLA	4		0	0	0
Theobromine mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18241
Croissants, cheese

Measure 1 = 28.35g: 1 oz
Measure 2 = 42g: 1 croissant, small
Measure 3 = 57g: 1 croissant, medium

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18242
Croutons, plain

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	5.50	0.306	5		1		1.65	0.78	
Energy kcal	407		0	NC	4		122	58	
Energy kj	1703				4		511	242	
Protein (N x 5.7) g	11.90	0.971	5		1		3.57	1.69	
Total lipid (fat) g	6.60	3.084	6		1		1.98	0.94	
Ash g	2.50	0.133	5		1		0.75	0.36	
Carbohydrate, by difference g	73.50		0	NC	4		22.05	10.44	
Fiber, total dietary g	5.1		0		1		1.5	0.7	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	76	10.262	5		1		23	11	
Iron, Fe mg	4.08	0.455	5		1		1.22	0.58	
Magnesium, Mg mg	31	2.294	5		1		9	4	
Phosphorus, P mg	115	6.373	4		1		35	16	
Potassium, K mg	124	18.648	6		1		37	18	
Sodium, Na mg	698	60.698	6		1		209	99	
Zinc, Zn mg	0.89	0.125	5		1		0.27	0.13	
Copper, Cu mg	0.163	0.036	5		1		0.049	0.023	
Manganese, Mn mg	0.500	0.013	4		1		0.150	0.071	
Selenium, Se mcg	37.5		0	FLA	4		11.3	5.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	
Thiamin mg	0.623	0.061	11		1		0.187	0.088	
Riboflavin mg	0.272	0.031	11		1		0.082	0.039	
Niacin mg	5.439	0.547	11		1		1.632	0.772	
Pantothenic acid mg	0.429	0.049	12		1		0.129	0.061	
Vitamin B-6 mg	0.026	0.006	10		1		0.008	0.004	
Folate, total mcg	132		0	FLA	4		40	19	
Folic acid mcg	110		0	NC	4		33	16	
Folate, food mcg	22	0.315	8		1		7	3	
Folate, DFE mcg_DFE	209		0	NC	4		63	30	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.00		1		1		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	0		0		1		0	0	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	1.510		0	FLA	4		0.453	0.214	
4:0 g	0.000		0	FLA	4		0.000	0.000	
6:0 g	0.000		0	FLA	4		0.000	0.000	
8:0 g	0.000		0	FLA	4		0.000	0.000	
10:0 g	0.000		0	FLA	4		0.000	0.000	
12:0 g	0.001		0	FLA	4		0.000	0.000	
13:0 g									

NDB No. 18242
Croutons, plain

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.026		0	FLA	4		0.008	0.004	
15:0....g									
16:0....g	0.857		0	FLA	4		0.257	0.122	
17:0....g									
18:0....g	0.613		0	FLA	4		0.184	0.087	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.059		0	FLA	4		0.918	0.434	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.031		0	FLA	4		0.009	0.004	
17:1....g									
18:1 undifferentiated....g	3.029		0	FLA	4		0.909	0.430	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.273		0	FLA	4		0.382	0.181	
18:2 undifferentiated....g	1.204		0	FLA	4		0.361	0.171	
18:3 undifferentiated....g	0.070		0	FLA	4		0.021	0.010	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		1		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.140		0		1		0.042	0.020	
Threonine....g	0.337		0		1		0.101	0.048	
Isoleucine....g	0.456		0		1		0.137	0.065	
Leucine....g	0.832		0		1		0.250	0.118	
Lysine....g	0.278		0		1		0.083	0.039	
Methionine....g	0.211		0		1		0.063	0.030	
Cystine....g	0.261		0		1		0.078	0.037	
Phenylalanine....g	0.586		0		1		0.176	0.083	
Tyrosine....g	0.337		0		1		0.101	0.048	
Valine....g	0.514		0		1		0.154	0.073	
Arginine....g	0.431		0		1		0.129	0.061	
Histidine....g	0.255		0		1		0.077	0.036	
Alanine....g	0.391		0		1		0.117	0.056	
Aspartic acid....g	0.529		0		1		0.159	0.075	
Glutamic acid....g	4.024		0		1		1.207	0.571	
Glycine....g	0.418		0		1		0.125	0.059	
Proline....g	1.345		0		1		0.404	0.191	
Serine....g	0.579		0		1		0.174	0.082	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 cup

Measure 2 = 14.2g: .5 oz

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4.1

NDB No. 18242
Croutons, plain

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18243
Croutons, seasoned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	3.60	0.319	9		1		1.44	0.36	0.04
Energy kcal	465		0	NC	4		186	47	5
Energy kj	1946		0		4		778	195	19
Protein (N x 5.8) g	10.80	0.146	40		1		4.32	1.08	0.11
Total lipid (fat) g	18.30	0.346	40		1		7.32	1.83	0.18
Ash g	3.80	0.197	11		1		1.52	0.38	0.04
Carbohydrate, by difference g	63.50		0	NC	4		25.40	6.35	0.64
Fiber, total dietary g	5.0		0		1		2.0	0.5	0.1
Sugars, total g	4.41		0	FLA	4		1.76	0.44	0.04
Starch g									
Minerals:									
Calcium, Ca mg	96	4.583	40		1		38	10	1
Iron, Fe mg	2.82	0.089	40		1		1.13	0.28	0.03
Magnesium, Mg mg	42	2.551	5		1		17	4	0
Phosphorus, P mg	140	20.623	5		1		56	14	1
Potassium, K mg	181	6.887	15		1		72	18	2
Sodium, Na mg	1238	43.584	20		1		495	124	12
Zinc, Zn mg	0.94	0.101	5		1		0.38	0.09	0.01
Copper, Cu mg	0.168	0.028	5		1		0.067	0.017	0.002
Manganese, Mn mg	0.514	0.038	4		1		0.206	0.051	0.005
Selenium, Se mcg	28.8		0	FLA	4		11.5	2.9	0.3
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin mg	0.506	0.006	46		1		0.202	0.051	0.005
Riboflavin mg	0.421	0.011	46		1		0.168	0.042	0.004
Niacin mg	4.646	0.060	39		1		1.858	0.465	0.046
Pantothenic acid mg	0.835	0.062	12		1		0.334	0.084	0.008
Vitamin B-6 mg	0.083	0.001	10		1		0.033	0.008	0.001
Folate, total mcg	105		0	FLA	4		42	10	1
Folic acid mcg	65		0		4		26	7	1
Folate, food mcg	40	2.001	8		1		16	4	0
Folate, DFE mcg_DFE	151		0	NC	4		60	15	2
Choline, total mg	14.6		0	BFZN	4		5.8	1.5	0.1
Betaine mg									
Vitamin B-12 mcg	0.14		0	FLA	4		0.06	0.01	0.00
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	7		0	NC	4		3	1	0
Retinol mcg	7		0	FLA	4		3	1	0
Carotene, beta mcg	6		0	FLA	4		2	1	0
Carotene, alpha mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta mcg	0		0	FLA	4		0	0	0
Vitamin A, IU IU	32		0	NC	4		13	3	0
Lycopene mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin mcg	45		0	FLA	4		18	4	0
Vitamin E (alpha-tocopherol) mg	0.40		0	FLA	4		0.16	0.04	0.00
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	7.6		0	FLA	4		3.0	0.8	0.1
Lipids:									
Fatty acids, total saturated g	5.247		0	FLA	4		2.099	0.525	0.052
4:0 g	0.092		0	FLA	4		0.037	0.009	0.001
6:0 g	0.034		0	FLA	4		0.014	0.003	0.000
8:0 g	0.018		0	FLA	4		0.007	0.002	0.000
10:0 g	0.045		0	FLA	4		0.018	0.005	0.000

NDB No. 18243
Croutons, seasoned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.061		0	FLA	4		0.024	0.006	0.001
13:0 g									
14:0 g	0.282		0	FLA	4		0.113	0.028	0.003
15:0 g									
16:0 g	2.634		0	FLA	4		1.054	0.263	0.026
17:0 g									
18:0 g	2.023		0	FLA	4		0.809	0.202	0.020
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	9.498		0	FLA	4		3.799	0.950	0.095
14:1 g									
15:1 g									
16:1 undifferentiated g	0.047		0	FLA	4		0.019	0.005	0.000
17:1 g									
18:1 undifferentiated g	9.451		0	FLA	4		3.780	0.945	0.095
20:1 g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	2.368		0	FLA	4		0.947	0.237	0.024
18:2 undifferentiated g	2.227		0	FLA	4		0.891	0.223	0.022
18:3 undifferentiated g	0.142		0	FLA	4		0.057	0.014	0.001
18:4 g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	7		0	FLA	4		3	1	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.125		0		1		0.050	0.013	0.001
Threonine g	0.326		0		1		0.130	0.033	0.003
Isoleucine g	0.428		0		1		0.171	0.043	0.004
Leucine g	0.774		0		1		0.310	0.077	0.008
Lysine g	0.344		0		1		0.138	0.034	0.003
Methionine g	0.195		0		1		0.078	0.020	0.002
Cystine g	0.218		0		1		0.087	0.022	0.002
Phenylalanine g	0.525		0		1		0.210	0.053	0.005
Tyrosine g	0.331		0		1		0.132	0.033	0.003
Valine g	0.488		0		1		0.195	0.049	0.005
Arginine g	0.402		0		1		0.161	0.040	0.004
Histidine g	0.246		0		1		0.098	0.025	0.002
Alanine g	0.357		0		1		0.143	0.036	0.004
Aspartic acid g	0.540		0		1		0.216	0.054	0.005
Glutamic acid g	3.378		0		1		1.351	0.338	0.034
Glycine g	0.361		0		1		0.144	0.036	0.004
Proline g	1.163		0		1		0.465	0.116	0.012
Serine g	0.527		0		1		0.211	0.053	0.005
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	FLA	4		0	0	0
Theobromine mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18243
Croutons, seasoned

Measure 1 = 40g: 1 cup
Measure 2 = 10.0g: 1 package, fast food
Measure 3 = 1.0g: 4 cubes

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18245
Danish pastry, cheese

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	31.40		1		1		8.90	22.29	
Energy kcal	374		0	NC	4		106	266	
Energy kj	1565		0		4		444	1111	
Protein (N x 6) g	8.00		1		1		2.27	5.68	
Total lipid (fat) g	21.90		1		1		6.21	15.55	
Ash g	1.50		1		1		0.43	1.07	
Carbohydrate, by difference g	37.20		0	NC	4		10.55	26.41	
Fiber, total dietary g	1.0		0		4		0.3	0.7	
Sugars, total g	6.95		0	FLA	4		1.97	4.93	
Starch g									
Minerals:									
Calcium, Ca mg	35		1		1		10	25	
Iron, Fe mg	1.60		1		1		0.45	1.14	
Magnesium, Mg mg	15		1		1		4	11	
Phosphorus, P mg	108		1		1		31	77	
Potassium, K mg	98		1		1		28	70	
Sodium, Na mg	450		1		1		128	320	
Zinc, Zn mg	0.70		0	FLA	4		0.20	0.50	
Copper, Cu mg	0.089		0	FLA	4		0.025	0.063	
Manganese, Mn mg	0.351		0	FLA	4		0.100	0.249	
Selenium, Se mcg	18.9		0	FLA	4		5.4	13.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.1		0	FLA	4		0.0	0.1	
Thiamin mg	0.190		1		1		0.054	0.135	
Riboflavin mg	0.260		1		1		0.074	0.185	
Niacin mg	2.000		1		1		0.567	1.420	
Pantothenic acid mg	0.304		0	FLA	4		0.086	0.216	
Vitamin B-6 mg	0.040		0	FLA	4		0.011	0.028	
Folate, total mcg	60		0	FLA	4		17	43	
Folic acid mcg	35		0	NC	4		10	25	
Folate, food mcg	25		0		4		7	18	
Folate, DFE mcg_DFE	85		0	NC	4		24	60	
Choline, total mg	21.8		0	BFZN	4		6.2	15.5	
Betaine mg									
Vitamin B-12 mcg	0.17		0	FLA	4		0.05	0.12	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	35		0	NC	4		10	25	
Retinol mcg	34		0	FLA	4		10	24	
Carotene, beta mcg	8		0	FLA	4		2	6	
Carotene, alpha mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta mcg	0		0	FLA	4		0	0	
Vitamin A, IU IU	128		0	NC	4		36	91	
Lycopene mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin mcg	38		0	FLA	4		11	27	
Vitamin E (alpha-tocopherol) mg	0.34		0	FLA	4		0.10	0.24	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	7.4		0	FLA	4		2.1	5.2	
Lipids:									
Fatty acids, total saturated g	6.794		0	FLA	4		1.926	4.824	
4:0 g	0.097		0	FLA	4		0.027	0.069	
6:0 g	0.028		0	FLA	4		0.008	0.020	
8:0 g	0.033		0	FLA	4		0.009	0.023	
10:0 g	0.065		0	FLA	4		0.018	0.046	

NDB No. 18245
Danish pastry, cheese

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.045		0	FLA	4		0.013	0.032	
13:0 g									
14:0 g	0.438		0	FLA	4		0.124	0.311	
15:0 g									
16:0 g	3.439		0	FLA	4		0.975	2.442	
17:0 g									
18:0 g	2.542		0	FLA	4		0.721	1.805	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	11.313		0	FLA	4		3.207	8.032	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.107		0	FLA	4		0.030	0.076	
17:1 g									
18:1 undifferentiated g	11.159		0	FLA	4		3.164	7.923	
20:1 g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	2.575		0	FLA	4		0.730	1.828	
18:2 undifferentiated g	2.401		0	FLA	4		0.681	1.705	
18:3 undifferentiated g	0.173		0	FLA	4		0.049	0.123	
18:4 g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.002		0	FLA	4		0.001	0.001	
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	16		0	FLA	4		5	11	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.089		0		1		0.025	0.063	
Threonine g	0.293		0		1		0.083	0.208	
Isoleucine g	0.371		0		1		0.105	0.263	
Leucine g	0.644		0		1		0.183	0.457	
Lysine g	0.430		0		1		0.122	0.305	
Methionine g	0.174		0		1		0.049	0.124	
Cystine g	0.137		0		1		0.039	0.097	
Phenylalanine g	0.402		0		1		0.114	0.285	
Tyrosine g	0.293		0		1		0.083	0.208	
Valine g	0.412		0		1		0.117	0.293	
Arginine g	0.324		0		1		0.092	0.230	
Histidine g	0.205		0		1		0.058	0.146	
Alanine g	0.292		0		1		0.083	0.207	
Aspartic acid g	0.511		0		1		0.145	0.363	
Glutamic acid g	2.021		0		1		0.573	1.435	
Glycine g	0.239		0		1		0.068	0.170	
Proline g	0.717		0		1		0.203	0.509	
Serine g	0.428		0		1		0.121	0.304	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18245
Danish pastry, cheese

Measure 1 = 28.35g: 1 oz
Measure 2 = 71g: 1 pastry

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18244
Danish pastry, cinnamon, enriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	24.30	1.535	3		1		6.89	34.51	8.51
Energy kcal	403		0		4		114	572	141
Energy kj	1686		0		4		478	2394	590
Protein (N x 5.8) g	7.00	0.511	3		1		1.98	9.94	2.45
Total lipid (fat) g	22.40	1.634	3		1		6.35	31.81	7.84
Ash g	1.70	0.103	5		1		0.48	2.41	0.60
Carbohydrate, by difference g	44.60		0	NC	4		12.64	63.33	15.61
Fiber, total dietary g	1.3		0		1		0.4	1.8	0.5
Sugars, total g	19.78		0	FLA	4		5.61	28.09	6.92
Starch g									
Minerals:									
Calcium, Ca mg	71	5.973	30		1		20	101	25
Iron, Fe mg	1.96	0.096	29		1		0.56	2.78	0.69
Magnesium, Mg mg	19	0.467	31		1		5	27	7
Phosphorus, P mg	107	3.843	30		1		30	152	37
Potassium, K mg	125	4.168	29		1		35	178	44
Sodium, Na mg	371	8.862	31		1		105	527	130
Zinc, Zn mg	0.72	0.027	31		1		0.20	1.02	0.25
Copper, Cu mg	0.100	0.005	30		1		0.028	0.142	0.035
Manganese, Mn mg	0.362	0.017	30		1		0.103	0.514	0.127
Selenium, Se mcg	17.0	0.755	33	A	1		4.8	24.1	6.0
Vitamins:									
Vitamin C, total ascorbic acid mg	0.1		0	FLA	4		0.0	0.1	0.0
Thiamin mg	0.300	0.040	3		1		0.085	0.426	0.105
Riboflavin mg	0.263	0.012	3		1		0.075	0.373	0.092
Niacin mg	2.867	0.240	3		1		0.813	4.071	1.003
Pantothenic acid mg	0.396		0	FLA	4		0.112	0.562	0.139
Vitamin B-6 mg	0.038		0	FLA	4		0.011	0.054	0.013
Folate, total mcg	68		0	FLA	4		19	97	24
Folic acid mcg	35		0	FLA	4		10	50	12
Folate, food mcg	33		0		4		9	47	12
Folate, DFE mcg_DFE	92		0	NC	4		26	131	32
Choline, total mg	21.8		0	BFZN	4		6.2	31.0	7.6
Betaine mg									
Vitamin B-12 mcg	0.10		0	FLA	4		0.03	0.14	0.04
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	6		0	NC	4		2	9	2
Retinol mcg	6		0	FLA	4		2	9	2
Carotene, beta mcg	2		0	FLA	4		0	2	1
Carotene, alpha mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta mcg	1		0	FLA	4		0	1	0
Vitamin A, IU IU	24		0	NC	4		7	33	8
Lycopene mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin mcg	52		0	FLA	4		15	75	18
Vitamin E (alpha-tocopherol) mg	0.39		0	FLA	4		0.11	0.55	0.14
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	9.4		0	FLA	4		2.7	13.3	3.3
Lipids:									
Fatty acids, total saturated g	5.681		0	FLA	4		1.611	8.067	1.988
4:0 g	0.000		0	FLA	4		0.000	0.000	0.000
6:0 g	0.000		0	FLA	4		0.000	0.000	0.000
8:0 g	0.000		0	FLA	4		0.000	0.000	0.000
10:0 g	0.000		0	FLA	4		0.000	0.000	0.000

NDB No. 18244
Danish pastry, cinnamon, enriched

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0	FLA	4		0.000	0.000	0.000
13:0 g									
14:0 g	0.109		0	FLA	4		0.031	0.155	0.038
15:0 g									
16:0 g	2.961		0	FLA	4		0.839	4.205	1.036
17:0 g									
18:0 g	2.602		0	FLA	4		0.738	3.695	0.911
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	12.515		0	FLA	4		3.548	17.771	4.380
14:1 g									
15:1 g									
16:1 undifferentiated g	0.022		0	FLA	4		0.006	0.031	0.008
17:1 g									
18:1 undifferentiated g	12.491		0	FLA	4		3.541	17.737	4.372
20:1 g	0.001		0	FLA	4		0.000	0.001	0.000
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	2.933		0	FLA	4		0.832	4.165	1.027
18:2 undifferentiated g	2.772		0	FLA	4		0.786	3.936	0.970
18:3 undifferentiated g	0.148		0	FLA	4		0.042	0.210	0.052
18:4 g	0.001		0	FLA	4		0.000	0.001	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.007		0	FLA	4		0.002	0.010	0.002
20:5 n-3 g	0.003		0	FLA	4		0.001	0.004	0.001
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 g	0.002		0	FLA	4		0.001	0.003	0.001
Fatty acids, total trans g									
Cholesterol mg	21		0	FLA	4		6	30	7
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.084		0		1		0.024	0.119	0.029
Threonine g	0.245		0		1		0.069	0.348	0.086
Isoleucine g	0.310		0		1		0.088	0.440	0.109
Leucine g	0.532		0		1		0.151	0.755	0.186
Lysine g	0.296		0		1		0.084	0.420	0.104
Methionine g	0.139		0		1		0.039	0.197	0.049
Cystine g	0.139		0		1		0.039	0.197	0.049
Phenylalanine g	0.348		0		1		0.099	0.494	0.122
Tyrosine g	0.233		0		1		0.066	0.331	0.082
Valine g	0.344		0		1		0.098	0.488	0.120
Arginine g	0.312		0		1		0.088	0.443	0.109
Histidine g	0.160		0		1		0.045	0.227	0.056
Alanine g	0.274		0		1		0.078	0.389	0.096
Aspartic acid g	0.463		0		1		0.131	0.657	0.162
Glutamic acid g	1.882		0		1		0.534	2.672	0.659
Glycine g	0.245		0		1		0.069	0.348	0.086
Proline g	0.637		0		1		0.181	0.905	0.223
Serine g	0.376		0		1		0.107	0.534	0.132
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	FLA	4		0	0	0
Theobromine mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18244
Danish pastry, cinnamon, enriched

Measure 1 = 28.35g: 1 oz
Measure 2 = 142g: 1 large (approx 7" dia)
Measure 3 = 35g: 1 small or frozen (approx 3" dia)

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18430
Danish pastry, cinnamon, unenriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	24.30	1.535	3		1		6.89	34.51	8.51
Energy kcal	403		0	NC	4		114	572	141
Energy kj	1686				4		478	2394	590
Protein (N x 5.9) g	7.00	0.511	3		1		1.98	9.94	2.45
Total lipid (fat) g	22.40	1.634	3		1		6.35	31.81	7.84
Ash g	1.70	0.103	5		1		0.48	2.41	0.60
Carbohydrate, by difference g	44.60		0		4		12.64	63.33	15.61
Fiber, total dietary g	1.2		0		4		0.3	1.7	0.4
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	71	5.973	30		1		20	101	25
Iron, Fe mg	0.78		0		4		0.22	1.11	0.27
Magnesium, Mg mg	19	0.467	31		1		5	27	7
Phosphorus, P mg	107	3.843	30		1		30	152	37
Potassium, K mg	125	4.168	29		1		35	178	44
Sodium, Na mg	371	8.862	31		1		105	527	130
Zinc, Zn mg	0.72	0.027	31		1		0.20	1.02	0.25
Copper, Cu mg	0.100	0.005	30		1		0.028	0.142	0.035
Manganese, Mn mg	0.362	0.017	30		1		0.103	0.514	0.127
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.2		0		4		0.1	0.3	0.1
Thiamin mg	0.180		0		4		0.051	0.256	0.063
Riboflavin mg	0.100		0		4		0.028	0.142	0.035
Niacin mg	1.100		0		4		0.312	1.562	0.385
Pantothenic acid mg	0.396		0	BFZN	4		0.112	0.562	0.139
Vitamin B-6 mg	0.038		0	BFZN	4		0.011	0.054	0.013
Folate, total mcg	33		0		4		9	47	12
Folic acid mcg	0		0	Z	7		0	0	0
Folate, food mcg	33		0		4		9	47	12
Folate, DFE mcg_DFE	33		0	NC	4		9	47	12
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.10		0	BFZN	4		0.03	0.14	0.04
Vitamin A, RAE mcg_RAE	4		0	NC	4		1	5	1
Retinol mcg	4		0	NC	4		1	5	1
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	12		0	BFZN	4		3	17	4
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	5.681		0	BFZN	4		1.611	8.067	1.988
4:0 g	0.000		0	BFZN	4		0.000	0.000	0.000
6:0 g	0.000		0		4		0.000	0.000	0.000
8:0 g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0 g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0 g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0 g									

NDB No. 18430
Danish pastry, cinnamon, unenriched

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.109		0		4		0.031	0.155	0.038
15:0....g									
16:0....g	2.961		0	BFZN	4		0.839	4.205	1.036
17:0....g									
18:0....g	2.602		0	BFZN	4		0.738	3.695	0.911
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	12.515		0	BFZN	4		3.548	17.771	4.380
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.022		0	BFZN	4		0.006	0.031	0.008
17:1....g									
18:1 undifferentiated....g	12.491		0	BFZN	4		3.541	17.737	4.372
20:1....g	0.001		0	BFZN	4		0.000	0.001	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.933		0	BFZN	4		0.832	4.165	1.027
18:2 undifferentiated....g	2.772		0	BFZN	4		0.786	3.936	0.970
18:3 undifferentiated....g	0.148		0	BFZN	4		0.042	0.210	0.052
18:4....g	0.001		0	BFZN	4		0.000	0.001	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.007		0	BFZN	4		0.002	0.010	0.002
20:5 n-3....g	0.003		0	BFZN	4		0.001	0.004	0.001
22:5 n-3....g									
22:6 n-3....g	0.002		0	BFZN	4		0.001	0.003	0.001
Fatty acids, total trans....g									
Cholesterol....mg	21		0	BFZN	4		6	30	7
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.084		0		4		0.024	0.119	0.029
Threonine....g	0.245		0		4		0.069	0.348	0.086
Isoleucine....g	0.310		0		4		0.088	0.440	0.109
Leucine....g	0.532		0		4		0.151	0.755	0.186
Lysine....g	0.296		0		4		0.084	0.420	0.104
Methionine....g	0.139		0		4		0.039	0.197	0.049
Cystine....g	0.139		0		4		0.039	0.197	0.049
Phenylalanine....g	0.348		0		4		0.099	0.494	0.122
Tyrosine....g	0.233		0		4		0.066	0.331	0.082
Valine....g	0.344		0		4		0.098	0.488	0.120
Arginine....g	0.312		0		4		0.088	0.443	0.109
Histidine....g	0.160		0		4		0.045	0.227	0.056
Alanine....g	0.274		0		4		0.078	0.389	0.096
Aspartic acid....g	0.463		0		4		0.131	0.657	0.162
Glutamic acid....g	1.882		0		4		0.534	2.672	0.659
Glycine....g	0.245		0		4		0.069	0.348	0.086
Proline....g	0.637		0		4		0.181	0.905	0.223
Serine....g	0.376		0		4		0.107	0.534	0.132
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 142g: 1 large (approx 7" dia)

Measure 3 = 35g: 1 small or frozen (approx 3" dia)

NDB No. 18430
Danish pastry, cinnamon, unenriched

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18246

Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	27.10	1.256	18		1		7.68	38.48	9.49
Energy....kcal	371		0	NC	4		105	527	130
Energy....kj	1552		0		4		440	2204	543
Protein (N x 5.8)....g	5.40	0.230	18		1		1.53	7.67	1.89
Total lipid (fat)....g	18.50	0.710	15		1		5.24	26.27	6.48
Ash....g	1.20	0.040	18		1		0.34	1.70	0.42
Carbohydrate, by difference....g	47.80		0		4		13.55	67.88	16.73
Fiber, total dietary....g	1.9		0		4		0.5	2.7	0.7
Sugars, total....g	27.53		0	FLA	4		7.80	39.09	9.63
Starch....g									
Minerals:									
Calcium, Ca....mg	46	9.200	16		1		13	65	16
Iron, Fe....mg	1.77	0.101	14		1		0.50	2.51	0.62
Magnesium, Mg....mg	15	0.643	15		1		4	21	5
Phosphorus, P....mg	89	8.600	15		1		25	126	31
Potassium, K....mg	83	6.753	11		1		24	118	29
Sodium, Na....mg	354	6.785	16		1		100	503	124
Zinc, Zn....mg	0.54	0.020	6		1		0.15	0.77	0.19
Copper, Cu....mg	0.065	0.005	6		1		0.018	0.092	0.023
Manganese, Mn....mg	0.253	0.012	6		1		0.072	0.359	0.089
Selenium, Se....mcg	14.8		0	FLA	4		4.2	21.0	5.2
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.9	1.837	15		1		1.1	5.5	1.4
Thiamin....mg	0.263	0.020	20		1		0.075	0.373	0.092
Riboflavin....mg	0.220	0.010	19		1		0.062	0.312	0.077
Niacin....mg	1.992	0.074	16		1		0.565	2.829	0.697
Pantothenic acid....mg	0.634	0.023	8		1		0.180	0.900	0.222
Vitamin B-6....mg	0.043		0	FLA	4		0.012	0.061	0.015
Folate, total....mcg	47		0	FLA	4		13	66	16
Folic acid....mcg	31		0		4		9	44	11
Folate, food....mcg	16	1.032	8		1		5	23	6
Folate, DFE....mcg_DFE	69		0	NC	4		19	98	24
Choline, total....mg	21.8		0	A	1		6.2	31.0	7.6
Betaine....mg	14.3		0	A	1		4.0	20.3	5.0
Vitamin B-12....mcg	0.09		0		4		0.03	0.13	0.03
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	15		0	NC	4		4	21	5
Retinol....mcg	15		0	FLA	4		4	21	5
Carotene, beta....mcg	1		0	FLA	4		0	1	0
Carotene, alpha....mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....mcg	1		0	FLA	4		0	1	0
Vitamin A, IU....IU	51		0	NC	4		14	72	18
Lycopene....mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....mcg	49		0	FLA	4		14	70	17
Vitamin E (alpha-tocopherol)....mg	0.34		0	FLA	4		0.10	0.48	0.12
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	5.3		0	FLA	4		1.5	7.5	1.8
Lipids:									
Fatty acids, total saturated....g	4.860		0	FLA	4		1.378	6.901	1.701
4:0....g	0.001		0	FLA	4		0.000	0.001	0.000
6:0....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0....g	0.000		0	FLA	4		0.000	0.000	0.000

NDB No. 18246

Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0	FLA	4		0.000	0.000	0.000
13:0 g									
14:0 g	0.088		0	FLA	4		0.025	0.125	0.031
15:0 g									
16:0 g	2.668		0	FLA	4		0.756	3.789	0.934
17:0 g									
18:0 g	2.096		0	FLA	4		0.594	2.976	0.734
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	10.026		0	FLA	4		2.842	14.237	3.509
14:1 g									
15:1 g									
16:1 undifferentiated g	0.069		0	FLA	4		0.020	0.098	0.024
17:1 g									
18:1 undifferentiated g	9.947		0	FLA	4		2.820	14.125	3.481
20:1 g	0.008		0	FLA	4		0.002	0.011	0.003
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	2.364		0	FLA	4		0.670	3.357	0.827
18:2 undifferentiated g	2.184		0	FLA	4		0.619	3.101	0.764
18:3 undifferentiated g	0.108		0	FLA	4		0.031	0.153	0.038
18:4 g	0.004		0	FLA	4		0.001	0.006	0.001
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.038		0	FLA	4		0.011	0.054	0.013
20:5 n-3 g	0.019		0	FLA	4		0.005	0.027	0.007
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 g	0.012		0	FLA	4		0.003	0.017	0.004
Fatty acids, total trans g									
Cholesterol mg	114		0	FLA	4		32	162	40
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.064		0		4		0.018	0.091	0.022
Threonine g	0.171		0		4		0.048	0.243	0.060
Isoleucine g	0.224		0		4		0.064	0.318	0.078
Leucine g	0.398		0		4		0.113	0.565	0.139
Lysine g	0.177		0		4		0.050	0.251	0.062
Methionine g	0.110		0		4		0.031	0.156	0.039
Cystine g	0.118		0		4		0.033	0.168	0.041
Phenylalanine g	0.267		0		4		0.076	0.379	0.093
Tyrosine g	0.166		0		4		0.047	0.236	0.058
Valine g	0.252		0		4		0.071	0.358	0.088
Arginine g	0.209		0		4		0.059	0.297	0.073
Histidine g	0.118		0		4		0.033	0.168	0.041
Alanine g	0.191		0		4		0.054	0.271	0.067
Aspartic acid g	0.300		0		4		0.085	0.426	0.105
Glutamic acid g	1.603		0		4		0.454	2.276	0.561
Glycine g	0.178		0		4		0.050	0.253	0.062
Proline g	0.543		0		4		0.154	0.771	0.190
Serine g	0.285		0		4		0.081	0.405	0.100
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	FLA	4		0	0	0
Theobromine mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18246

Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)

Measure 1 = 28.35g: 1 oz

Measure 2 = 142g: 1 large (approx 7" dia)

Measure 3 = 35g: 1 small or frozen (approx 3" dia)

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18431

Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	27.10	1.256	18		1		7.68	38.48	9.49
Energy kcal	371		0	NC	4		105	527	130
Energy kj	1552				4		440	2204	543
Protein (N x 5.8) g	5.40	0.230	18		1		1.53	7.67	1.89
Total lipid (fat) g	18.50	0.710	15		1		5.24	26.27	6.48
Ash g	1.20	0.040	18		1		0.34	1.70	0.42
Carbohydrate, by difference g	47.80		0		4		13.55	67.88	16.73
Fiber, total dietary g	1.9		0		4		0.5	2.7	0.7
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	46	9.200	16		1		13	65	16
Iron, Fe mg	0.75		0		4		0.21	1.07	0.26
Magnesium, Mg mg	15	0.643	15		1		4	21	5
Phosphorus, P mg	89	8.600	15		1		25	126	31
Potassium, K mg	83	6.753	11		1		24	118	29
Sodium, Na mg	354	6.785	16		1		100	503	124
Zinc, Zn mg	0.54	0.020	6		1		0.15	0.77	0.19
Copper, Cu mg	0.065	0.005	6		1		0.018	0.092	0.023
Manganese, Mn mg	0.253	0.012	6		1		0.072	0.359	0.089
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	3.9	1.837	15		1		1.1	5.5	1.4
Thiamin mg	0.065		0		4		0.018	0.092	0.023
Riboflavin mg	0.092		0		4		0.026	0.131	0.032
Niacin mg	0.769		0		4		0.218	1.092	0.269
Pantothenic acid mg	0.634	0.023	8		1		0.180	0.900	0.222
Vitamin B-6 mg	0.040		0	BFZN	4		0.011	0.057	0.014
Folate, total mcg	16	1.032	8		1		5	23	6
Folic acid mcg	0		0	Z	7		0	0	0
Folate, food mcg	16	1.032	8		1		5	23	6
Folate, DFE mcg_DFE	16		0	NC	4		5	23	6
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.13		0	BFZN	4		0.04	0.18	0.05
Vitamin A, RAE mcg_RAE	22		0	NC	4		6	32	8
Retinol mcg	22		0	NC	4		6	32	8
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	74		0	BFZN	4		21	105	26
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	2.826		0	BFZN	4		0.801	4.013	0.989
4:0 g	0.001		0		4		0.000	0.001	0.000
6:0 g	0.000		0		4		0.000	0.000	0.000
8:0 g	0.000		0		4		0.000	0.000	0.000
10:0 g	0.001		0		4		0.000	0.001	0.000
12:0 g	0.001		0		4		0.000	0.001	0.000
13:0 g									

NDB No. 18431

Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.053		0	BFZN	4		0.015	0.075	0.019
15:0....g									
16:0....g	1.527		0	BFZN	4		0.433	2.168	0.534
17:0....g									
18:0....g	1.233		0	BFZN	4		0.350	1.751	0.432
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.937		0	BFZN	4		1.683	8.431	2.078
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.031		0	BFZN	4		0.009	0.044	0.011
17:1....g									
18:1 undifferentiated....g	5.903		0	BFZN	4		1.674	8.382	2.066
20:1....g	0.003		0	BFZN	4		0.001	0.004	0.001
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.508		0	BFZN	4		0.428	2.141	0.528
18:2 undifferentiated....g	1.416		0	BFZN	4		0.401	2.011	0.496
18:3 undifferentiated....g	0.075		0	BFZN	4		0.021	0.107	0.026
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.014		0	BFZN	4		0.004	0.020	0.005
20:5 n-3....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3....g									
22:6 n-3....g	0.004		0	BFZN	4		0.001	0.006	0.001
Fatty acids, total trans....g									
Cholesterol....mg	40		0	BFZN	4		11	57	14
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.064		0		4		0.018	0.091	0.022
Threonine....g	0.171		0		4		0.048	0.243	0.060
Isoleucine....g	0.224		0		4		0.064	0.318	0.078
Leucine....g	0.398		0		4		0.113	0.565	0.139
Lysine....g	0.177		0		4		0.050	0.251	0.062
Methionine....g	0.110		0		4		0.031	0.156	0.039
Cystine....g	0.118		0		4		0.033	0.168	0.041
Phenylalanine....g	0.267		0		4		0.076	0.379	0.093
Tyrosine....g	0.166		0		4		0.047	0.236	0.058
Valine....g	0.252		0		4		0.071	0.358	0.088
Arginine....g	0.209		0		4		0.059	0.297	0.073
Histidine....g	0.118		0		4		0.033	0.168	0.041
Alanine....g	0.191		0		4		0.054	0.271	0.067
Aspartic acid....g	0.300		0		4		0.085	0.426	0.105
Glutamic acid....g	1.603		0		4		0.454	2.276	0.561
Glycine....g	0.178		0		4		0.050	0.253	0.062
Proline....g	0.543		0		4		0.154	0.771	0.190
Serine....g	0.285		0		4		0.081	0.405	0.100
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 142g: 1 container (3 oz)

Measure 3 = 35g: 1 small or frozen (approx 3" dia)

NDB No. 18431
Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18433
Danish pastry, lemon, unenriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	27.10	1.256	18		1		7.68	19.24	
Energy kcal	371		0	NC	4		105	263	
Energy kj	1552				4		440	1102	
Protein (N x 5.8) g	5.40	0.230	18		1		1.53	3.83	
Total lipid (fat) g	18.50	0.710	15		1		5.24	13.14	
Ash g	1.20	0.040	18		1		0.34	0.85	
Carbohydrate, by difference g	47.80		0		4		13.55	33.94	
Fiber, total dietary g	1.9		0		4		0.5	1.3	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	46	9.200	16		1		13	33	
Iron, Fe mg	0.75		0		4		0.21	0.53	
Magnesium, Mg mg	15	0.643	15		1		4	11	
Phosphorus, P mg	89	8.600	15		1		25	63	
Potassium, K mg	83	6.753	11		1		24	59	
Sodium, Na mg	354	6.785	16		1		100	251	
Zinc, Zn mg	0.54	0.020	6		1		0.15	0.38	
Copper, Cu mg	0.065	0.005	6		1		0.018	0.046	
Manganese, Mn mg	0.253	0.012	6		1		0.072	0.180	
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	3.9	1.837	15		1		1.1	2.8	
Thiamin mg	0.065		0		4		0.018	0.046	
Riboflavin mg	0.092		0		4		0.026	0.065	
Niacin mg	0.769		0		4		0.218	0.546	
Pantothenic acid mg	0.634	0.023	8		1		0.180	0.450	
Vitamin B-6 mg	0.040		0	BFZN	4		0.011	0.028	
Folate, total mcg	16	1.032	8		1		5	11	
Folic acid mcg	0		0	Z	7		0	0	
Folate, food mcg	16	1.032	8		1		5	11	
Folate, DFE mcg_DFE	16		0	NC	4		5	11	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.09		0		4		0.03	0.06	
Vitamin A, RAE mcg_RAE	53		0	NC	4		15	37	
Retinol mcg	53		0	NC	4		15	37	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	175		0		4		50	124	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	2.826		0	BFZN	4		0.801	2.006	
4:0 g	0.001		0		4		0.000	0.001	
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.001		0		4		0.000	0.001	
12:0 g	0.001		0		4		0.000	0.001	
13:0 g									

NDB No. 18433
Danish pastry, lemon, unenriched

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0 g	0.053		0	BFZN	4		0.015	0.038	
15:0 g									
16:0 g	1.527		0	BFZN	4		0.433	1.084	
17:0 g									
18:0 g	1.233		0	BFZN	4		0.350	0.875	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.937		0	BFZN	4		1.683	4.215	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.031		0	BFZN	4		0.009	0.022	
17:1 g									
18:1 undifferentiated g	5.903		0	BFZN	4		1.674	4.191	
20:1 g	0.003		0	BFZN	4		0.001	0.002	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.508		0	BFZN	4		0.428	1.071	
18:2 undifferentiated g	1.416		0	BFZN	4		0.401	1.005	
18:3 undifferentiated g	0.075		0	BFZN	4		0.021	0.053	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.014		0	BFZN	4		0.004	0.010	
20:5 n-3 g	0.000		0		4		0.000	0.000	
22:5 n-3 g									
22:6 n-3 g	0.004		0	BFZN	4		0.001	0.003	
Fatty acids, total trans g									
Cholesterol mg	40		0	BFZN	4		11	28	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.064		0		4		0.018	0.045	
Threonine g	0.171		0		4		0.048	0.121	
Isoleucine g	0.224		0		4		0.064	0.159	
Leucine g	0.398		0		4		0.113	0.283	
Lysine g	0.177		0		4		0.050	0.126	
Methionine g	0.110		0		4		0.031	0.078	
Cystine g	0.118		0		4		0.033	0.084	
Phenylalanine g	0.267		0		4		0.076	0.190	
Tyrosine g	0.166		0		4		0.047	0.118	
Valine g	0.252		0		4		0.071	0.179	
Arginine g	0.209		0		4		0.059	0.148	
Histidine g	0.118		0		4		0.033	0.084	
Alanine g	0.191		0		4		0.054	0.136	
Aspartic acid g	0.300		0		4		0.085	0.213	
Glutamic acid g	1.603		0		4		0.454	1.138	
Glycine g	0.178		0		4		0.050	0.126	
Proline g	0.543		0		4		0.154	0.386	
Serine g	0.285		0		4		0.081	0.202	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 71g: 1 pastry

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 3.9

NDB No. 18433
Danish pastry, lemon, unenriched

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18247

Danish pastry, nut (includes almond, raisin nut, cinnamon nut)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	20.40	0.311	7		1		5.78	13.26	10.81
Energy....kcal	430		0		4		122	280	228
Energy....kj	1799		0		4		510	1169	954
Protein (N x 5.8)....g	7.10	0.186	7		1		2.01	4.62	3.76
Total lipid (fat)....g	25.20	0.583	7		1		7.14	16.38	13.36
Ash....g	1.50	0.061	7		1		0.43	0.98	0.80
Carbohydrate, by difference....g	45.70		0	NC	4		12.96	29.71	24.22
Fiber, total dietary....g	2.0		0		1		0.6	1.3	1.1
Sugars, total....g	25.87		0	FLA	4		7.33	16.82	13.71
Starch....g									
Minerals:									
Calcium, Ca....mg	94	19.147	7		1		27	61	50
Iron, Fe....mg	1.80		1		1		0.51	1.17	0.95
Magnesium, Mg....mg	32	1.540	7		1		9	21	17
Phosphorus, P....mg	110	5.450	7		1		31	72	58
Potassium, K....mg	95		1		1		27	62	50
Sodium, Na....mg	363	16.099	7		1		103	236	192
Zinc, Zn....mg	0.87	0.060	6		1		0.25	0.57	0.46
Copper, Cu....mg	0.195	0.005	6		1		0.055	0.127	0.103
Manganese, Mn....mg	0.845	0.049	6		1		0.240	0.549	0.448
Selenium, Se....mcg	14.2		0	FLA	4		4.0	9.2	7.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.7	0.044	6		1		0.5	1.1	0.9
Thiamin....mg	0.220		1		1		0.062	0.143	0.117
Riboflavin....mg	0.240		1		1		0.068	0.156	0.127
Niacin....mg	2.300		1		1		0.652	1.495	1.219
Pantothenic acid....mg	0.702		0	FLA	4		0.199	0.456	0.372
Vitamin B-6....mg	0.104		0	FLA	4		0.029	0.068	0.055
Folate, total....mcg	83		0	FLA	4		24	54	44
Folic acid....mcg	56		0	NC	4		16	36	30
Folate, food....mcg	27		0		4		8	18	14
Folate, DFE....mcg_DFE	122		0	NC	4		35	79	65
Choline, total....mg	21.8		0	BFZN	4		6.2	14.2	11.6
Betaine....mg									
Vitamin B-12....mcg	0.21		0	FLA	4		0.06	0.14	0.11
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	9		0	NC	4		3	6	5
Retinol....mcg	9		0	FLA	4		2	6	5
Carotene, beta....mcg	4		0	FLA	4		1	2	2
Carotene, alpha....mcg	1		0	FLA	4		0	0	0
Cryptoxanthin, beta....mcg	1		0	FLA	4		0	1	0
Vitamin A, IU....IU	36		0	NC	4		10	23	19
Lycopene....mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....mcg	42		0	FLA	4		12	27	22
Vitamin E (alpha-tocopherol)....mg	0.82		0	FLA	4		0.23	0.53	0.44
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	6.6		0	FLA	4		1.9	4.3	3.5
Lipids:									
Fatty acids, total saturated....g	5.821		0	FLA	4		1.650	3.784	3.085
4:0....g	0.001		0	FLA	4		0.000	0.001	0.001
6:0....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0....g	0.001		0	FLA	4		0.000	0.001	0.001

NDB No. 18247

Danish pastry, nut (includes almond, raisin nut, cinnamon nut)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.002		0	FLA	4		0.001	0.001	0.001
13:0 g									
14:0 g	0.119		0	FLA	4		0.034	0.077	0.063
15:0 g									
16:0 g	3.128		0	FLA	4		0.887	2.033	1.658
17:0 g									
18:0 g	2.552		0	FLA	4		0.723	1.659	1.353
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	13.685		0	FLA	4		3.880	8.895	7.253
14:1 g									
15:1 g									
16:1 undifferentiated g	0.083		0	FLA	4		0.024	0.054	0.044
17:1 g									
18:1 undifferentiated g	13.562		0	FLA	4		3.845	8.815	7.188
20:1 g	0.024		0	FLA	4		0.007	0.016	0.013
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	4.281		0	FLA	4		1.214	2.783	2.269
18:2 undifferentiated g	3.903		0	FLA	4		1.107	2.537	2.069
18:3 undifferentiated g	0.342		0	FLA	4		0.097	0.222	0.181
18:4 g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.014		0	FLA	4		0.004	0.009	0.007
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 g	0.003		0	FLA	4		0.001	0.002	0.002
Fatty acids, total trans g									
Cholesterol mg	46		1		1		13	30	24
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.088		0		1		0.025	0.057	0.047
Threonine g	0.238		0		1		0.067	0.155	0.126
Isoleucine g	0.305		0		1		0.086	0.198	0.162
Leucine g	0.529		0		1		0.150	0.344	0.280
Lysine g	0.271		0		1		0.077	0.176	0.144
Methionine g	0.139		0		1		0.039	0.090	0.074
Cystine g	0.139		0		1		0.039	0.090	0.074
Phenylalanine g	0.337		0		1		0.096	0.219	0.179
Tyrosine g	0.235		0		1		0.067	0.153	0.125
Valine g	0.348		0		1		0.099	0.226	0.184
Arginine g	0.430		0		1		0.122	0.280	0.228
Histidine g	0.166		0		1		0.047	0.108	0.088
Alanine g	0.268		0		1		0.076	0.174	0.142
Aspartic acid g	0.479		0		1		0.136	0.311	0.254
Glutamic acid g	1.895		0		1		0.537	1.232	1.004
Glycine g	0.261		0		1		0.074	0.170	0.138
Proline g	0.614		0		1		0.174	0.399	0.325
Serine g	0.369		0		1		0.105	0.240	0.196
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	FLA	4		0	0	0
Theobromine mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18247

Danish pastry, nut (includes almond, raisin nut, cinnamon nut)

Measure 1 = 28.35g: 1 oz

Measure 2 = 65g: 1 pastry (4-1/4" dia)

Measure 3 = 53g: 1 piece (1/8 of 15 oz ring)

Calories Factors: **Protein** 3.9 **Fat** 8.7 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18435
Danish pastry, raspberry, unenriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	27.10	1.256	18		1		7.68	19.24	
Energy kcal	371		0	NC	4		105	263	
Energy kj	1552				4		440	1102	
Protein (N x 5.8) g	5.40	0.230	18		1		1.53	3.83	
Total lipid (fat) g	18.50	0.710	15		1		5.24	13.14	
Ash g	1.20	0.040	18		1		0.34	0.85	
Carbohydrate, by difference g	47.80		0		4		13.55	33.94	
Fiber, total dietary g	1.9		0		4		0.5	1.3	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	46	9.200	16		1		13	33	
Iron, Fe mg	0.75		0		4		0.21	0.53	
Magnesium, Mg mg	15	0.643	15		1		4	11	
Phosphorus, P mg	89	8.600	15		1		25	63	
Potassium, K mg	83	6.753	11		1		24	59	
Sodium, Na mg	354	6.785	16		1		100	251	
Zinc, Zn mg	0.54	0.020	6		1		0.15	0.38	
Copper, Cu mg	0.065	0.005	6		1		0.018	0.046	
Manganese, Mn mg	0.253	0.012	6		1		0.072	0.180	
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	3.9	1.837	15		1		1.1	2.8	
Thiamin mg	0.065		0		4		0.018	0.046	
Riboflavin mg	0.092		0		4		0.026	0.065	
Niacin mg	0.769		0		4		0.218	0.546	
Pantothenic acid mg	0.634	0.023	8		1		0.180	0.450	
Vitamin B-6 mg	0.040		0	BFZN	4		0.011	0.028	
Folate, total mcg	16	1.032	8		1		5	11	
Folic acid mcg	0		0	Z	7		0	0	
Folate, food mcg	16	1.032	8		1		5	11	
Folate, DFE mcg_DFE	16		0	NC	4		5	11	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.09		0		4		0.03	0.06	
Vitamin A, RAE mcg_RAE	60		0	NC	4		17	43	
Retinol mcg	60		0	NC	4		17	43	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	200		0		4		57	142	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	2.826		0	BFZN	4		0.801	2.006	
4:0 g	0.001		0		4		0.000	0.001	
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.001		0		4		0.000	0.001	
12:0 g	0.001		0		4		0.000	0.001	
13:0 g									

NDB No. 18435
Danish pastry, raspberry, unenriched

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0 g	0.053		0	BFZN	4		0.015	0.038	
15:0 g									
16:0 g	1.527		0	BFZN	4		0.433	1.084	
17:0 g									
18:0 g	1.233		0	BFZN	4		0.350	0.875	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.937		0	BFZN	4		1.683	4.215	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.031		0	BFZN	4		0.009	0.022	
17:1 g									
18:1 undifferentiated g	5.903		0	BFZN	4		1.674	4.191	
20:1 g	0.003		0	BFZN	4		0.001	0.002	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.508		0	BFZN	4		0.428	1.071	
18:2 undifferentiated g	1.416		0	BFZN	4		0.401	1.005	
18:3 undifferentiated g	0.075		0	BFZN	4		0.021	0.053	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.014		0	BFZN	4		0.004	0.010	
20:5 n-3 g	0.000		0		4		0.000	0.000	
22:5 n-3 g									
22:6 n-3 g	0.004		0	BFZN	4		0.001	0.003	
Fatty acids, total trans g									
Cholesterol mg	40		0	BFZN	4		11	28	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.064		0		4		0.018	0.045	
Threonine g	0.171		0		4		0.048	0.121	
Isoleucine g	0.224		0		4		0.064	0.159	
Leucine g	0.398		0		4		0.113	0.283	
Lysine g	0.177		0		4		0.050	0.126	
Methionine g	0.110		0		4		0.031	0.078	
Cystine g	0.118		0		4		0.033	0.084	
Phenylalanine g	0.267		0		4		0.076	0.190	
Tyrosine g	0.166		0		4		0.047	0.118	
Valine g	0.252		0		4		0.071	0.179	
Arginine g	0.209		0		4		0.059	0.148	
Histidine g	0.118		0		4		0.033	0.084	
Alanine g	0.191		0		4		0.054	0.136	
Aspartic acid g	0.300		0		4		0.085	0.213	
Glutamic acid g	1.603		0		4		0.454	1.138	
Glycine g	0.178		0		4		0.050	0.126	
Proline g	0.543		0		4		0.154	0.386	
Serine g	0.285		0		4		0.081	0.202	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 71g: 1 pastry (4-1/4" dia)

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 3.9

NDB No. 18435
Danish pastry, raspberry, unenriched

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18251
Doughnuts, cake-type, chocolate, sugared or glazed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	16.30		2		1		4.62	9.78	6.85
Energy....kcal	417		0	NC	4		118	250	175
Energy....kj	1745		0		4		495	1047	733
Protein (N x 5.9)....g	4.50		2		1		1.28	2.70	1.89
Total lipid (fat)....g	19.90		2		1		5.64	11.94	8.36
Ash....g	1.80		2		1		0.51	1.08	0.76
Carbohydrate, by difference....g	57.40		0	NC	4		16.27	34.44	24.11
Fiber, total dietary....g	2.2		0		1		0.6	1.3	0.9
Sugars, total....g	31.92		0	FLA	4		9.05	19.15	13.41
Starch....g									
Minerals:									
Calcium, Ca....mg	213		2		1		60	128	89
Iron, Fe....mg	2.27		2		1		0.64	1.36	0.95
Magnesium, Mg....mg	34		2		1		10	20	14
Phosphorus, P....mg	162		2		1		46	97	68
Potassium, K....mg	106		0	FLA	4		30	64	45
Sodium, Na....mg	340		2		1		96	204	143
Zinc, Zn....mg	0.57		2		1		0.16	0.34	0.24
Copper, Cu....mg	0.191		2		1		0.054	0.115	0.080
Manganese, Mn....mg	0.370		2		1		0.105	0.222	0.155
Selenium, Se....mcg	4.1		0	FLA	4		1.2	2.5	1.7
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	FLA	4		0.0	0.1	0.0
Thiamin....mg	0.045		2		1		0.013	0.027	0.019
Riboflavin....mg	0.070		2		1		0.020	0.042	0.029
Niacin....mg	0.470		2		1		0.133	0.282	0.197
Pantothenic acid....mg	0.342		0		4		0.097	0.205	0.144
Vitamin B-6....mg	0.027		0	FLA	4		0.008	0.016	0.011
Folate, total....mcg	45		0	FLA	4		13	27	19
Folic acid....mcg	28		0		4		8	17	12
Folate, food....mcg	17		0		4		5	10	7
Folate, DFE....mcg_DFE	65		0	NC	4		18	39	27
Choline, total....mg	29.1		0	BFZN	4		8.2	17.4	12.2
Betaine....mg									
Vitamin B-12....mcg	0.10		0	FLA	4		0.03	0.06	0.04
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	12		0	NC	4		3	7	5
Retinol....mcg	11		0	FLA	4		3	7	5
Carotene, beta....mcg	2		0	FLA	4		0	1	1
Carotene, alpha....mcg	1		0	FLA	4		0	0	0
Cryptoxanthin, beta....mcg	1		0	FLA	4		0	0	0
Vitamin A, IU....IU	39		0	FLA	4		11	23	16
Lycopene....mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....mcg	20		0	FLA	4		6	12	9
Vitamin E (alpha-tocopherol)....mg	0.21		0	FLA	4		0.06	0.13	0.09
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	9.8		2		1		2.8	5.9	4.1
Lipids:									
Fatty acids, total saturated....g	5.132		0	FLA	4		1.455	3.079	2.155
4:0....g	0.001		0	FLA	4		0.000	0.001	0.000
6:0....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0....g	0.001		0	FLA	4		0.000	0.001	0.000

NDB No. 18251

Doughnuts, cake-type, chocolate, sugared or glazed

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0	FLA	4		0.000	0.000	0.000
13:0 g									
14:0 g	0.099		0	FLA	4		0.028	0.059	0.042
15:0 g									
16:0 g	2.649		0	FLA	4		0.751	1.589	1.113
17:0 g									
18:0 g	2.376		0	FLA	4		0.674	1.426	0.998
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	11.278		0	FLA	4		3.197	6.767	4.737
14:1 g									
15:1 g									
16:1 undifferentiated g	0.013		0	FLA	4		0.004	0.008	0.005
17:1 g									
18:1 undifferentiated g	11.263		0	FLA	4		3.193	6.758	4.730
20:1 g	0.001		0	FLA	4		0.000	0.001	0.000
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	2.477		0	FLA	4		0.702	1.486	1.040
18:2 undifferentiated g	2.343		0	FLA	4		0.664	1.406	0.984
18:3 undifferentiated g	0.123		0	FLA	4		0.035	0.074	0.052
18:4 g	0.001		0	FLA	4		0.000	0.001	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.007		0	FLA	4		0.002	0.004	0.003
20:5 n-3 g	0.002		0	FLA	4		0.001	0.001	0.001
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 g	0.002		0	FLA	4		0.001	0.001	0.001
Fatty acids, total trans g									
Cholesterol mg	57		0		4		16	34	24
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.058		0		1		0.016	0.035	0.024
Threonine g	0.170		0		1		0.048	0.102	0.071
Isoleucine g	0.205		0		1		0.058	0.123	0.086
Leucine g	0.339		0		1		0.096	0.203	0.142
Lysine g	0.234		0		1		0.066	0.140	0.098
Methionine g	0.096		0		1		0.027	0.058	0.040
Cystine g	0.091		0		1		0.026	0.055	0.038
Phenylalanine g	0.224		0		1		0.064	0.134	0.094
Tyrosine g	0.156		0		1		0.044	0.094	0.066
Valine g	0.234		0		1		0.066	0.140	0.098
Arginine g	0.227		0		1		0.064	0.136	0.095
Histidine g	0.100		0		1		0.028	0.060	0.042
Alanine g	0.190		0		1		0.054	0.114	0.080
Aspartic acid g	0.352		0		1		0.100	0.211	0.148
Glutamic acid g	0.998		0		1		0.283	0.599	0.419
Glycine g	0.159		0		1		0.045	0.095	0.067
Proline g	0.327		0		1		0.093	0.196	0.137
Serine g	0.263		0		1		0.075	0.158	0.110
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	1		0	FLA	4		0	1	0
Theobromine mg	21		0	FLA	4		6	13	9

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18251

Doughnuts, cake-type, chocolate, sugared or glazed

Measure 1 = 28.35g: 1 oz

Measure 2 = 60g: 1 doughnut (3-3/4" dia)

Measure 3 = 42g: 1 doughnut, medium (approx 3" dia)

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18248

Doughnuts, cake-type, plain (includes unsugared, old-fashioned)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	22.88		1	A	1		6.49	11.90	11.90
Energy kcal	418		0	NC	4		118	217	217
Energy kj	1749		0	NC	4		496	909	909
Protein (N x 6.25) g	5.87		1	A	1		1.66	3.05	3.05
Total lipid (fat) g	23.55		1	A	1		6.68	12.25	12.25
Ash g	2.07		1	A	1		0.59	1.08	1.08
Carbohydrate, by difference g	45.63		0	NC	4		12.94	23.73	23.73
Fiber, total dietary g	1.6		1	A	1		0.4	0.8	0.8
Sugars, total g	16.28		1	A	1		4.62	8.47	8.47
Starch g									
Minerals:									
Calcium, Ca mg	25		1	A	1		7	13	13
Iron, Fe mg	3.00		1	A	1		0.85	1.56	1.56
Magnesium, Mg mg	16		1	A	1		5	8	8
Phosphorus, P mg	261		1	A	1		74	136	136
Potassium, K mg	113		1	A	1		32	59	59
Sodium, Na mg	557		1	A	1		158	290	290
Zinc, Zn mg	0.68		1	A	1		0.19	0.35	0.35
Copper, Cu mg	0.073		1	A	1		0.021	0.038	0.038
Manganese, Mn mg	0.290		1	A	1		0.082	0.151	0.151
Selenium, Se mcg	10.3		1	A	1		2.9	5.4	5.4
Vitamins:									
Vitamin C, total ascorbic acid mg	1.3		1	A	1		0.4	0.7	0.7
Thiamin mg	0.237		1	A	1		0.067	0.123	0.123
Riboflavin mg	0.150		1	A	1		0.043	0.078	0.078
Niacin mg	1.970		1	A	1		0.558	1.024	1.024
Pantothenic acid mg	0.203		1	A	1		0.058	0.106	0.106
Vitamin B-6 mg	0.029		1	A	1		0.008	0.015	0.015
Folate, total mcg	80		1	A	1		23	42	42
Folic acid mcg	50		1	A	1		14	26	26
Folate, food mcg	30		0	AS	1		9	16	16
Folate, DFE mcg_DFE	115		0	NC	4		33	60	60
Choline, total mg	37.3		0	AS	1		10.6	19.4	19.4
Betaine mg									
Vitamin B-12 mcg	0.07		0	FLA	4		0.02	0.04	0.04
Vitamin B-12, added mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	3		0	FLA	4		1	2	2
Retinol mcg	3		0	FLA	4		1	2	2
Carotene, beta mcg	1		0	FLA	4		0	0	0
Carotene, alpha mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta mcg	0		0	FLA	4		0	0	0
Vitamin A, IU IU	11		0	FLA	4		3	6	6
Lycopene mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin mcg	13		0	FLA	4		4	7	7
Vitamin E (alpha-tocopherol) mg	1.89		0	FLA	4		0.53	0.98	0.98
Vitamin E, added mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	10.4		1	A	1		3.0	5.4	5.4
Lipids:									
Fatty acids, total saturated g	7.127		0	NC	4		2.021	3.706	3.706
4:0 g	0.000		1	A	1		0.000	0.000	0.000
6:0 g	0.000		1	A	1		0.000	0.000	0.000
8:0 g	0.000		1	A	1		0.000	0.000	0.000
10:0 g	0.000		1	A	1		0.000	0.000	0.000

NDB No. 18248

Doughnuts, cake-type, plain (includes unsugared, old-fashioned)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		1	A	1		0.000	0.000	0.000
13:0 g	0.000		1	A	1		0.000	0.000	0.000
14:0 g	0.201		1	A	1		0.057	0.104	0.104
15:0 g	0.045		1	A	1		0.013	0.023	0.023
16:0 g	3.748		1	A	1		1.062	1.949	1.949
17:0 g	0.090		1	A	1		0.025	0.047	0.047
18:0 g	2.863		1	A	1		0.812	1.489	1.489
20:0 g	0.113		1	A	1		0.032	0.059	0.059
22:0 g	0.068		1	A	1		0.019	0.035	0.035
24:0 g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated g	12.732		0	NC	4		3.610	6.621	6.621
14:1 g	0.045		1	A	1		0.013	0.023	0.023
15:1 g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated g	0.157		1	A	1		0.045	0.082	0.082
17:1 g	0.045		1	A	1		0.013	0.023	0.023
18:1 undifferentiated g	12.486		0		4		3.540	6.493	6.493
18:1 c g	12.486		1	A	1		3.540	6.493	6.493
18:1-11c (18:1c n-7) g									
18:1 t g	0.000		1	A	1		0.000	0.000	0.000
18:1-11t (18:1t n-7) g									
20:1 g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
24:1 c g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated g	2.659		0	NC	4		0.754	1.382	1.382
18:2 undifferentiated g	2.456		1	A	1		0.696	1.277	1.277
18:3 undifferentiated g	0.203		0		4		0.057	0.105	0.105
18:3 n-3 c,c,c g	0.203		1	A	1		0.057	0.105	0.105
18:3 n-6 c,c,c g	0.000		1	A	1		0.000	0.000	0.000
18:3i g									
18:4 g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c g	0.000		1	A	1		0.000	0.000	0.000
20:3 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 g	0.000		1	A	1		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	9		0	FLA	4		2	4	4
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.066		0	FLA	4		0.019	0.034	0.034
Threonine g	0.173		0	FLA	4		0.049	0.090	0.090
Isoleucine g	0.203		0	FLA	4		0.058	0.106	0.106
Leucine g	0.370		0	FLA	4		0.105	0.192	0.192
Lysine g	0.207		0	FLA	4		0.059	0.108	0.108
Methionine g	0.085		0	FLA	4		0.024	0.044	0.044
Cystine g	0.120		0	FLA	4		0.034	0.062	0.062
Phenylalanine g	0.228		0	FLA	4		0.065	0.118	0.118
Tyrosine g	0.105		0	FLA	4		0.030	0.055	0.055
Valine g	0.233		0	FLA	4		0.066	0.121	0.121
Arginine g	0.240		0	FLA	4		0.068	0.125	0.125
Histidine g	0.114		0	FLA	4		0.032	0.059	0.059
Alanine g	0.185		0	FLA	4		0.052	0.096	0.096
Aspartic acid g	0.328		0	FLA	4		0.093	0.171	0.171
Glutamic acid g	1.414		0	FLA	4		0.401	0.735	0.735
Glycine g	0.186		0	FLA	4		0.053	0.097	0.097
Proline g	0.476		0	FLA	4		0.135	0.248	0.248

NDB No. 18248

Doughnuts, cake-type, plain (includes unsugared, old-fashioned)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Serine....g	0.249		0	FLA	4		0.071	0.130	0.130
Hydroxyproline....g	0.000		1	A	1		0.000	0.000	0.000
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0
Theobromine....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 52g: 1 doughnut stick

Measure 3 = 52g: 1 doughnut, long type (twist) (4-1/2" long)

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18249
Doughnuts, cake-type, plain, chocolate-coated or frosted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	16.76		2	A	1		4.75	3.02	7.21
Energy kcal	452		0	NC	4		128	81	194
Energy kj	1892		0	NC	4		537	341	814
Protein g	4.93		2	A	1		1.40	0.89	2.12
Total lipid (fat) g	25.25		2	A	1		7.16	4.55	10.86
Ash g	1.73		2	A	1		0.49	0.31	0.74
Carbohydrate, by difference g	51.33		0	NC	4		14.55	9.24	22.07
Fiber, total dietary g	1.9		2	A	1		0.5	0.3	0.8
Sugars, total g	26.65		2	A	1		7.56	4.80	11.46
Starch g									
Minerals:									
Calcium, Ca mg	24		2	A	1		7	4	11
Iron, Fe mg	4.00		2	A	1		1.13	0.72	1.72
Magnesium, Mg mg	30		2	A	1		9	5	13
Phosphorus, P mg	210		2	A	1		60	38	90
Potassium, K mg	201		2	A	1		57	36	86
Sodium, Na mg	413		2	A	1		117	74	178
Zinc, Zn mg	0.98		2	A	1		0.28	0.18	0.42
Copper, Cu mg	0.260		2	A	1		0.074	0.047	0.112
Manganese, Mn mg	0.640		2	A	1		0.181	0.115	0.275
Selenium, Se mcg	6.8		2	A	1		1.9	1.2	2.9
Vitamins:									
Vitamin C, total ascorbic acid mg	1.3		2	A	1		0.4	0.2	0.6
Thiamin mg	0.163		2	A	1		0.046	0.029	0.070
Riboflavin mg	0.125		2	A	1		0.035	0.022	0.054
Niacin mg	1.590		2	A	1		0.451	0.286	0.684
Pantothenic acid mg	0.126		2	A	1		0.036	0.023	0.054
Vitamin B-6 mg	0.024		2	A	1		0.007	0.004	0.010
Folate, total mcg	65		2	A	1		18	12	28
Folic acid mcg	37		2	A	1		10	7	16
Folate, food mcg	28		0	AS	1		8	5	12
Folate, DFE mcg_DFE	90		0	NC	4		26	16	39
Choline, total mg	29.1		0	AS	1		8.2	5.2	12.5
Betaine mg									
Vitamin B-12 mcg	0.10		0	FLA	4		0.03	0.02	0.04
Vitamin B-12, added mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	4		0	FLA	4		1	1	2
Retinol mcg	3		0	FLA	4		1	1	1
Carotene, beta mcg	2		0	FLA	4		1	0	1
Carotene, alpha mcg	1		0	FLA	4		0	0	0
Cryptoxanthin, beta mcg	1		0	FLA	4		0	0	0
Vitamin A, IU IU	16		0	FLA	4		4	3	7
Lycopene mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin mcg	24		0	FLA	4		7	4	10
Vitamin E (alpha-tocopherol) mg	2.02		0	FLA	4		0.57	0.36	0.87
Vitamin E, added mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	7.9		2	A	1		2.2	1.4	3.4
Lipids:									
Fatty acids, total saturated g	13.470		0	NC	4		3.819	2.425	5.792
4:0 g	0.000		2	A	1		0.000	0.000	0.000
6:0 g	0.025		2	A	1		0.007	0.005	0.011
8:0 g	0.379		2	A	1		0.107	0.068	0.163
10:0 g	0.294		2	A	1		0.083	0.053	0.127

NDB No. 18249

Doughnuts, cake-type, plain, chocolate-coated or frosted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	3.710		2	A	1		1.052	0.668	1.595
13:0 g	0.000		2	A	1		0.000	0.000	0.000
14:0 g	1.358		2	A	1		0.385	0.244	0.584
15:0 g	0.027		2	A	1		0.008	0.005	0.012
16:0 g	3.675		2	A	1		1.042	0.662	1.580
17:0 g	0.099		2	A	1		0.028	0.018	0.043
18:0 g	3.792		2	A	1		1.075	0.683	1.631
20:0 g	0.078		2	A	1		0.022	0.014	0.033
22:0 g	0.032		2	A	1		0.009	0.006	0.014
24:0 g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated g	8.618		0	NC	4		2.443	1.551	3.706
14:1 g	0.051		2	A	1		0.014	0.009	0.022
15:1 g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated g	0.164		2	A	1		0.046	0.029	0.070
17:1 g	0.051		2	A	1		0.014	0.009	0.022
18:1 undifferentiated g	8.352		0	AS	1		2.368	1.503	3.592
18:1 c g	8.352		2	A	1		2.368	1.503	3.592
18:1-11c (18:1c n-7) g									
18:1 t g	0.000		2	A	1		0.000	0.000	0.000
18:1-11t (18:1t n-7) g									
20:1 g	0.000		2	A	1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		2	A	1		0.000	0.000	0.000
24:1 c g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated g	1.960		0	NC	4		0.556	0.353	0.843
18:2 undifferentiated g	1.794		2	A	1		0.509	0.323	0.771
18:3 undifferentiated g	0.166		0	AS	1		0.047	0.030	0.071
18:3 n-3 c,c,c g	0.166		2	A	1		0.047	0.030	0.071
18:3 n-6 c,c,c g	0.000		2	A	1		0.000	0.000	0.000
18:3i g									
18:4 g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated g	0.000		2	A	1		0.000	0.000	0.000
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000		2	A	1		0.000	0.000	0.000
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 g	0.000		2	A	1		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	19		0	FLA	4		5	3	8
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.061		0	FLA	4		0.017	0.011	0.026
Threonine g	0.170		0	FLA	4		0.048	0.031	0.073
Isoleucine g	0.208		0	FLA	4		0.059	0.037	0.089
Leucine g	0.366		0	FLA	4		0.104	0.066	0.157
Lysine g	0.231		0	FLA	4		0.065	0.042	0.099
Methionine g	0.079		0	FLA	4		0.022	0.014	0.034
Cystine g	0.098		0	FLA	4		0.028	0.018	0.042
Phenylalanine g	0.223		0	FLA	4		0.063	0.040	0.096
Tyrosine g	0.130		0	FLA	4		0.037	0.023	0.056
Valine g	0.240		0	FLA	4		0.068	0.043	0.103
Arginine g	0.232		0	FLA	4		0.066	0.042	0.100
Histidine g	0.111		0	FLA	4		0.031	0.020	0.048
Alanine g	0.177		0	FLA	4		0.050	0.032	0.076
Aspartic acid g	0.343		0	FLA	4		0.097	0.062	0.147
Glutamic acid g	1.230		0	FLA	4		0.349	0.221	0.529
Glycine g	0.171		0	FLA	4		0.048	0.031	0.074
Proline g	0.427		0	FLA	4		0.121	0.077	0.184

NDB No. 18249

Doughnuts, cake-type, plain, chocolate-coated or frosted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Serine....g	0.244		0	FLA	4		0.069	0.044	0.105
Hydroxyproline....g	0.000		2	A	1		0.000	0.000	0.000
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine....mg	2		0	FLA	4		0	0	1
Theobromine....mg	53		0	FLA	4		15	9	23

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 18g: 1 donettes (2" dia)

Measure 3 = 43g: 1 doughnut, medium (approx 3" dia)

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18250
Doughnuts, cake-type, plain, sugared or glazed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	19.60	0.398	21		1		5.56	8.82	
Energy kcal	426		0	NC	4		121	192	
Energy kj	1782				4		505	802	
Protein (N x 5.9) g	5.20	0.332	15		1		1.47	2.34	
Total lipid (fat) g	22.90	0.905	20		1		6.49	10.31	
Ash g	1.50	0.056	13		1		0.43	0.68	
Carbohydrate, by difference g	50.80		0	NC	4		14.40	22.86	
Fiber, total dietary g	1.5		0		4		0.4	0.7	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	60	12.663	15		1		17	27	
Iron, Fe mg	1.06	0.072	11		1		0.30	0.48	
Magnesium, Mg mg	17	0.517	7		1		5	8	
Phosphorus, P mg	117	19.229	6		1		33	53	
Potassium, K mg	102	5.941	6		1		29	46	
Sodium, Na mg	402	22.793	19		1		114	181	
Zinc, Zn mg	0.44	0.028	7		1		0.12	0.20	
Copper, Cu mg	0.101	0.010	7		1		0.029	0.045	
Manganese, Mn mg	0.334	0.016	3		1		0.095	0.150	
Selenium, Se mcg	9.6		0	FLA	4		2.7	4.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.1		0	FLA	4		0.0	0.0	
Thiamin mg	0.233	0.038	12		1		0.066	0.105	
Riboflavin mg	0.198	0.032	13		1		0.056	0.089	
Niacin mg	1.512	0.067	12		1		0.429	0.680	
Pantothenic acid mg	0.435		0	FLA	4		0.123	0.196	
Vitamin B-6 mg	0.027		1		1		0.008	0.012	
Folate, total mcg	46		0	FLA	4		13	21	
Folic acid mcg	34		0	NC	4		10	15	
Folate, food mcg	12		0		4		3	5	
Folate, DFE mcg_DFE	70		0	NC	4		20	31	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.24		0	FLA	4		0.07	0.11	
Vitamin A, RAE mcg_RAE	3		0	NC	4		1	1	
Retinol mcg	3		0	NC	4		1	1	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	10		2		1		3	5	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	5.926		0	FLA	4		1.680	2.667	
4:0 g	0.001		0	FLA	4		0.000	0.000	
6:0 g	0.000		0	FLA	4		0.000	0.000	
8:0 g	0.001		0	FLA	4		0.000	0.000	
10:0 g	0.001		0	FLA	4		0.000	0.000	
12:0 g	0.001		0	FLA	4		0.000	0.000	
13:0 g									

NDB No. 18250
Doughnuts, cake-type, plain, sugared or glazed

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.112		0	FLA	4		0.032	0.050	
15:0....g									
16:0....g	3.153		0	FLA	4		0.894	1.419	
17:0....g									
18:0....g	2.643		0	FLA	4		0.749	1.189	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	12.697		0	FLA	4		3.600	5.714	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.057		0	FLA	4		0.016	0.026	
17:1....g									
18:1 undifferentiated....g	12.632		0	FLA	4		3.581	5.684	
20:1....g	0.005		0	FLA	4		0.001	0.002	
22:1 undifferentiated....g	0.001		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.909		0	FLA	4		0.825	1.309	
18:2 undifferentiated....g	2.735		0	FLA	4		0.775	1.231	
18:3 undifferentiated....g	0.141		0	FLA	4		0.040	0.063	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.026		0	FLA	4		0.007	0.012	
20:5 n-3....g	0.001		0	FLA	4		0.000	0.000	
22:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3....g	0.007		0	FLA	4		0.002	0.003	
Fatty acids, total trans....g									
Cholesterol....mg	32	4.623	15		1		9	14	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.069		0		1		0.020	0.031	
Threonine....g	0.189		0		1		0.054	0.085	
Isoleucine....g	0.231		0		1		0.065	0.104	
Leucine....g	0.405		0		1		0.115	0.182	
Lysine....g	0.256		0		1		0.073	0.115	
Methionine....g	0.105		0		1		0.030	0.047	
Cystine....g	0.100		0		1		0.028	0.045	
Phenylalanine....g	0.244		0		1		0.069	0.110	
Tyrosine....g	0.183		0		1		0.052	0.082	
Valine....g	0.261		0		1		0.074	0.117	
Arginine....g	0.238		0		1		0.067	0.107	
Histidine....g	0.120		0		1		0.034	0.054	
Alanine....g	0.189		0		1		0.054	0.085	
Aspartic acid....g	0.316		0		1		0.090	0.142	
Glutamic acid....g	1.392		0		1		0.395	0.626	
Glycine....g	0.164		0		1		0.046	0.074	
Proline....g	0.488		0		1		0.138	0.220	
Serine....g	0.314		0		1		0.089	0.141	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 45g: 1 doughnut, medium (approx 3" dia)

Calories Factors: **Protein** 4.2 **Fat** 8.8 **Carbohydrate** 4

NDB No. 18250
Doughnuts, cake-type, plain, sugared or glazed

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18252
Doughnuts, cake-type, wheat, sugared or glazed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	29.80		1		1		8.45	8.34	13.41
Energy....kcal	360		0	NC	4		102	101	162
Energy....kj	1506		0		4		427	422	678
Protein (N x 5.9)....g	6.30		1		1		1.79	1.76	2.84
Total lipid (fat)....g	19.30		1		1		5.47	5.40	8.69
Ash....g	2.10		1		1		0.60	0.59	0.95
Carbohydrate, by difference....g	42.60		0	NC	4		12.08	11.93	19.17
Fiber, total dietary....g	2.2		0		4		0.6	0.6	1.0
Sugars, total....g	21.58		0	FLA	4		6.12	6.04	9.71
Starch....g									
Minerals:									
Calcium, Ca....mg	49		1		1		14	14	22
Iron, Fe....mg	1.10		1		1		0.31	0.31	0.50
Magnesium, Mg....mg	22		1		1		6	6	10
Phosphorus, P....mg	104		1		1		29	29	47
Potassium, K....mg	148		1		1		42	41	67
Sodium, Na....mg	355		1		1		101	99	160
Zinc, Zn....mg	0.68		1		1		0.19	0.19	0.31
Copper, Cu....mg	0.110		1		1		0.031	0.031	0.050
Manganese, Mn....mg	0.864		0	FLA	4		0.245	0.242	0.389
Selenium, Se....mcg	19.4		0	FLA	4		5.5	5.4	8.7
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0	FLA	4		0.1	0.1	0.1
Thiamin....mg	0.220		1		1		0.062	0.062	0.099
Riboflavin....mg	0.243		1		1		0.069	0.068	0.109
Niacin....mg	1.852		1		1		0.525	0.519	0.833
Pantothenic acid....mg	0.439		0	FLA	4		0.124	0.123	0.198
Vitamin B-6....mg	0.097		0	FLA	4		0.027	0.027	0.044
Folate, total....mcg	20		0	FLA	4		6	6	9
Folic acid....mcg	5		0	NC	4		1	1	2
Folate, food....mcg	15		0		4		4	4	7
Folate, DFE....mcg_DFE	24		0	NC	4		7	7	11
Choline, total....mg	37.3		0	BFZN	4		10.6	10.5	16.8
Betaine....mg									
Vitamin B-12....mcg	0.17		0	FLA	4		0.05	0.05	0.08
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	3		0	NC	4		1	1	1
Retinol....mcg	3		0	FLA	4		1	1	1
Carotene, beta....mcg	1		0	FLA	4		0	0	1
Carotene, alpha....mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	0
Vitamin A, IU....IU	12		0	NC	4		3	3	5
Lycopene....mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....mcg	47		0	FLA	4		13	13	21
Vitamin E (alpha-tocopherol)....mg	1.70		0	FLA	4		0.48	0.48	0.77
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	9.8		2		1		2.8	2.7	4.4
Lipids:									
Fatty acids, total saturated....g	3.023		0	FLA	4		0.857	0.846	1.360
4:0....g	0.001		0	FLA	4		0.000	0.000	0.000
6:0....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0....g	0.004		0	FLA	4		0.001	0.001	0.002
10:0....g	0.001		0	FLA	4		0.000	0.000	0.000

NDB No. 18252

Doughnuts, cake-type, wheat, sugared or glazed

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.001		0	FLA	4		0.000	0.000	0.000
13:0 g									
14:0 g	0.023		0	FLA	4		0.007	0.006	0.010
15:0 g									
16:0 g	2.018		0	FLA	4		0.572	0.565	0.908
17:0 g									
18:0 g	0.968		0	FLA	4		0.274	0.271	0.436
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.101		0	FLA	4		2.297	2.268	3.645
14:1 g									
15:1 g									
16:1 undifferentiated g	0.100		0	FLA	4		0.028	0.028	0.045
17:1 g									
18:1 undifferentiated g	7.980		0	FLA	4		2.262	2.234	3.591
20:1 g	0.002		0	FLA	4		0.001	0.001	0.001
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	7.077		0	FLA	4		2.006	1.982	3.185
18:2 undifferentiated g	6.563		0	FLA	4		1.861	1.838	2.953
18:3 undifferentiated g	0.481		0	FLA	4		0.136	0.135	0.216
18:4 g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.012		0	FLA	4		0.003	0.003	0.005
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 g	0.003		0	FLA	4		0.001	0.001	0.001
Fatty acids, total trans g									
Cholesterol mg	20		1		1		6	6	9
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.088		0		1		0.025	0.025	0.040
Threonine g	0.218		0		1		0.062	0.061	0.098
Isoleucine g	0.273		0		1		0.077	0.076	0.123
Leucine g	0.478		0		1		0.136	0.134	0.215
Lysine g	0.284		0		1		0.081	0.080	0.128
Methionine g	0.114		0		1		0.032	0.032	0.051
Cystine g	0.120		0		1		0.034	0.034	0.054
Phenylalanine g	0.296		0		1		0.084	0.083	0.133
Tyrosine g	0.214		0		1		0.061	0.060	0.096
Valine g	0.311		0		1		0.088	0.087	0.140
Arginine g	0.294		0		1		0.083	0.082	0.132
Histidine g	0.148		0		1		0.042	0.041	0.067
Alanine g	0.226		0		1		0.064	0.063	0.102
Aspartic acid g	0.395		0		1		0.112	0.111	0.178
Glutamic acid g	1.709		0		1		0.485	0.479	0.769
Glycine g	0.215		0		1		0.061	0.060	0.097
Proline g	0.598		0		1		0.170	0.167	0.269
Serine g	0.340		0		1		0.096	0.095	0.153
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	FLA	4		0	0	0
Theobromine mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18252

Doughnuts, cake-type, wheat, sugared or glazed

Measure 1 = 28.35g: 1 oz

Measure 2 = 28g: 1 doughnut (2" dia)

Measure 3 = 45g: 1 doughnut, medium (approx 3" dia)

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18253
Doughnuts, french crullers, glazed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	17.90		1		1		5.07	7.34	
Energy....kcal	412		0	NC	4		117	169	
Energy....kj	1724		0		4		489	707	
Protein (N x 5.8)....g	3.10		1		1		0.88	1.27	
Total lipid (fat)....g	18.30		1		1		5.19	7.50	
Ash....g	1.10		1		1		0.31	0.45	
Carbohydrate, by difference....g	59.50		0		4		16.87	24.40	
Fiber, total dietary....g	1.2		0		4		0.3	0.5	
Sugars, total....g	35.11		0	FLA	4		9.95	14.39	
Starch....g									
Minerals:									
Calcium, Ca....mg	26		1		1		7	11	
Iron, Fe....mg	2.42		0	FLA	4		0.69	0.99	
Magnesium, Mg....mg	12		1		1		3	5	
Phosphorus, P....mg	123		1		1		35	50	
Potassium, K....mg	78		1		1		22	32	
Sodium, Na....mg	345		1		1		98	141	
Zinc, Zn....mg	0.26		1		1		0.07	0.11	
Copper, Cu....mg	0.070		1		1		0.020	0.029	
Manganese, Mn....mg	0.215		0	FLA	4		0.061	0.088	
Selenium, Se....mcg	2.2		0	FLA	4		0.6	0.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin....mg	0.181		1		1		0.051	0.074	
Riboflavin....mg	0.230		1		1		0.065	0.094	
Niacin....mg	2.130		0	FLA	4		0.604	0.873	
Pantothenic acid....mg	0.216		0	FLA	4		0.061	0.089	
Vitamin B-6....mg	0.020		0	FLA	4		0.006	0.008	
Folate, total....mcg	42		0	FLA	4		12	17	
Folic acid....mcg	34		0		4		10	14	
Folate, food....mcg	8		0		4		2	3	
Folate, DFE....mcg_DFE	66		0	NC	4		19	27	
Choline, total....mg	29.1		0	BFZN	4		8.2	11.9	
Betaine....mg									
Vitamin B-12....mcg	0.05		0	FLA	4		0.01	0.02	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		1	1	
Retinol....mcg	2		0	FLA	4		1	1	
Carotene, beta....mcg	1		0	FLA	4		0	0	
Carotene, alpha....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	8		0	FLA	4		2	3	
Lycopene....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....mcg	6		0	FLA	4		2	3	
Vitamin E (alpha-tocopherol)....mg	0.16		0	FLA	4		0.05	0.07	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	8.0		0	FLA	4		2.3	3.3	
Lipids:									
Fatty acids, total saturated....g	4.667		0	FLA	4		1.323	1.913	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 18253
Doughnuts, french crullers, glazed

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0	FLA	4		0.000	0.000	
13:0 g									
14:0 g	0.091		0	FLA	4		0.026	0.037	
15:0 g									
16:0 g	2.395		0	FLA	4		0.679	0.982	
17:0 g									
18:0 g	2.176		0	FLA	4		0.617	0.892	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	10.446		0	FLA	4		2.961	4.283	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.006		0	FLA	4		0.002	0.002	
17:1 g									
18:1 undifferentiated g	10.440		0	FLA	4		2.960	4.280	
20:1 g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	2.285		0	FLA	4		0.648	0.937	
18:2 undifferentiated g	2.167		0	FLA	4		0.614	0.888	
18:3 undifferentiated g	0.115		0	FLA	4		0.033	0.047	
18:4 g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.002		0	FLA	4		0.001	0.001	
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 g	0.001		0	FLA	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	11		1		1		3	5	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.045		0		4		0.013	0.018	
Threonine g	0.106		0		4		0.030	0.043	
Isoleucine g	0.132		0		4		0.037	0.054	
Leucine g	0.232		0		4		0.066	0.095	
Lysine g	0.146		0		4		0.041	0.060	
Methionine g	0.055		0		4		0.016	0.023	
Cystine g	0.060		0		4		0.017	0.025	
Phenylalanine g	0.147		0		4		0.042	0.060	
Tyrosine g	0.101		0		4		0.029	0.041	
Valine g	0.149		0		4		0.042	0.061	
Arginine g	0.137		0		4		0.039	0.056	
Histidine g	0.068		0		4		0.019	0.028	
Alanine g	0.107		0		4		0.030	0.044	
Aspartic acid g	0.189		0		4		0.054	0.077	
Glutamic acid g	0.891		0		4		0.253	0.365	
Glycine g	0.105		0		4		0.030	0.043	
Proline g	0.305		0		4		0.086	0.125	
Serine g	0.171		0		4		0.048	0.070	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18253
Doughnuts, french crullers, glazed

Measure 1 = 28.35g: 1 oz
Measure 2 = 41g: 1 cruller (3" dia)

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18255

Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)

donut

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	22.60		2	A	1		6.41	2.94	12.65
Energy kcal	399		0	NC	4		113	52	224
Energy kj	1671		0	NC	4		474	217	936
Protein g	6.21		2	A	1		1.76	0.81	3.48
Total lipid (fat) g	19.10		2	A	1		5.41	2.48	10.70
Ash g	1.46		2	A	1		0.41	0.19	0.81
Carbohydrate, by difference g	50.64		0	NC	4		14.36	6.58	28.36
Fiber, total dietary g	2.1		2	A	1		0.6	0.3	1.2
Sugars, total g	19.52		2	A	1		5.54	2.54	10.93
Starch g									
Minerals:									
Calcium, Ca mg	46		2	A	1		13	6	26
Iron, Fe mg	3.75		2	A	1		1.06	0.49	2.10
Magnesium, Mg mg	18		2	A	1		5	2	10
Phosphorus, P mg	138		2	A	1		39	18	77
Potassium, K mg	100		2	A	1		28	13	56
Sodium, Na mg	387		2	A	1		110	50	217
Zinc, Zn mg	1.25		2	A	1		0.35	0.16	0.70
Copper, Cu mg	0.095		2	A	1		0.027	0.012	0.053
Manganese, Mn mg	0.385		2	A	1		0.109	0.050	0.216
Selenium, Se mcg	15.7		2	A	1		4.4	2.0	8.8
Vitamins:									
Vitamin C, total ascorbic acid mg	1.2		2	A	1		0.3	0.1	0.6
Thiamin mg	0.312		2	A	1		0.089	0.041	0.175
Riboflavin mg	0.185		2	A	1		0.052	0.024	0.104
Niacin mg	2.610		2	A	1		0.740	0.339	1.462
Pantothenic acid mg	0.214		2	A	1		0.061	0.028	0.120
Vitamin B-6 mg	0.037		2	A	1		0.011	0.005	0.021
Folate, total mcg	108		2	A	1		30	14	60
Folic acid mcg	68		2	A	1		19	9	38
Folate, food mcg	40		0	AS	1		11	5	22
Folate, DFE mcg_DFE	155		0	NC	4		44	20	87
Choline, total mg	29.1		0	BFZN	4		8.2	3.8	16.3
Betaine mg									
Vitamin B-12 mcg	0.11		0	FLA	4		0.03	0.01	0.06
Vitamin B-12, added mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	5		0	FLA	4		2	1	3
Retinol mcg	5		0	FLA	4		1	1	3
Carotene, beta mcg	3		0	FLA	4		1	0	2
Carotene, alpha mcg	1		0	FLA	4		0	0	1
Cryptoxanthin, beta mcg	1		0	FLA	4		0	0	1
Vitamin A, IU IU	23		0	FLA	4		7	3	13
Lycopene mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin mcg	36		0	FLA	4		10	5	20
Vitamin E (alpha-tocopherol) mg	1.43		0	FLA	4		0.40	0.19	0.80
Vitamin E, added mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	11.5		2	A	1		3.2	1.5	6.4
Lipids:									
Fatty acids, total saturated g	5.440		0	NC	4		1.542	0.707	3.047
4:0 g	0.000		2	A	1		0.000	0.000	0.000
6:0 g	0.000		2	A	1		0.000	0.000	0.000
8:0 g	0.000		2	A	1		0.000	0.000	0.000
10:0 g	0.000		2	A	1		0.000	0.000	0.000

NDB No. 18255

Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		2	A	1		0.000	0.000	0.000
13:0 g	0.000		2	A	1		0.000	0.000	0.000
14:0 g	0.124		2	A	1		0.035	0.016	0.069
15:0 g	0.018		2	A	1		0.005	0.002	0.010
16:0 g	2.873		2	A	1		0.814	0.373	1.609
17:0 g	0.044		2	A	1		0.013	0.006	0.025
18:0 g	2.271		2	A	1		0.644	0.295	1.272
20:0 g	0.065		2	A	1		0.018	0.008	0.036
22:0 g	0.046		2	A	1		0.013	0.006	0.026
24:0 g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated g	9.960		0	NC	4		2.824	1.295	5.578
14:1 g	0.026		2	A	1		0.007	0.003	0.015
15:1 g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated g	0.080		2	A	1		0.023	0.010	0.045
17:1 g	0.027		2	A	1		0.008	0.003	0.015
18:1 undifferentiated g	9.810		0	AS	1		2.781	1.275	5.494
20:1 g	0.018		2	A	1		0.005	0.002	0.010
22:1 undifferentiated g	0.000		2	A	1		0.000	0.000	0.000
24:1 c g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated g	2.864		0	NC	4		0.812	0.372	1.604
18:2 undifferentiated g	2.606		2	A	1		0.739	0.339	1.460
18:3 undifferentiated g	0.257		0	AS	1		0.073	0.033	0.144
18:3 n-3 c,c,c g	0.257		2	A	1		0.073	0.033	0.144
18:3 n-6 c,c,c g	0.000		2	A	1		0.000	0.000	0.000
18:3i g									
18:4 g	0.001		0	FLA	4		0.000	0.000	0.001
20:2 n-6 c,c g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated g	0.000		2	A	1		0.000	0.000	0.000
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000		2	A	1		0.000	0.000	0.000
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 g	0.000		2	A	1		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	30		0	FLA	4		8	4	17
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.060		0	FLA	4		0.017	0.008	0.034
Threonine g	0.170		0	FLA	4		0.048	0.022	0.095
Isoleucine g	0.208		0	FLA	4		0.059	0.027	0.117
Leucine g	0.376		0	FLA	4		0.107	0.049	0.211
Lysine g	0.216		0	FLA	4		0.061	0.028	0.121
Methionine g	0.083		0	FLA	4		0.024	0.011	0.047
Cystine g	0.116		0	FLA	4		0.033	0.015	0.065
Phenylalanine g	0.226		0	FLA	4		0.064	0.029	0.127
Tyrosine g	0.111		0	FLA	4		0.032	0.014	0.062
Valine g	0.237		0	FLA	4		0.067	0.031	0.133
Arginine g	0.226		0	FLA	4		0.064	0.029	0.126
Histidine g	0.113		0	FLA	4		0.032	0.015	0.063
Alanine g	0.180		0	FLA	4		0.051	0.023	0.101
Aspartic acid g	0.311		0	FLA	4		0.088	0.040	0.174
Glutamic acid g	1.390		0	FLA	4		0.394	0.181	0.778
Glycine g	0.176		0	FLA	4		0.050	0.023	0.099
Proline g	0.476		0	FLA	4		0.135	0.062	0.267
Serine g	0.253		0	FLA	4		0.072	0.033	0.142
Hydroxyproline g	0.000		2	A	1		0.000	0.000	0.000
Others:									
Alcohol, ethyl g	0.0		0	FLA	4		0.0	0.0	0.0

NDB No. 18255

Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Caffeine....mg	0		0	FLA	4		0	0	0
Theobromine....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 13.0g: 1 doughnut hole

Measure 3 = 56g: 1 doughnut stick

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18436

Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	25.40	0.945	23		1		7.20	15.24	
Energy kcal	403		0	NC	4		114	242	
Energy kj	1686				4		478	1012	
Protein (N x 5.8) g	6.40	0.287	20		1		1.81	3.84	
Total lipid (fat) g	22.80	0.973	20		1		6.46	13.68	
Ash g	1.10	0.083	19		1		0.31	0.66	
Carbohydrate, by difference g	44.30		0		4		12.56	26.58	
Fiber, total dietary g	1.2		0	BFZN	4		0.3	0.7	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	43	9.647	13		1		12	26	
Iron, Fe mg	0.60		0		4		0.17	0.36	
Magnesium, Mg mg	22	0.749	7		1		6	13	
Phosphorus, P mg	93	2.900	7		1		26	56	
Potassium, K mg	108	6.546	7		1		31	65	
Sodium, Na mg	342	30.988	14		1		97	205	
Zinc, Zn mg	0.77	0.146	6		1		0.22	0.46	
Copper, Cu mg	0.169	0.032	6		1		0.048	0.101	
Manganese, Mn mg	0.263	0.004	3		1		0.075	0.158	
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.1		0	BFZN	4		0.0	0.1	
Thiamin mg	0.890		0		4		0.252	0.534	
Riboflavin mg	0.067		0		4		0.019	0.040	
Niacin mg	0.650		0		4		0.184	0.390	
Pantothenic acid mg	0.473	0.029	12		1		0.134	0.284	
Vitamin B-6 mg	0.057		2		1		0.016	0.034	
Folate, total mcg	22	3.819	3		1		6	13	
Folic acid mcg	0		0	Z	7		0	0	
Folate, food mcg	22	3.819	3		1		6	13	
Folate, DFE mcg_DFE	22		0	NC	4		6	13	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.09		0	BFZN	4		0.03	0.05	
Vitamin A, RAE mcg_RAE	4		0	NC	4		1	3	
Retinol mcg	4		0	NC	4		1	3	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	14		0	BFZN	4		4	8	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	5.813		0	BFZN	4		1.648	3.488	
4:0 g									
6:0 g									
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.000		0		4		0.000	0.000	
12:0 g	0.000		0		4		0.000	0.000	
13:0 g									

NDB No. 18436

Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0 g	0.112		0	BFZN	4		0.032	0.067	
15:0 g									
16:0 g	3.018		0	BFZN	4		0.856	1.811	
17:0 g									
18:0 g	2.676		0	BFZN	4		0.759	1.606	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	12.865		0	BFZN	4		3.647	7.719	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.021		0	BFZN	4		0.006	0.013	
17:1 g									
18:1 undifferentiated g	12.841		0	BFZN	4		3.640	7.705	
20:1 g	0.001		0	BFZN	4		0.000	0.001	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	2.902		0	BFZN	4		0.823	1.741	
18:2 undifferentiated g	2.744		0	BFZN	4		0.778	1.646	
18:3 undifferentiated g	0.145		0	BFZN	4		0.041	0.087	
18:4 g	0.001		0	BFZN	4		0.000	0.001	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.008		0	BFZN	4		0.002	0.005	
20:5 n-3 g	0.002		0	BFZN	4		0.001	0.001	
22:5 n-3 g									
22:6 n-3 g	0.002		0	BFZN	4		0.001	0.001	
Fatty acids, total trans g									
Cholesterol mg	6	2.381	8		1		2	4	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.077		0		4		0.022	0.046	
Threonine g	0.213		0		4		0.060	0.128	
Isoleucine g	0.266		0		4		0.075	0.160	
Leucine g	0.468		0		4		0.133	0.281	
Lysine g	0.231		0		4		0.065	0.139	
Methionine g	0.114		0		4		0.032	0.068	
Cystine g	0.130		0		4		0.037	0.078	
Phenylalanine g	0.310		0		4		0.088	0.186	
Tyrosine g	0.200		0		4		0.057	0.120	
Valine g	0.295		0		4		0.084	0.177	
Arginine g	0.271		0		4		0.077	0.163	
Histidine g	0.144		0		4		0.041	0.086	
Alanine g	0.235		0		4		0.067	0.141	
Aspartic acid g	0.380		0		4		0.108	0.228	
Glutamic acid g	1.873		0		4		0.531	1.124	
Glycine g	0.227		0		4		0.064	0.136	
Proline g	0.626		0		4		0.177	0.376	
Serine g	0.330		0		4		0.094	0.198	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 60g: 1 doughnut, medium (3-1/4" dia)

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 4

NDB No. 18436
Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18254
Doughnuts, yeast-leavened, with creme filling

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	38.20		2		1		10.83	32.47	
Energy kcal	361		0	NC	4		102	307	
Energy kj	1510		0		4		428	1284	
Protein (N x 5.8) g	6.40		2		1		1.81	5.44	
Total lipid (fat) g	24.50		2		1		6.95	20.83	
Ash g	0.80		2		1		0.23	0.68	
Carbohydrate, by difference g	30.00		0	NC	4		8.51	25.50	
Fiber, total dietary g	0.8		0		4		0.2	0.7	
Sugars, total g	14.55		0	FLA	4		4.12	12.37	
Starch g									
Minerals:									
Calcium, Ca mg	25		2		1		7	21	
Iron, Fe mg	1.83		2		1		0.52	1.56	
Magnesium, Mg mg	20		2		1		6	17	
Phosphorus, P mg	76		2		1		22	65	
Potassium, K mg	80		2		1		23	68	
Sodium, Na mg	309		2		1		88	263	
Zinc, Zn mg	0.80		2		1		0.23	0.68	
Copper, Cu mg	0.113		2		1		0.032	0.096	
Manganese, Mn mg	0.225		0	FLA	4		0.064	0.191	
Selenium, Se mcg	10.8		0	FLA	4		3.1	9.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		4		0.0	0.0	
Thiamin mg	0.338		2		1		0.096	0.287	
Riboflavin mg	0.148		2		1		0.042	0.126	
Niacin mg	2.242		2		1		0.636	1.906	
Pantothenic acid mg	0.662		0	FLA	4		0.188	0.563	
Vitamin B-6 mg	0.068		0	FLA	4		0.019	0.058	
Folate, total mcg	70		0	FLA	4		20	59	
Folic acid mcg	56		0		4		16	48	
Folate, food mcg	14		0		4		4	12	
Folate, DFE mcg_DFE	109		0	NC	4		31	93	
Choline, total mg	29.1		0	BFZN	4		8.2	24.7	
Betaine mg									
Vitamin B-12 mcg	0.14		0	FLA	4		0.04	0.12	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	11		0	NC	4		3	9	
Retinol mcg	11		0	FLA	4		3	9	
Carotene, beta mcg	2		0	FLA	4		1	2	
Carotene, alpha mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta mcg	1		0	FLA	4		0	1	
Vitamin A, IU IU	40		0	NC	4		11	34	
Lycopene mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin mcg	33		0	FLA	4		9	28	
Vitamin E (alpha-tocopherol) mg	0.29		0	FLA	4		0.08	0.25	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	8.6		0	FLA	4		2.4	7.3	
Lipids:									
Fatty acids, total saturated g	5.430		0	FLA	4		1.539	4.616	
4:0 g	0.000		0	FLA	4		0.000	0.000	
6:0 g	0.000		0	FLA	4		0.000	0.000	
8:0 g	0.000		0	FLA	4		0.000	0.000	
10:0 g	0.000		0	FLA	4		0.000	0.000	

NDB No. 18254
Doughnuts, yeast-leavened, with creme filling

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.001		0	FLA	4		0.000	0.001	
13:0 g									
14:0 g	0.103		0	FLA	4		0.029	0.088	
15:0 g									
16:0 g	2.867		0	FLA	4		0.813	2.437	
17:0 g									
18:0 g	2.452		0	FLA	4		0.695	2.084	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	12.080		0	FLA	4		3.425	10.268	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.073		0	FLA	4		0.021	0.062	
17:1 g									
18:1 undifferentiated g	12.008		0	FLA	4		3.404	10.207	
20:1 g	0.002		0	FLA	4		0.001	0.002	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	3.082		0	FLA	4		0.874	2.620	
18:2 undifferentiated g	2.900		0	FLA	4		0.822	2.465	
18:3 undifferentiated g	0.162		0	FLA	4		0.046	0.138	
18:4 g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.012		0	FLA	4		0.003	0.010	
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 g	0.003		0	FLA	4		0.001	0.003	
Fatty acids, total trans g									
Cholesterol mg	24		2		1		7	20	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.078		0		1		0.022	0.066	
Threonine g	0.214		0		1		0.061	0.182	
Isoleucine g	0.271		0		1		0.077	0.230	
Leucine g	0.479		0		1		0.136	0.407	
Lysine g	0.241		0		1		0.068	0.205	
Methionine g	0.118		0		1		0.033	0.100	
Cystine g	0.127		0		1		0.036	0.108	
Phenylalanine g	0.311		0		1		0.088	0.264	
Tyrosine g	0.204		0		1		0.058	0.173	
Valine g	0.301		0		1		0.085	0.256	
Arginine g	0.270		0		1		0.077	0.230	
Histidine g	0.147		0		1		0.042	0.125	
Alanine g	0.236		0		1		0.067	0.201	
Aspartic acid g	0.382		0		1		0.108	0.325	
Glutamic acid g	1.865		0		1		0.529	1.585	
Glycine g	0.223		0		1		0.063	0.190	
Proline g	0.632		0		1		0.179	0.537	
Serine g	0.329		0		1		0.093	0.280	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18254

Doughnuts, yeast-leavened, with creme filling

Measure 1 = 28.35g: 1 oz

Measure 2 = 85g: 1 doughnut oval (3-1/2" x 2-1/2")

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18256
Doughnuts, yeast-leavened, with jelly filling

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	35.60		2		1		10.09	30.26	
Energy kcal	340		0	NC	4		96	289	
Energy kj	1423		0		4		403	1209	
Protein (N x 5.8) g	5.90		2		1		1.67	5.02	
Total lipid (fat) g	18.70		2		1		5.30	15.90	
Ash g	0.80		2		1		0.23	0.68	
Carbohydrate, by difference g	39.00		0	NC	4		11.06	33.15	
Fiber, total dietary g	0.9		0		4		0.2	0.7	
Sugars, total g	21.10		0	FLA	4		5.98	17.94	
Starch g									
Minerals:									
Calcium, Ca mg	25		2		1		7	21	
Iron, Fe mg	1.76		2		1		0.50	1.50	
Magnesium, Mg mg	20		2		1		6	17	
Phosphorus, P mg	85		2		1		24	72	
Potassium, K mg	79		2		1		22	67	
Sodium, Na mg	293		2		1		83	249	
Zinc, Zn mg	0.75		2		1		0.21	0.64	
Copper, Cu mg	0.136		2		1		0.039	0.116	
Manganese, Mn mg	0.205		0	FLA	4		0.058	0.174	
Selenium, Se mcg	12.5		0	FLA	4		3.5	10.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	FLA	4		0.0	0.0	
Thiamin mg	0.312		2		1		0.088	0.265	
Riboflavin mg	0.142		2		1		0.040	0.121	
Niacin mg	2.137		2		1		0.606	1.816	
Pantothenic acid mg	0.876		0	FLA	4		0.248	0.745	
Vitamin B-6 mg	0.100		0	FLA	4		0.028	0.085	
Folate, total mcg	68		0	FLA	4		19	58	
Folic acid mcg	51		0		4		14	43	
Folate, food mcg	17		0		4		5	14	
Folate, DFE mcg_DFE	104		0	NC	4		29	88	
Choline, total mg	29.1		0	BFZN	4		8.2	24.7	
Betaine mg									
Vitamin B-12 mcg	0.22		0	FLA	4		0.06	0.19	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	17		0	NC	4		5	14	
Retinol mcg	16		0	FLA	4		4	13	
Carotene, beta mcg	8		0	FLA	4		2	7	
Carotene, alpha mcg	3		0	FLA	4		1	3	
Cryptoxanthin, beta mcg	3		0	FLA	4		1	2	
Vitamin A, IU IU	71		0	NC	4		20	60	
Lycopene mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin mcg	108		0	FLA	4		31	92	
Vitamin E (alpha-tocopherol) mg	0.43		0	FLA	4		0.12	0.37	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	7.1		0	FLA	4		2.0	6.0	
Lipids:									
Fatty acids, total saturated g	4.843		0	FLA	4		1.373	4.117	
4:0 g	0.000		0	FLA	4		0.000	0.000	
6:0 g	0.000		0	FLA	4		0.000	0.000	
8:0 g	0.000		0	FLA	4		0.000	0.000	
10:0 g	0.000		0	FLA	4		0.000	0.000	

NDB No. 18256

Doughnuts, yeast-leavened, with jelly filling

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0	FLA	4		0.000	0.000	
13:0 g									
14:0 g	0.087		0	FLA	4		0.025	0.074	
15:0 g									
16:0 g	2.637		0	FLA	4		0.748	2.241	
17:0 g									
18:0 g	2.111		0	FLA	4		0.598	1.794	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	10.226		0	FLA	4		2.899	8.692	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.110		0	FLA	4		0.031	0.094	
17:1 g									
18:1 undifferentiated g	10.107		0	FLA	4		2.865	8.591	
20:1 g	0.006		0	FLA	4		0.002	0.005	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	2.377		0	FLA	4		0.674	2.020	
18:2 undifferentiated g	2.214		0	FLA	4		0.628	1.882	
18:3 undifferentiated g	0.110		0	FLA	4		0.031	0.094	
18:4 g	0.003		0	FLA	4		0.001	0.003	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.033		0	FLA	4		0.009	0.028	
20:5 n-3 g	0.008		0	FLA	4		0.002	0.007	
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 g	0.010		0	FLA	4		0.003	0.009	
Fatty acids, total trans g									
Cholesterol mg	26		2		1		7	22	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.070		0		1		0.020	0.060	
Threonine g	0.194		0		1		0.055	0.165	
Isoleucine g	0.244		0		1		0.069	0.207	
Leucine g	0.431		0		1		0.122	0.366	
Lysine g	0.209		0		1		0.059	0.178	
Methionine g	0.105		0		1		0.030	0.089	
Cystine g	0.118		0		1		0.033	0.100	
Phenylalanine g	0.284		0		1		0.081	0.241	
Tyrosine g	0.183		0		1		0.052	0.156	
Valine g	0.269		0		1		0.076	0.229	
Arginine g	0.249		0		1		0.071	0.212	
Histidine g	0.132		0		1		0.037	0.112	
Alanine g	0.219		0		1		0.062	0.186	
Aspartic acid g	0.346		0		1		0.098	0.294	
Glutamic acid g	1.733		0		1		0.491	1.473	
Glycine g	0.213		0		1		0.060	0.181	
Proline g	0.583		0		1		0.165	0.496	
Serine g	0.304		0		1		0.086	0.258	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18256
Doughnuts, yeast-leavened, with jelly filling

Measure 1 = 28.35g: 1 oz
Measure 2 = 85g: 1 doughnut oval (3-1/2" x 2-1/2")

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18257

Eclairs, custard-filled with chocolate glaze, prepared from recipe

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	52.40		0		1		14.86	58.69	52.40
Energy kcal	262		0	NC	4		74	293	262
Energy kj	1096		0		4		311	1228	1096
Protein (N x 0) g	6.40		0		1		1.81	7.17	6.40
Total lipid (fat) g	15.70		0		1		4.45	17.58	15.70
Ash g	1.30		0		1		0.37	1.46	1.30
Carbohydrate, by difference g	24.20		0	NC	4		6.86	27.10	24.20
Fiber, total dietary g	0.6		0	RA	4		0.2	0.7	0.6
Sugars, total g	6.60		0	RK	4		1.87	7.40	6.60
Starch g									
Minerals:									
Calcium, Ca mg	63		0		1		18	71	63
Iron, Fe mg	1.18		0		1		0.33	1.32	1.18
Magnesium, Mg mg	15		0		1		4	17	15
Phosphorus, P mg	107		0		1		30	120	107
Potassium, K mg	117		0		1		33	131	117
Sodium, Na mg	337		0		1		96	377	337
Zinc, Zn mg	0.61		0		1		0.17	0.68	0.61
Copper, Cu mg	0.058		0		1		0.016	0.065	0.058
Manganese, Mn mg	0.128		0		1		0.036	0.143	0.128
Selenium, Se mcg	15.6		0	RK	4		4.4	17.5	15.6
Vitamins:									
Vitamin C, total ascorbic acid mg	0.3		0		1		0.1	0.3	0.3
Thiamin mg	0.115		0		1		0.033	0.129	0.115
Riboflavin mg	0.266		0		1		0.075	0.298	0.266
Niacin mg	0.799		0		1		0.227	0.895	0.799
Pantothenic acid mg	0.489		0		1		0.139	0.548	0.489
Vitamin B-6 mg	0.059		0		1		0.017	0.066	0.059
Folate, total mcg	43		0	RA	4		12	48	43
Folic acid mcg	29		0		4		8	32	29
Folate, food mcg	14		0		1		4	16	14
Folate, DFE mcg_DFE	63		0	NC	4		18	71	63
Choline, total mg	79.6		0	RA	4		22.6	89.1	79.6
Betaine mg									
Vitamin B-12 mcg	0.34		0		1		0.10	0.38	0.34
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	199		0	NC	4		56	223	199
Retinol mcg	189		0	RA	4		54	212	189
Carotene, beta mcg	117		0	RA	4		33	131	117
Carotene, alpha mcg	0		0	RA	4		0	0	0
Cryptoxanthin, beta mcg	3		0	RA	4		1	3	3
Vitamin A, IU IU	828		0	NC	4		235	928	828
Lycopene mcg	0		0	RA	4		0	0	0
Lutein + zeaxanthin mcg	112		0	RA	4		32	126	112
Vitamin E (alpha-tocopherol) mg	2.01		0	RA	4		0.57	2.25	2.01
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	17.5		0	RA	4		5.0	19.6	17.5
Lipids:									
Fatty acids, total saturated g	4.119		0		1		1.168	4.613	4.119
4:0 g	0.037		0		1		0.010	0.041	0.037
6:0 g	0.022		0		1		0.006	0.025	0.022
8:0 g	0.013		0		1		0.004	0.015	0.013
10:0 g	0.029		0		1		0.008	0.032	0.029

NDB No. 18257

Eclairs, custard-filled with chocolate glaze, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.033		0		1		0.009	0.037	0.033
13:0 g									
14:0 g	0.152		0		1		0.043	0.170	0.152
15:0 g									
16:0 g	2.445		0		1		0.693	2.738	2.445
17:0 g									
18:0 g	1.358		0		1		0.385	1.521	1.358
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.484		0		1		1.838	7.262	6.484
14:1 g									
15:1 g									
16:1 undifferentiated g	0.112		0		1		0.032	0.125	0.112
17:1 g									
18:1 undifferentiated g	6.353		0		1		1.801	7.115	6.353
20:1 g	0.008		0		1		0.002	0.009	0.008
22:1 undifferentiated g	0.001		0		1		0.000	0.001	0.001
24:1 c g									
Fatty acids, total polyunsaturated g	3.948		0		1		1.119	4.422	3.948
18:2 undifferentiated g	3.717		0		1		1.054	4.163	3.717
18:3 undifferentiated g	0.178		0		1		0.050	0.199	0.178
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.041		0		1		0.012	0.046	0.041
20:5 n-3 g	0.001		0		1		0.000	0.001	0.001
22:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 g	0.011		0		1		0.003	0.012	0.011
Fatty acids, total trans g									
Cholesterol mg	127		0		1		36	142	127
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.080		0		1		0.023	0.090	0.080
Threonine g	0.271		0		1		0.077	0.304	0.271
Isoleucine g	0.324		0		1		0.092	0.363	0.324
Leucine g	0.532		0		1		0.151	0.596	0.532
Lysine g	0.392		0		1		0.111	0.439	0.392
Methionine g	0.169		0		1		0.048	0.189	0.169
Cystine g	0.127		0		1		0.036	0.142	0.127
Phenylalanine g	0.328		0		1		0.093	0.367	0.328
Tyrosine g	0.253		0		1		0.072	0.283	0.253
Valine g	0.365		0		1		0.103	0.409	0.365
Arginine g	0.325		0		1		0.092	0.364	0.325
Histidine g	0.152		0		1		0.043	0.170	0.152
Alanine g	0.294		0		1		0.083	0.329	0.294
Aspartic acid g	0.527		0		1		0.149	0.590	0.527
Glutamic acid g	1.223		0		1		0.347	1.370	1.223
Glycine g	0.204		0		1		0.058	0.228	0.204
Proline g	0.431		0		1		0.122	0.483	0.431
Serine g	0.411		0		1		0.117	0.460	0.411
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	RA	4		0.0	0.0	0.0
Caffeine mg	2		0	FLA	4		1	2	2
Theobromine mg	14		0	FLA	4		4	16	14

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18257

Eclairs, custard-filled with chocolate glaze, prepared from recipe

Measure 1 = 28.35g: 1 oz

Measure 2 = 112g: 1 cream puff (3-1/2" x 2")

Measure 3 = 100g: 1 eclair (5" x 2" x 1-3/4")

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18260
English muffins, mixed-grain (includes granola)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	40.20		2		1		11.40	26.53	
Energy kcal	235		0		4		67	155	
Energy kj	983		0		4		279	649	
Protein (N x 5.8) g	9.10	0.261	10		1		2.58	6.01	
Total lipid (fat) g	1.80	0.376	9		1		0.51	1.19	
Ash g	2.50	0.218	6		1		0.71	1.65	
Carbohydrate, by difference g	46.30		0	NC	4		13.13	30.56	
Fiber, total dietary g	2.8		0		4		0.8	1.8	
Sugars, total g	0.81		0	FLA	4		0.23	0.54	
Starch g									
Minerals:									
Calcium, Ca mg	196	18.699	10		1		56	129	
Iron, Fe mg	3.02	0.221	10		1		0.86	1.99	
Magnesium, Mg mg	41		0	FLA	4		12	27	
Phosphorus, P mg	81		0	FLA	4		23	53	
Potassium, K mg	156		2		1		44	103	
Sodium, Na mg	416	59.658	4		1		118	275	
Zinc, Zn mg	1.39		0	FLA	4		0.39	0.92	
Copper, Cu mg	0.243		0	FLA	4		0.069	0.160	
Manganese, Mn mg	0.604		0	FLA	4		0.171	0.399	
Selenium, Se mcg	25.5		0	FLA	4		7.2	16.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	FLA	4		0.0	0.0	
Thiamin mg	0.430	0.038	3		1		0.122	0.284	
Riboflavin mg	0.313	0.018	3		1		0.089	0.207	
Niacin mg	3.583	0.509	3		1		1.016	2.365	
Pantothenic acid mg	0.408		0	FLA	4		0.116	0.269	
Vitamin B-6 mg	0.038		0	FLA	4		0.011	0.025	
Folate, total mcg	80		0	FLA	4		23	53	
Folic acid mcg	45		0	NC	4		13	30	
Folate, food mcg	35		0		4		10	23	
Folate, DFE mcg_DFE	112		0	NC	4		32	74	
Choline, total mg	13.7		0	BFZN	4		3.9	9.0	
Betaine mg									
Vitamin B-12 mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	FLC	4		0	0	
Carotene, beta mcg	0		0	FLC	4		0	0	
Carotene, alpha mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta mcg	0		0	FLC	4		0	0	
Vitamin A, IU IU	0		0	FLA	4		0	0	
Lycopene mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin mcg	1		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.00		0	FLC	4		0.00	0.00	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	0.0		0	FLC	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated g	0.230		0		4		0.065	0.152	
4:0 g	0.000		0		4		0.000	0.000	
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.000		0		4		0.000	0.000	

NDB No. 18260
English muffins, mixed-grain (includes granola)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.001		0		4		0.000	0.001	
13:0 g									
14:0 g	0.005		0		4		0.001	0.003	
15:0 g									
16:0 g	0.172		0		4		0.049	0.114	
17:0 g									
18:0 g	0.048		0		4		0.014	0.032	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.827		0		4		0.234	0.546	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.014		0		4		0.004	0.009	
17:1 g									
18:1 undifferentiated g	0.813		0		4		0.230	0.537	
20:1 g	0.001		0		4		0.000	0.001	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.559		0		4		0.158	0.369	
18:2 undifferentiated g	0.531		0		4		0.151	0.350	
18:3 undifferentiated g	0.029		0		4		0.008	0.019	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 g	0.000		0		4		0.000	0.000	
22:5 n-3 g	0.000		0		4		0.000	0.000	
22:6 n-3 g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0	0.000	4		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.118		0		1		0.033	0.078	
Threonine g	0.279		0		1		0.079	0.184	
Isoleucine g	0.361		0		1		0.102	0.238	
Leucine g	0.649		0		1		0.184	0.428	
Lysine g	0.291		0		1		0.082	0.192	
Methionine g	0.158		0		1		0.045	0.104	
Cystine g	0.199		0		1		0.056	0.131	
Phenylalanine g	0.449		0		1		0.127	0.296	
Tyrosine g	0.280		0		1		0.079	0.185	
Valine g	0.422		0		1		0.120	0.279	
Arginine g	0.441		0		1		0.125	0.291	
Histidine g	0.202		0		1		0.057	0.133	
Alanine g	0.353		0		1		0.100	0.233	
Aspartic acid g	0.549		0		1		0.156	0.362	
Glutamic acid g	2.671		0		1		0.757	1.763	
Glycine g	0.368		0		1		0.104	0.243	
Proline g	0.850		0		1		0.241	0.561	
Serine g	0.435		0		1		0.123	0.287	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLC	4		0	0	
Theobromine mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18260
English muffins, mixed-grain (includes granola)

Measure 1 = 28.35g: 1 oz
Measure 2 = 66g: 1 muffin

Calories Factors: **Protein** 3.7 **Fat** 8.5 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18261
English muffins, mixed-grain, toasted (includes granola)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	35.00		0		1		9.92	21.35	
Energy kcal	255		0	NC	4		72	156	
Energy kj	1067		0		4		302	651	
Protein (N x 0) g	9.90		0		1		2.81	6.04	
Total lipid (fat) g	1.90		0		1		0.54	1.16	
Ash g	2.70		0		1		0.77	1.65	
Carbohydrate, by difference g	50.30		0	NC	4		14.26	30.68	
Fiber, total dietary g	3.0		0		4		0.9	1.9	
Sugars, total g	0.88		0	RA	4		0.25	0.54	
Starch g									
Minerals:									
Calcium, Ca mg	213		0		1		60	130	
Iron, Fe mg	3.29		0		1		0.93	2.01	
Magnesium, Mg mg	48		0		4		14	29	
Phosphorus, P mg	162		0		4		46	99	
Potassium, K mg	169		0		1		48	103	
Sodium, Na mg	453		0		1		128	276	
Zinc, Zn mg	1.05		0		4		0.30	0.64	
Copper, Cu mg	0.254		0		4		0.072	0.155	
Manganese, Mn mg	0.823		0		4		0.233	0.502	
Selenium, Se mcg	27.7		0	RK	4		7.9	16.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	
Thiamin mg	0.374		0		1		0.106	0.228	
Riboflavin mg	0.307		0		1		0.087	0.187	
Niacin mg	3.505		0		1		0.994	2.138	
Pantothenic acid mg	0.325		0		4		0.092	0.198	
Vitamin B-6 mg	0.103		0	RK	4		0.029	0.063	
Folate, total mcg	67		0	RK	4		19	41	
Folic acid mcg	40		0	NC	4		11	24	
Folate, food mcg	27		0		4		8	16	
Folate, DFE mcg_DFE	95		0	NC	4		27	58	
Choline, total mg	15.7		0	BFZN	4		4.5	9.6	
Betaine mg									
Vitamin B-12 mcg	0.00		0		1		0.00	0.00	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	RA	4		0	0	
Carotene, beta mcg	0		0	RA	4		0	0	
Carotene, alpha mcg	0		0	RA	4		0	0	
Cryptoxanthin, beta mcg	0		0	RA	4		0	0	
Vitamin A, IU IU	0		0	RA	4		0	0	
Lycopene mcg	0		0	RA	4		0	0	
Lutein + zeaxanthin mcg	1		0	RA	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.00		0	RA	4		0.00	0.00	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	0.0		0	RA	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated g	0.250		0		1		0.071	0.153	
4:0 g	0.000		0		1		0.000	0.000	
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	

NDB No. 18261

English muffins, mixed-grain, toasted (includes granola)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.001		0		1		0.000	0.001	
13:0 g									
14:0 g	0.006		0		1		0.002	0.004	
15:0 g									
16:0 g	0.187		0		1		0.053	0.114	
17:0 g									
18:0 g	0.052		0		1		0.015	0.032	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.899		0		1		0.255	0.548	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.015		0		1		0.004	0.009	
17:1 g									
18:1 undifferentiated g	0.884		0		1		0.251	0.539	
20:1 g	0.001		0		1		0.000	0.001	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.608		0		1		0.172	0.371	
18:2 undifferentiated g	0.577		0		1		0.164	0.352	
18:3 undifferentiated g	0.031		0		1		0.009	0.019	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 g	0.000		0		1		0.000	0.000	
22:5 n-3 g	0.000		0		1		0.000	0.000	
22:6 n-3 g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.128		0		1		0.036	0.078	
Threonine g	0.303		0		1		0.086	0.185	
Isoleucine g	0.393		0		1		0.111	0.240	
Leucine g	0.706		0		1		0.200	0.431	
Lysine g	0.317		0		1		0.090	0.193	
Methionine g	0.171		0		1		0.048	0.104	
Cystine g	0.216		0		1		0.061	0.132	
Phenylalanine g	0.488		0		1		0.138	0.298	
Tyrosine g	0.305		0		1		0.086	0.186	
Valine g	0.458		0		1		0.130	0.279	
Arginine g	0.479		0		1		0.136	0.292	
Histidine g	0.220		0		1		0.062	0.134	
Alanine g	0.384		0		1		0.109	0.234	
Aspartic acid g	0.597		0		1		0.169	0.364	
Glutamic acid g	2.903		0		1		0.823	1.771	
Glycine g	0.400		0		1		0.113	0.244	
Proline g	0.924		0		1		0.262	0.564	
Serine g	0.472		0		1		0.134	0.288	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	RA	4		0	0	
Theobromine mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18261

English muffins, mixed-grain, toasted (includes granola)

Measure 1 = 28.35g: 1 oz

Measure 2 = 61g: 1 muffin

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18258

English muffins, plain, enriched, with ca prop (includes sourdough)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	43.56		2	A	1		12.35	24.83	
Energy kcal	227		0	NC	4		64	130	
Energy kj	951		0	NC	4		270	542	
Protein g	8.87		2	A	1		2.52	5.06	
Total lipid (fat) g	1.69		2	A	1		0.48	0.96	
Ash g	1.71		2	A	1		0.48	0.97	
Carbohydrate, by difference g	44.17		0	NC	4		12.52	25.18	
Fiber, total dietary g	3.5		2	A	1		1.0	2.0	
Sugars, total g	3.53		2	A	1		1.00	2.01	
Sucrose g	0.00		2	A	1		0.00	0.00	
Glucose (dextrose) g	0.66		2	A	1		0.19	0.38	
Fructose g	0.69		2	A	1		0.20	0.40	
Lactose g	0.00		2	A	1		0.00	0.00	
Maltose g	2.18		2	A	1		0.62	1.24	
Galactose g	0.00		2	A	1		0.00	0.00	
Starch g	37.20		2	A	1		10.55	21.20	
Minerals:									
Calcium, Ca mg	163		2	A	1		46	93	
Iron, Fe mg	4.00		2	A	1		1.13	2.28	
Magnesium, Mg mg	24		2	A	1		7	14	
Phosphorus, P mg	92		2	A	1		26	53	
Potassium, K mg	109		2	A	1		31	62	
Sodium, Na mg	425		2	A	1		120	242	
Zinc, Zn mg	1.05		2	A	1		0.30	0.60	
Copper, Cu mg	0.135		2	A	1		0.038	0.077	
Manganese, Mn mg	0.505		2	A	1		0.143	0.288	
Selenium, Se mcg	22.4		2	A	1		6.4	12.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	1.8		2	A	1		0.5	1.1	
Thiamin mg	0.477		2	A	1		0.135	0.272	
Riboflavin mg	0.250		2	A	1		0.071	0.143	
Niacin mg	4.070		2	A	1		1.154	2.320	
Pantothenic acid mg	0.363		2	A	1		0.103	0.207	
Vitamin B-6 mg	0.054		2	A	1		0.015	0.031	
Folate, total mcg	94		2	A	1		27	54	
Folic acid mcg	55		2	A	1		15	31	
Folate, food mcg	40		0	AS	1		11	23	
Folate, DFE mcg_DFE	132		0	NC	4		37	75	
Choline, total mg	13.7		0	AS	1		3.9	7.8	
Betaine mg									
Vitamin B-12 mcg	0.04		0	FLA	4		0.01	0.02	
Vitamin B-12, added mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	Z	7		0	0	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg	0		0	Z	7		0	0	
Carotene, alpha mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta mcg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	FLA	4		0	0	
Lycopene mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin mcg	42		0	FLA	4		12	24	
Vitamin E (alpha-tocopherol) mg	0.31		0	FLA	4		0.09	0.18	
Vitamin E, added mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	1.2		2	A	1		0.3	0.7	

NDB No. 18258

English muffins, plain, enriched, with ca prop (includes sourdough)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.733		0	NC	4		0.208	0.418	
4:0....g	0.000		2	A	1		0.000	0.000	
6:0....g	0.000		2	A	1		0.000	0.000	
8:0....g	0.002		2	A	1		0.001	0.001	
10:0....g	0.000		2	A	1		0.000	0.000	
12:0....g	0.083		2	A	1		0.023	0.047	
13:0....g	0.000		2	A	1		0.000	0.000	
14:0....g	0.034		2	A	1		0.010	0.019	
15:0....g	0.000		2	A	1		0.000	0.000	
16:0....g	0.292		2	A	1		0.083	0.167	
17:0....g	0.000		2	A	1		0.000	0.000	
18:0....g	0.317		2	A	1		0.090	0.180	
20:0....g	0.005		2	A	1		0.002	0.003	
22:0....g	0.000		2	A	1		0.000	0.000	
24:0....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.383		0	NC	4		0.109	0.218	
14:1....g	0.000		2	A	1		0.000	0.000	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	
17:1....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated....g	0.383		0	AS	1		0.109	0.218	
18:1 c....g	0.383		2	A	1		0.109	0.218	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.000		2	A	1		0.000	0.000	
18:1-11t (18:1t n-7)....g									
20:1....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	
24:1 c....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.498		0	NC	4		0.141	0.284	
18:2 undifferentiated....g	0.449		2	A	1		0.127	0.256	
18:3 undifferentiated....g	0.048		0	AS	1		0.014	0.028	
18:3 n-3 c,c,c....g	0.048		2	A	1		0.014	0.028	
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3....g	0.000		2	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	NC	4		0.000	0.000	
Cholesterol....mg	0	0.016	4		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.108		0	FLA	4		0.031	0.062	
Threonine....g	0.331		0	FLA	4		0.094	0.189	
Isoleucine....g	0.404		0	FLA	4		0.115	0.230	
Leucine....g	0.652		0	FLA	4		0.185	0.372	
Lysine....g	0.450		0	FLA	4		0.127	0.256	
Methionine....g	0.153		0	FLA	4		0.043	0.087	
Cystine....g	0.182		0	FLA	4		0.051	0.104	
Phenylalanine....g	0.417		0	FLA	4		0.118	0.238	
Tyrosine....g	0.258		0	FLA	4		0.073	0.147	
Valine....g	0.454		0	FLA	4		0.129	0.259	
Arginine....g	0.408		0	FLA	4		0.116	0.233	

NDB No. 18258

English muffins, plain, enriched, with ca prop (includes sourdough)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Histidine....g	0.201		0	FLA	4		0.057	0.114	
Alanine....g	0.401		0	FLA	4		0.114	0.229	
Aspartic acid....g	0.606		0	FLA	4		0.172	0.345	
Glutamic acid....g	2.211		0	FLA	4		0.627	1.260	
Glycine....g	0.347		0	FLA	4		0.098	0.198	
Proline....g	0.710		0	FLA	4		0.201	0.405	
Serine....g	0.415		0	FLA	4		0.118	0.237	
Hydroxyproline....g	0.000		2	A	1		0.000	0.000	
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 1 muffin

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18437

English muffins, plain, enriched, without calcium propionate(includes sourdough)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	42.10	0.221	140		1		11.94	24.00	
Energy kcal	235		0	NC	4		67	134	
Energy kj	983				4		279	560	
Protein (N x 5.8) g	7.70	0.039	142		1		2.18	4.39	
Total lipid (fat) g	1.80	0.031	141		1		0.51	1.03	
Ash g	2.20	0.107	37		1		0.62	1.25	
Carbohydrate, by difference g	46.00		0		4		13.04	26.22	
Fiber, total dietary g	2.7		0		4		0.8	1.5	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	52		0		4		15	30	
Iron, Fe mg	2.50	0.098	42		1		0.71	1.43	
Magnesium, Mg mg	21	0.921	16		1		6	12	
Phosphorus, P mg	133	16.347	11		1		38	76	
Potassium, K mg	131	10.979	14		1		37	75	
Sodium, Na mg	464	21.312	20		1		132	264	
Zinc, Zn mg	0.70	0.039	28		1		0.20	0.40	
Copper, Cu mg	0.129	0.016	11		1		0.037	0.074	
Manganese, Mn mg	0.357	0.031	10		1		0.101	0.203	
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	BFZN	4		0.0	0.0	
Thiamin mg	0.442	0.006	129		1		0.125	0.252	
Riboflavin mg	0.281	0.013	33		1		0.080	0.160	
Niacin mg	3.884	0.125	33		1		1.101	2.214	
Pantothenic acid mg	0.446	0.041	9		1		0.126	0.254	
Vitamin B-6 mg	0.043	0.004	4		1		0.012	0.025	
Folate, total mcg	74		0	FLA	4		21	42	
Folic acid mcg	37		0	NC	4		10	21	
Folate, food mcg	37		0		4		10	21	
Folate, DFE mcg_DFE	100		0	NC	4		28	57	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.04		0	BFZN	4		0.01	0.02	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	0		0		4		0	0	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	0.259		0		4		0.073	0.148	
4:0 g	0.000		0		4		0.000	0.000	
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.000		0		4		0.000	0.000	
12:0 g	0.001		0		4		0.000	0.001	
13:0 g									

NDB No. 18437

English muffins, plain, enriched, without calcium propionate(includes sourdough)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.002		0		4		0.001	0.001	
15:0....g									
16:0....g	0.212		0		4		0.060	0.121	
17:0....g									
18:0....g	0.041		0		4		0.012	0.023	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.302		0		4		0.086	0.172	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.027		0		4		0.008	0.015	
17:1....g									
18:1 undifferentiated....g	0.274		0		4		0.078	0.156	
20:1....g	0.002		0		4		0.001	0.001	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.888		0		4		0.252	0.506	
18:2 undifferentiated....g	0.813		0		4		0.230	0.463	
18:3 undifferentiated....g	0.075		0		4		0.021	0.043	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0	0.016	4		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.092		0		4		0.026	0.052	
Threonine....g	0.242		0		4		0.069	0.138	
Isoleucine....g	0.315		0		4		0.089	0.180	
Leucine....g	0.553		0		4		0.157	0.315	
Lysine....g	0.241		0		4		0.068	0.137	
Methionine....g	0.139		0		4		0.039	0.079	
Cystine....g	0.160		0		4		0.045	0.091	
Phenylalanine....g	0.379		0		4		0.107	0.216	
Tyrosine....g	0.233		0		4		0.066	0.133	
Valine....g	0.353		0		4		0.100	0.201	
Arginine....g	0.295		0		4		0.084	0.168	
Histidine....g	0.170		0		4		0.048	0.097	
Alanine....g	0.281		0		4		0.080	0.160	
Aspartic acid....g	0.398		0		4		0.113	0.227	
Glutamic acid....g	2.419		0		4		0.686	1.379	
Glycine....g	0.280		0		4		0.079	0.160	
Proline....g	0.809		0		4		0.229	0.461	
Serine....g	0.376		0		4		0.107	0.214	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 1 muffin

Calories Factors: **Protein** 3.9 **Fat** 8.6 **Carbohydrate** 4.1

NDB No. 18437

English muffins, plain, enriched, without calcium propionate(includes sourdough)

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18259

English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	32.97		2	A	1		9.35	17.15	
Energy....kcal	270		0	NC	4		77	140	
Energy....kj	1130		0	NC	4		320	588	
Protein....g	10.32		2	A	1		2.93	5.37	
Total lipid (fat)....g	2.02		2	A	1		0.57	1.05	
Ash....g	2.04		2	A	1		0.58	1.06	
Carbohydrate, by difference....g	52.65		0	NC	4		14.92	27.38	
Fiber, total dietary....g	2.8		2	A	1		0.8	1.4	
Sugars, total....g	3.47		2	A	1		0.99	1.81	
Starch....g	44.50		2	A	1		12.62	23.14	
Minerals:									
Calcium, Ca....mg	197		2	A	1		56	102	
Iron, Fe....mg	4.65		2	A	1		1.32	2.42	
Magnesium, Mg....mg	28		2	A	1		8	15	
Phosphorus, P....mg	107		2	A	1		30	56	
Potassium, K....mg	129		2	A	1		37	67	
Sodium, Na....mg	477		2	A	1		135	248	
Zinc, Zn....mg	1.40		2	A	1		0.40	0.73	
Copper, Cu....mg	0.160		2	A	1		0.045	0.083	
Manganese, Mn....mg	0.630		2	A	1		0.179	0.328	
Selenium, Se....mcg	26.3		2	A	1		7.4	13.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.7		1	A	1		0.5	0.9	
Thiamin....mg	0.541		2	A	1		0.153	0.281	
Riboflavin....mg	0.280		2	A	1		0.079	0.146	
Niacin....mg	4.990		2	A	1		1.415	2.595	
Pantothenic acid....mg	0.332		2	A	1		0.094	0.173	
Vitamin B-6....mg	0.067		2	A	1		0.019	0.035	
Folate, total....mcg	119		2	A	1		34	62	
Folic acid....mcg	88		2	A	1		25	46	
Folate, food....mcg	31		0	AS	1		9	16	
Folate, DFE....mcg_DFE	180		0	NC	4		51	93	
Choline, total....mg	15.7		0	AS	1		4.5	8.2	
Betaine....mg									
Vitamin B-12....mcg	0.05		0	RK	4		0.01	0.02	
Vitamin B-12, added....mcg	0.00		0	RK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	RK	4		0	0	
Retinol....mcg	0		0	RK	4		0	0	
Carotene, beta....mcg	0		0	RK	4		0	0	
Carotene, alpha....mcg	0		0	RK	4		0	0	
Cryptoxanthin, beta....mcg	0		0	RK	4		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	RK	4		0	0	
Lutein + zeaxanthin....mcg	47		0	RK	4		13	24	
Vitamin E (alpha-tocopherol)....mg	0.36		0	RK	4		0.10	0.19	
Vitamin E, added....mg	0.00		0	RK	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.4		2	A	1		0.4	0.7	
Lipids:									
Fatty acids, total saturated....g	0.533		0	NC	4		0.151	0.277	
4:0....g	0.000		2	A	1		0.000	0.000	
6:0....g	0.000		2	A	1		0.000	0.000	
8:0....g	0.000		2	A	1		0.000	0.000	
10:0....g	0.000		2	A	1		0.000	0.000	

NDB No. 18259

English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		2	A	1		0.000	0.000	
13:0 g	0.000		2	A	1		0.000	0.000	
14:0 g	0.000		2	A	1		0.000	0.000	
15:0 g	0.000		2	A	1		0.000	0.000	
16:0 g	0.308		2	A	1		0.087	0.160	
17:0 g	0.000		2	A	1		0.000	0.000	
18:0 g	0.224		2	A	1		0.064	0.117	
20:0 g	0.000		2	A	1		0.000	0.000	
22:0 g	0.000		2	A	1		0.000	0.000	
24:0 g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated g	0.478		0	NC	4		0.135	0.248	
14:1 g	0.000		2	A	1		0.000	0.000	
15:1 g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated g	0.000		2	A	1		0.000	0.000	
17:1 g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated g	0.478		0	AS	1		0.135	0.248	
18:1 c g	0.478		2	A	1		0.135	0.248	
18:1-11c (18:1c n-7) g									
18:1 t g	0.000		2	A	1		0.000	0.000	
18:1-11t (18:1t n-7) g									
20:1 g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated g	0.000		2	A	1		0.000	0.000	
24:1 c g	0.000		2	A	1		0.000	0.000	
Fatty acids, total polyunsaturated g	0.921		0	NC	4		0.261	0.479	
18:2 undifferentiated g	0.832		2	A	1		0.236	0.433	
18:3 undifferentiated g	0.089		0	AS	1		0.025	0.046	
18:3 n-3 c,c,c g	0.089		2	A	1		0.025	0.046	
18:3 n-6 c,c,c g	0.000		2	A	1		0.000	0.000	
18:3i g									
18:4 g	0.000		0	RK	4		0.000	0.000	
20:2 n-6 c,c g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated g	0.000		2	A	1		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000		2	A	1		0.000	0.000	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 g	0.000		2	A	1		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 g	0.000		0	RK	4		0.000	0.000	
22:6 n-3 g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans g	0.000		0	NC	4		0.000	0.000	
Cholesterol mg	0		0	RK	4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.127		0	RK	4		0.036	0.066	
Threonine g	0.389		0	RK	4		0.110	0.202	
Isoleucine g	0.475		0	RK	4		0.135	0.247	
Leucine g	0.767		0	RK	4		0.218	0.399	
Lysine g	0.529		0	RK	4		0.150	0.275	
Methionine g	0.181		0	RK	4		0.051	0.094	
Cystine g	0.214		0	RK	4		0.061	0.111	
Phenylalanine g	0.491		0	RK	4		0.139	0.255	
Tyrosine g	0.304		0	RK	4		0.086	0.158	
Valine g	0.534		0	RK	4		0.151	0.278	
Arginine g	0.480		0	RK	4		0.136	0.250	
Histidine g	0.236		0	RK	4		0.067	0.123	
Alanine g	0.472		0	RK	4		0.134	0.245	
Aspartic acid g	0.713		0	RK	4		0.202	0.371	
Glutamic acid g	2.601		0	RK	4		0.737	1.352	
Glycine g	0.408		0	RK	4		0.116	0.212	
Proline g	0.835		0	RK	4		0.237	0.434	

NDB No. 18259

English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Serine....g	0.489		0	RK	4		0.139	0.254	
Hydroxyproline....g	0.000		2	A	1		0.000	0.000	
Others:									
Alcohol, ethyl....g	0.0		0	RK	4		0.0	0.0	
Caffeine....mg	0		0	RK	4		0	0	
Theobromine....mg	0		0	RK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 52g: 1 muffin

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18438

English muffins, plain, unenriched, with calcium propionate (includes sourdough)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	42.10	0.221	140		1		11.94	24.00	
Energy kcal	235		0	NC	4		67	134	
Energy kj	983				4		279	560	
Protein (N x 5.8) g	7.70	0.039	142		1		2.18	4.39	
Total lipid (fat) g	1.80	0.031	141		1		0.51	1.03	
Ash g	2.20	0.107	37		1		0.62	1.25	
Carbohydrate, by difference g	46.00		0		4		13.04	26.22	
Fiber, total dietary g	2.7		0	BFZN	4		0.8	1.5	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	174	10.922	28		1		49	99	
Iron, Fe mg	0.89		0		4		0.25	0.51	
Magnesium, Mg mg	21	0.921	16		1		6	12	
Phosphorus, P mg	133	16.347	11		1		38	76	
Potassium, K mg	131	10.979	14		1		37	75	
Sodium, Na mg	464	21.312	20		1		132	264	
Zinc, Zn mg	0.70	0.039	28		1		0.20	0.40	
Copper, Cu mg	0.129	0.016	11		1		0.037	0.074	
Manganese, Mn mg	0.357	0.031	10		1		0.101	0.203	
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	BFZN	4		0.0	0.0	
Thiamin mg	0.181		0		4		0.051	0.103	
Riboflavin mg	0.154		0		4		0.044	0.088	
Niacin mg	1.566		0		4		0.444	0.893	
Pantothenic acid mg	0.446	0.041	9		1		0.126	0.254	
Vitamin B-6 mg	0.043	0.004	4		1		0.012	0.025	
Folate, total mcg	37		0		4		10	21	
Folic acid mcg	0		0	Z	7		0	0	
Folate, food mcg	37		0		4		10	21	
Folate, DFE mcg_DFE	37		0	NC	4		10	21	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.04		0	BFZN	4		0.01	0.02	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	0		0		4		0	0	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	0.259		0		4		0.073	0.148	
4:0 g	0.000		0		4		0.000	0.000	
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.000		0		4		0.000	0.000	
12:0 g	0.001		0		4		0.000	0.001	
13:0 g									

NDB No. 18438

English muffins, plain, unenriched, with calcium propionate (includes sourdough)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0 g	0.002		0		4		0.001	0.001	
15:0 g									
16:0 g	0.212		0		4		0.060	0.121	
17:0 g									
18:0 g	0.041		0		4		0.012	0.023	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.302		0		4		0.086	0.172	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.027		0		4		0.008	0.015	
17:1 g									
18:1 undifferentiated g	0.274		0		4		0.078	0.156	
20:1 g	0.002		0		4		0.001	0.001	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.888		0		4		0.252	0.506	
18:2 undifferentiated g	0.813		0		4		0.230	0.463	
18:3 undifferentiated g	0.075		0		4		0.021	0.043	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 g									
22:5 n-3 g									
22:6 n-3 g									
Fatty acids, total trans g									
Cholesterol mg	0	0.016	4		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.092		0		4		0.026	0.052	
Threonine g	0.242		0		4		0.069	0.138	
Isoleucine g	0.315		0		4		0.089	0.180	
Leucine g	0.553		0		4		0.157	0.315	
Lysine g	0.241		0		4		0.068	0.137	
Methionine g	0.139		0		4		0.039	0.079	
Cystine g	0.160		0		4		0.045	0.091	
Phenylalanine g	0.379		0		4		0.107	0.216	
Tyrosine g	0.233		0		4		0.066	0.133	
Valine g	0.353		0		4		0.100	0.201	
Arginine g	0.295		0		4		0.084	0.168	
Histidine g	0.170		0		4		0.048	0.097	
Alanine g	0.281		0		4		0.080	0.160	
Aspartic acid g	0.398		0		4		0.113	0.227	
Glutamic acid g	2.419		0		4		0.686	1.379	
Glycine g	0.280		0		4		0.079	0.160	
Proline g	0.809		0		4		0.229	0.461	
Serine g	0.376		0		4		0.107	0.214	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 1 muffin

Calories Factors: **Protein** 3.9 **Fat** 8.6 **Carbohydrate** 4.1

NDB No. 18438

English muffins, plain, unenriched, with calcium propionate (includes sourdough)

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18439

English muffins, plain, unenriched, without calcium propionate (includes sourdough)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	42.10	0.221	140		1		11.94	24.00	
Energy kcal	235		0	NC	4		67	134	
Energy kj	983				4		279	560	
Protein (N x 5.8) g	7.70	0.039	142		1		2.18	4.39	
Total lipid (fat) g	1.80	0.031	141		1		0.51	1.03	
Ash g	2.20	0.107	37		1		0.62	1.25	
Carbohydrate, by difference g	46.00		0		4		13.04	26.22	
Fiber, total dietary g	2.7		0	BFZN	4		0.8	1.5	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	52		0		4		15	30	
Iron, Fe mg	0.89		0	BFZN	4		0.25	0.51	
Magnesium, Mg mg	21	0.921	16		1		6	12	
Phosphorus, P mg	133	16.347	11		1		38	76	
Potassium, K mg	131	10.979	14		1		37	75	
Sodium, Na mg	464	21.312	20		1		132	264	
Zinc, Zn mg	0.70	0.039	28		1		0.20	0.40	
Copper, Cu mg	0.129	0.016	11		1		0.037	0.074	
Manganese, Mn mg	0.357	0.031	10		1		0.101	0.203	
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.1		0		4		0.0	0.1	
Thiamin mg	0.181		0		4		0.051	0.103	
Riboflavin mg	0.154		0		4		0.044	0.088	
Niacin mg	1.566		0		4		0.444	0.893	
Pantothenic acid mg	0.446	0.041	9		1		0.126	0.254	
Vitamin B-6 mg	0.043	0.004	4		1		0.012	0.025	
Folate, total mcg	37		0		4		10	21	
Folic acid mcg	0		0	Z	7		0	0	
Folate, food mcg	37		0		4		10	21	
Folate, DFE mcg_DFE	37		0	NC	4		10	21	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.04		0	BFZN	4		0.01	0.02	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	0		0		4		0	0	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	0.259		0		4		0.073	0.148	
4:0 g	0.000		0		4		0.000	0.000	
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.000		0		4		0.000	0.000	
12:0 g	0.001		0		4		0.000	0.001	
13:0 g									

NDB No. 18439

English muffins, plain, unenriched, without calcium propionate (includes sourdough)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0 g	0.002		0		4		0.001	0.001	
15:0 g									
16:0 g	0.212		0		4		0.060	0.121	
17:0 g									
18:0 g	0.041		0		4		0.012	0.023	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.302		0		4		0.086	0.172	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.027		0		4		0.008	0.015	
17:1 g									
18:1 undifferentiated g	0.274		0		4		0.078	0.156	
20:1 g	0.002		0		4		0.001	0.001	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.888		0		4		0.252	0.506	
18:2 undifferentiated g	0.813		0		4		0.230	0.463	
18:3 undifferentiated g	0.075		0		4		0.021	0.043	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 g									
22:5 n-3 g									
22:6 n-3 g									
Fatty acids, total trans g									
Cholesterol mg	0	0.016	4		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.092		0		4		0.026	0.052	
Threonine g	0.242		0		4		0.069	0.138	
Isoleucine g	0.315		0		4		0.089	0.180	
Leucine g	0.553		0		4		0.157	0.315	
Lysine g	0.241		0		4		0.068	0.137	
Methionine g	0.139		0		4		0.039	0.079	
Cystine g	0.160		0		4		0.045	0.091	
Phenylalanine g	0.379		0		4		0.107	0.216	
Tyrosine g	0.233		0		4		0.066	0.133	
Valine g	0.353		0		4		0.100	0.201	
Arginine g	0.295		0		4		0.084	0.168	
Histidine g	0.170		0		4		0.048	0.097	
Alanine g	0.281		0		4		0.080	0.160	
Aspartic acid g	0.398		0		4		0.113	0.227	
Glutamic acid g	2.419		0		4		0.686	1.379	
Glycine g	0.280		0		4		0.079	0.160	
Proline g	0.809		0		4		0.229	0.461	
Serine g	0.376		0		4		0.107	0.214	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 1 muffin

Calories Factors: **Protein** 3.9 **Fat** 8.6 **Carbohydrate** 4.1

NDB No. 18439

English muffins, plain, unenriched, without calcium propionate (includes sourdough)

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18262
English muffins, raisin-cinnamon (includes apple-cinnamon)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	40.60		2	A	1		11.51	23.14	
Energy kcal	240		0	NC	4		68	137	
Energy kj	1005		0	NC	4		285	573	
Protein g	7.91		2	A	1		2.24	4.51	
Total lipid (fat) g	1.80		2	A	1		0.51	1.03	
Ash g	1.58		2	A	1		0.45	0.90	
Carbohydrate, by difference g	48.10		0	NC	4		13.64	27.42	
Fiber, total dietary g	2.6		2	A	1		0.7	1.5	
Sugars, total g	14.76		1	A	1		4.18	8.41	
Starch g	31.40		2	A	1		8.90	17.90	
Minerals:									
Calcium, Ca mg	114		2	A	1		32	65	
Iron, Fe mg	4.50		2	A	1		1.28	2.57	
Magnesium, Mg mg	23		2	A	1		7	13	
Phosphorus, P mg	91		2	A	1		26	52	
Potassium, K mg	173		2	A	1		49	99	
Sodium, Na mg	332		2	A	1		94	189	
Zinc, Zn mg	0.97		2	A	1		0.27	0.55	
Copper, Cu mg	0.160		2	A	1		0.045	0.091	
Manganese, Mn mg	0.575		2	A	1		0.163	0.328	
Selenium, Se mcg	21.6		2	A	1		6.1	12.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	1.3		2	A	1		0.4	0.8	
Thiamin mg	0.412		2	A	1		0.117	0.235	
Riboflavin mg	0.215		2	A	1		0.061	0.122	
Niacin mg	3.670		2	A	1		1.040	2.092	
Pantothenic acid mg	0.209		2	A	1		0.059	0.119	
Vitamin B-6 mg	0.066		2	A	1		0.019	0.037	
Folate, total mcg	74		2	A	1		21	42	
Folic acid mcg	54		2	A	1		15	31	
Folate, food mcg	20		0	AS	1		6	11	
Folate, DFE mcg_DFE	112		0	NC	4		32	64	
Choline, total mg	12.6		0	AS	1		3.6	7.2	
Betaine mg	28.0		0	A	1		7.9	16.0	
Vitamin B-12 mcg	0.00		0		1		0.00	0.00	
Vitamin B-12, added mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	Z	7		0	0	
Retinol mcg	0		0	FLA	4		0	0	
Carotene, beta mcg	0		0	Z	7		0	0	
Carotene, alpha mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta mcg	0		0	Z	7		0	0	
Vitamin A, IU IU	1		0	FLA	4		0	1	
Lycopene mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin mcg	25		0	FLC	4		7	15	
Vitamin E (alpha-tocopherol) mg	0.31		0	FLC	4		0.09	0.18	
Vitamin E, added mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	2.5		2	A	1		0.7	1.4	
Lipids:									
Fatty acids, total saturated g	0.540		0	NC	4		0.153	0.308	
4:0 g	0.000		2	A	1		0.000	0.000	
6:0 g	0.000		2	A	1		0.000	0.000	
8:0 g	0.000		2	A	1		0.000	0.000	
10:0 g	0.000		2	A	1		0.000	0.000	

NDB No. 18262

English muffins, raisin-cinnamon (includes apple-cinnamon)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.013		2	A	1		0.004	0.007	
13:0 g	0.000		2	A	1		0.000	0.000	
14:0 g	0.014		2	A	1		0.004	0.008	
15:0 g	0.000		2	A	1		0.000	0.000	
16:0 g	0.265		2	A	1		0.075	0.151	
17:0 g	0.000		2	A	1		0.000	0.000	
18:0 g	0.243		2	A	1		0.069	0.139	
20:0 g	0.005		2	A	1		0.001	0.003	
22:0 g	0.000		2	A	1		0.000	0.000	
24:0 g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated g	0.846		0	NC	4		0.240	0.482	
14:1 g	0.000		2	A	1		0.000	0.000	
15:1 g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated g	0.007		2	A	1		0.002	0.004	
17:1 g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated g	0.840		0	AS	1		0.238	0.479	
18:1 c g	0.840		2	A	1		0.238	0.479	
18:1-11c (18:1c n-7) g									
18:1 t g	0.000		2	A	1		0.000	0.000	
18:1-11t (18:1t n-7) g									
20:1 g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated g	0.000		2	A	1		0.000	0.000	
24:1 c g	0.000		2	A	1		0.000	0.000	
Fatty acids, total polyunsaturated g	0.339		0	NC	4		0.096	0.193	
18:2 undifferentiated g	0.309		2	A	1		0.088	0.176	
18:3 undifferentiated g	0.030		0	AS	1		0.009	0.017	
18:3 n-3 c,c,c g	0.030		2	A	1		0.009	0.017	
18:3 n-6 c,c,c g	0.000		2	A	1		0.000	0.000	
18:3i g									
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated g	0.000		2	A	1		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000		2	A	1		0.000	0.000	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 g	0.000		2	A	1		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 g	0.000		0		4		0.000	0.000	
22:6 n-3 g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-monoenoic g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-polyenoic g									
Cholesterol mg	0		2		1		0	0	
Phytosterols mg	2		0	FLA	4		1	1	
Amino Acids:									
Tryptophan g	0.090		0	FLA	4		0.026	0.051	
Threonine g	0.268		0	FLA	4		0.076	0.153	
Isoleucine g	0.318		0	FLA	4		0.090	0.182	
Leucine g	0.517		0	FLA	4		0.146	0.294	
Lysine g	0.346		0	FLA	4		0.098	0.197	
Methionine g	0.121		0	FLA	4		0.034	0.069	
Cystine g	0.145		0	FLA	4		0.041	0.082	
Phenylalanine g	0.343		0	FLA	4		0.097	0.196	
Tyrosine g	0.191		0	FLA	4		0.054	0.109	
Valine g	0.363		0	FLA	4		0.103	0.207	
Arginine g	0.365		0	FLA	4		0.104	0.208	
Histidine g	0.165		0	FLA	4		0.047	0.094	
Alanine g	0.325		0	FLA	4		0.092	0.185	
Aspartic acid g	0.471		0	FLA	4		0.134	0.268	
Glutamic acid g	1.830		0	FLA	4		0.519	1.043	

NDB No. 18262
English muffins, raisin-cinnamon (includes apple-cinnamon)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.289		0	FLA	4		0.082	0.165	
Proline....g	0.603		0	FLA	4		0.171	0.344	
Serine....g	0.332		0	FLA	4		0.094	0.189	
Hydroxyproline....g	0.000		2	A	1		0.000	0.000	
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 1 muffin

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18263

English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	32.07		2	A	1		9.09	16.67	
Energy kcal	276		0	NC	4		78	143	
Energy kj	1153		0	NC	4		327	600	
Protein g	8.87		2	A	1		2.52	4.61	
Total lipid (fat) g	2.21		2	A	1		0.63	1.15	
Ash g	1.81		2	A	1		0.51	0.94	
Carbohydrate, by difference g	55.04		0	NC	4		15.60	28.62	
Fiber, total dietary g	3.0		2	A	1		0.8	1.6	
Sugars, total g	13.34		2	A	1		3.78	6.94	
Starch g	36.05		2	A	1		10.22	18.75	
Minerals:									
Calcium, Ca mg	139		2	A	1		39	72	
Iron, Fe mg	4.90		0	A	1		1.39	2.55	
Magnesium, Mg mg	28		2	A	1		8	14	
Phosphorus, P mg	108		2	A	1		31	56	
Potassium, K mg	194		1	A	1		55	101	
Sodium, Na mg	369		2	A	1		105	192	
Zinc, Zn mg	1.00		1	A	1		0.28	0.52	
Copper, Cu mg	0.175		2	A	1		0.050	0.091	
Manganese, Mn mg	0.720		2	A	1		0.204	0.374	
Selenium, Se mcg	24.3		2	A	1		6.9	12.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	1.4		2	A	1		0.4	0.7	
Thiamin mg	0.518		2	A	1		0.147	0.269	
Riboflavin mg	0.245		2	A	1		0.069	0.127	
Niacin mg	4.285		2	A	1		1.215	2.228	
Pantothenic acid mg	0.284		2	A	1		0.080	0.148	
Vitamin B-6 mg	0.062		2	A	1		0.018	0.032	
Folate, total mcg	86		2	A	1		24	44	
Folic acid mcg	66		2	A	1		19	34	
Folate, food mcg	20		0	AS	1		6	10	
Folate, DFE mcg_DFE	131		0	NC	4		37	68	
Choline, total mg	14.5		0	AS	1		4.1	7.5	
Betaine mg									
Vitamin B-12 mcg	0.00		0	RA	4		0.00	0.00	
Vitamin B-12, added mcg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	RA	4		0	0	
Retinol mcg	0		0	RA	4		0	0	
Carotene, beta mcg	0		0	RA	4		0	0	
Carotene, alpha mcg	0		0	RA	4		0	0	
Cryptoxanthin, beta mcg	0		0	RA	4		0	0	
Vitamin A, IU IU	1		0	RA	4		0	1	
Lycopene mcg	0		0	RA	4		0	0	
Lutein + zeaxanthin mcg	28		0	RA	4		8	14	
Vitamin E (alpha-tocopherol) mg	0.36		0	RA	4		0.10	0.19	
Vitamin E, added mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	2.5		2	A	1		0.7	1.3	
Lipids:									
Fatty acids, total saturated g	0.579		0	NC	4		0.164	0.301	
4:0 g	0.000		2	A	1		0.000	0.000	
6:0 g	0.000		2	A	1		0.000	0.000	
8:0 g	0.000		2	A	1		0.000	0.000	
10:0 g	0.000		2	A	1		0.000	0.000	

NDB No. 18263

English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		2	A	1		0.000	0.000	
13:0 g	0.000		2	A	1		0.000	0.000	
14:0 g	0.008		2	A	1		0.002	0.004	
15:0 g	0.000		2	A	1		0.000	0.000	
16:0 g	0.320		2	A	1		0.091	0.167	
17:0 g	0.000		2	A	1		0.000	0.000	
18:0 g	0.251		2	A	1		0.071	0.130	
20:0 g	0.000		2	A	1		0.000	0.000	
22:0 g	0.000		2	A	1		0.000	0.000	
24:0 g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated g	1.065		0	NC	4		0.302	0.554	
14:1 g	0.000		2	A	1		0.000	0.000	
15:1 g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated g	0.000		2	A	1		0.000	0.000	
17:1 g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated g	1.065		0	AS	1		0.302	0.554	
18:1 c g	1.065		2	A	1		0.302	0.554	
18:1-11c (18:1c n-7) g									
18:1 t g	0.000		2	A	1		0.000	0.000	
18:1-11t (18:1t n-7) g									
20:1 g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated g	0.000		2	A	1		0.000	0.000	
24:1 c g	0.000		2	A	1		0.000	0.000	
Fatty acids, total polyunsaturated g	0.469		0	NC	4		0.133	0.244	
18:2 undifferentiated g	0.424		2	A	1		0.120	0.220	
18:3 undifferentiated g	0.046		0	AS	1		0.013	0.024	
18:3 n-3 c,c,c g	0.046		2	A	1		0.013	0.024	
18:3 n-6 c,c,c g	0.000		2	A	1		0.000	0.000	
18:3i g									
18:4 g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated g	0.000		2	A	1		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000		2	A	1		0.000	0.000	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 g	0.000		2	A	1		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 g	0.000		0	RA	4		0.000	0.000	
22:6 n-3 g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-monoenoic g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-polyenoic g									
Cholesterol mg	0		0	RA	4		0	0	
Phytosterols mg	2		0	RA	4		1	1	
Amino Acids:									
Tryptophan g	0.102		0	RA	4		0.029	0.053	
Threonine g	0.305		0	RA	4		0.086	0.159	
Isoleucine g	0.362		0	RA	4		0.103	0.188	
Leucine g	0.587		0	RA	4		0.166	0.305	
Lysine g	0.393		0	RA	4		0.111	0.204	
Methionine g	0.138		0	RA	4		0.039	0.072	
Cystine g	0.164		0	RA	4		0.047	0.085	
Phenylalanine g	0.390		0	RA	4		0.111	0.203	
Tyrosine g	0.217		0	RA	4		0.061	0.113	
Valine g	0.412		0	RA	4		0.117	0.214	
Arginine g	0.415		0	RA	4		0.118	0.216	
Histidine g	0.187		0	RA	4		0.053	0.097	
Alanine g	0.369		0	RA	4		0.105	0.192	
Aspartic acid g	0.535		0	RA	4		0.152	0.278	
Glutamic acid g	2.080		0	RA	4		0.590	1.082	

NDB No. 18263

English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.328		0	RA	4		0.093	0.171	
Proline....g	0.686		0	RA	4		0.194	0.356	
Serine....g	0.377		0	RA	4		0.107	0.196	
Hydroxyproline....g	0.000		2	A	1		0.000	0.000	
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0	0.0	
Caffeine....mg	0		0	RA	4		0	0	
Theobromine....mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 52g: 1 muffin

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18264
English muffins, wheat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	42.30	1.166	7		1		11.99	24.11	
Energy kcal	223		0	NC	4		63	127	
Energy kj	933		0		4		265	532	
Protein (N x 5.8) g	8.70	0.380	7		1		2.47	4.96	
Total lipid (fat) g	2.00	0.246	6		1		0.57	1.14	
Ash g	2.30	0.243	5		1		0.65	1.31	
Carbohydrate, by difference g	44.80		0	NC	4		12.70	25.54	
Fiber, total dietary g	4.6		0		4		1.3	2.6	
Sugars, total g	1.56		0	FLC	4		0.44	0.89	
Starch g									
Minerals:									
Calcium, Ca mg	178	22.876	11		1		50	101	
Iron, Fe mg	2.87	0.194	11		1		0.81	1.64	
Magnesium, Mg mg	37		0	FLA	4		10	21	
Phosphorus, P mg	107		0	FLA	4		30	61	
Potassium, K mg	186		1		1		53	106	
Sodium, Na mg	382		2		1		108	218	
Zinc, Zn mg	1.07		0	FLA	4		0.30	0.61	
Copper, Cu mg	0.148		0	FLA	4		0.042	0.084	
Manganese, Mn mg	1.001		0	FLA	4		0.284	0.571	
Selenium, Se mcg	29.2		0	FLA	4		8.3	16.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	FLA	4		0.0	0.0	
Thiamin mg	0.431	0.041	6		1		0.122	0.246	
Riboflavin mg	0.292	0.034	5		1		0.083	0.166	
Niacin mg	3.356	0.154	5		1		0.951	1.913	
Pantothenic acid mg	0.444		0	FLA	4		0.126	0.253	
Vitamin B-6 mg	0.087		0	FLA	4		0.025	0.050	
Folate, total mcg	64		0	FLC	4		18	36	
Folic acid mcg	25		0		4		7	14	
Folate, food mcg	39		0		4		11	22	
Folate, DFE mcg_DFE	82		0	NC	4		23	46	
Choline, total mg	13.7		0	BFZN	4		3.9	7.8	
Betaine mg									
Vitamin B-12 mcg	0.00		0		1		0.00	0.00	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	FLC	4		0	0	
Carotene, beta mcg	2		0	FLC	4		1	1	
Carotene, alpha mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta mcg	0		0	FLC	4		0	0	
Vitamin A, IU IU	3		0	NC	4		1	2	
Lycopene mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin mcg	92		0	FLC	4		26	52	
Vitamin E (alpha-tocopherol) mg	0.45		0	FLC	4		0.13	0.26	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	0.8		0	FLC	4		0.2	0.5	
Lipids:									
Fatty acids, total saturated g	0.287		0		4		0.081	0.164	
4:0 g	0.000		0		4		0.000	0.000	
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.000		0		4		0.000	0.000	

NDB No. 18264
English muffins, wheat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.001		0		4		0.000	0.001	
13:0 g									
14:0 g	0.002		0		4		0.001	0.001	
15:0 g									
16:0 g	0.254		0		4		0.072	0.145	
17:0 g									
18:0 g	0.024		0		4		0.007	0.014	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.280		0		4		0.079	0.160	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.037		0		4		0.010	0.021	
17:1 g									
18:1 undifferentiated g	0.243		0		4		0.069	0.139	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.834		0		4		0.236	0.475	
18:2 undifferentiated g	0.785		0		4		0.223	0.447	
18:3 undifferentiated g	0.048		0		4		0.014	0.027	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.001		0		4		0.000	0.001	
20:5 n-3 g	0.000		0		4		0.000	0.000	
22:5 n-3 g	0.000		0		4		0.000	0.000	
22:6 n-3 g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		1		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.112		0		1		0.032	0.064	
Threonine g	0.266		0		1		0.075	0.152	
Isoleucine g	0.341		0		1		0.097	0.194	
Leucine g	0.596		0		1		0.169	0.340	
Lysine g	0.270		0		1		0.077	0.154	
Methionine g	0.145		0		1		0.041	0.083	
Cystine g	0.181		0		1		0.051	0.103	
Phenylalanine g	0.412		0		1		0.117	0.235	
Tyrosine g	0.255		0		1		0.072	0.145	
Valine g	0.391		0		1		0.111	0.223	
Arginine g	0.359		0		1		0.102	0.205	
Histidine g	0.193		0		1		0.055	0.110	
Alanine g	0.321		0		1		0.091	0.183	
Aspartic acid g	0.456		0		1		0.129	0.260	
Glutamic acid g	2.612		0		1		0.741	1.489	
Glycine g	0.327		0		1		0.093	0.186	
Proline g	0.862		0		1		0.244	0.491	
Serine g	0.409		0		1		0.116	0.233	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLC	4		0	0	
Theobromine mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18264
English muffins, wheat

Measure 1 = 28.35g: 1 oz
Measure 2 = 57g: 1 muffin

Calories Factors: **Protein** 3.7 **Fat** 8.4 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18265
English muffins, wheat, toasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	37.20		0		1		10.55	19.34	
Energy kcal	243		0	NC	4		69	126	
Energy kj	1017		0		4		288	529	
Protein (N x 0) g	9.40		0		1		2.66	4.89	
Total lipid (fat) g	2.10		0		1		0.60	1.09	
Ash g	2.50		0		1		0.71	1.30	
Carbohydrate, by difference g	48.70		0	NC	4		13.81	25.32	
Fiber, total dietary g	5.0		0		4		1.4	2.6	
Sugars, total g	1.70		0	RA	4		0.48	0.88	
Starch g									
Minerals:									
Calcium, Ca mg	193		0		1		55	100	
Iron, Fe mg	3.12		0		1		0.88	1.62	
Magnesium, Mg mg	42		0		4		12	22	
Phosphorus, P mg	125		0	RK	4		35	65	
Potassium, K mg	202		0		1		57	105	
Sodium, Na mg	415		0		1		118	216	
Zinc, Zn mg	1.22		0		4		0.35	0.63	
Copper, Cu mg	0.163		0		4		0.046	0.085	
Manganese, Mn mg	1.120		0		4		0.318	0.582	
Selenium, Se mcg	31.8		0	RK	4		9.0	16.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		4		0.0	0.0	
Thiamin mg	0.375		0		1		0.106	0.195	
Riboflavin mg	0.286		0		1		0.081	0.149	
Niacin mg	3.283		0		1		0.931	1.707	
Pantothenic acid mg	0.214		0		4		0.061	0.111	
Vitamin B-6 mg	0.098		0	RK	4		0.028	0.051	
Folate, total mcg	59		0	RA	4		17	31	
Folic acid mcg	29		0		4		8	15	
Folate, food mcg	30		0		4		9	16	
Folate, DFE mcg_DFE	79		0	NC	4		22	41	
Choline, total mg	15.7		0	BFZN	4		4.5	8.2	
Betaine mg									
Vitamin B-12 mcg	0.00		0		1		0.00	0.00	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	RA	4		0	0	
Carotene, beta mcg	2		0	RA	4		1	1	
Carotene, alpha mcg	0		0	RA	4		0	0	
Cryptoxanthin, beta mcg	0		0	RA	4		0	0	
Vitamin A, IU IU	3		0	NC	4		1	2	
Lycopene mcg	0		0	RA	4		0	0	
Lutein + zeaxanthin mcg	95		0	RA	4		27	49	
Vitamin E (alpha-tocopherol) mg	0.49		0	RA	4		0.14	0.25	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	0.9		0	RA	4		0.3	0.5	
Lipids:									
Fatty acids, total saturated g	0.312		0		1		0.088	0.162	
4:0 g	0.000		0		1		0.000	0.000	
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	

NDB No. 18265
English muffins, wheat, toasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.001		0		1		0.000	0.001	
13:0 g									
14:0 g	0.002		0		1		0.001	0.001	
15:0 g									
16:0 g	0.276		0		1		0.078	0.144	
17:0 g									
18:0 g	0.026		0		1		0.007	0.014	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.305		0		1		0.086	0.159	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.040		0		1		0.011	0.021	
17:1 g									
18:1 undifferentiated g	0.264		0		1		0.075	0.137	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.906		0		1		0.257	0.471	
18:2 undifferentiated g	0.853		0		1		0.242	0.444	
18:3 undifferentiated g	0.052		0		1		0.015	0.027	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.001		0		1		0.000	0.001	
20:5 n-3 g	0.000		0		1		0.000	0.000	
22:5 n-3 g	0.000		0		1		0.000	0.000	
22:6 n-3 g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.122		0		1		0.035	0.063	
Threonine g	0.289		0		1		0.082	0.150	
Isoleucine g	0.370		0		1		0.105	0.192	
Leucine g	0.648		0		1		0.184	0.337	
Lysine g	0.294		0		1		0.083	0.153	
Methionine g	0.158		0		1		0.045	0.082	
Cystine g	0.197		0		1		0.056	0.102	
Phenylalanine g	0.448		0		1		0.127	0.233	
Tyrosine g	0.278		0		1		0.079	0.145	
Valine g	0.425		0		1		0.120	0.221	
Arginine g	0.390		0		1		0.111	0.203	
Histidine g	0.209		0		1		0.059	0.109	
Alanine g	0.349		0		1		0.099	0.181	
Aspartic acid g	0.495		0		1		0.140	0.257	
Glutamic acid g	2.839		0		1		0.805	1.476	
Glycine g	0.356		0		1		0.101	0.185	
Proline g	0.937		0		1		0.266	0.487	
Serine g	0.445		0		1		0.126	0.231	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	RA	4		0	0	
Theobromine mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18265
English muffins, wheat, toasted

Measure 1 = 28.35g: 1 oz
Measure 2 = 52g: 1 muffin

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18266
English muffins, whole-wheat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	45.70		2		1		12.96	30.16	
Energy....kcal	203		0		4		58	134	
Energy....kj	849		0		4		241	561	
Protein (N x 5.9)....g	8.80		1		1		2.49	5.81	
Total lipid (fat)....g	2.10		1		1		0.60	1.39	
Ash....g	2.80		2		1		0.79	1.85	
Carbohydrate, by difference....g	40.40		0	NC	4		11.45	26.66	
Fiber, total dietary....g	6.7		0		1		1.9	4.4	
Sugars, total....g	8.09		0	FLC	4		2.29	5.34	
Starch....g									
Minerals:									
Calcium, Ca....mg	265		1		1		75	175	
Iron, Fe....mg	2.45		1		1		0.69	1.62	
Magnesium, Mg....mg	71		0	FLA	4		20	47	
Phosphorus, P....mg	282		0	FLA	4		80	186	
Potassium, K....mg	210		1		1		60	139	
Sodium, Na....mg	472		0	BFZY	4		134	312	
Zinc, Zn....mg	1.60		0	FLA	4		0.45	1.06	
Copper, Cu....mg	0.212		0	FLA	4		0.060	0.140	
Manganese, Mn....mg	1.790		0	FLA	4		0.507	1.181	
Selenium, Se....mcg	40.3		0	FLA	4		11.4	26.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin....mg	0.300		1		1		0.085	0.198	
Riboflavin....mg	0.140		1		1		0.040	0.092	
Niacin....mg	3.410		1		1		0.967	2.251	
Pantothenic acid....mg	0.695		0	FLA	4		0.197	0.459	
Vitamin B-6....mg	0.163		0	FLA	4		0.046	0.108	
Folate, total....mcg	49		0		4		14	32	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	49		0		4		14	32	
Folate, DFE....mcg_DFE	49		0	NC	4		14	32	
Choline, total....mg	13.7		0	BFZN	4		3.9	9.0	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	FLC	4		0	0	
Carotene, beta....mcg	3		0	FLC	4		1	2	
Carotene, alpha....mcg	1		0	FLC	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	5		0	NC	4		1	3	
Lycopene....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....mcg	91		0	FLC	4		26	60	
Vitamin E (alpha-tocopherol)....mg	0.41		0	FLC	4		0.12	0.27	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.0		0	FLC	4		0.3	0.6	
Lipids:									
Fatty acids, total saturated....g	0.334		0	FLA	4		0.095	0.220	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	

NDB No. 18266
English muffins, whole-wheat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.001		0		4		0.000	0.001	
13:0 g									
14:0 g	0.003		0		4		0.001	0.002	
15:0 g									
16:0 g	0.276		0		4		0.078	0.182	
17:0 g									
18:0 g	0.049		0		4		0.014	0.032	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.513		0	FLA	4		0.145	0.339	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.034		0		4		0.010	0.022	
17:1 g									
18:1 undifferentiated g	0.479		0		4		0.136	0.316	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.835		0	FLA	4		0.237	0.551	
18:2 undifferentiated g	0.787		0		4		0.223	0.519	
18:3 undifferentiated g	0.046		0		4		0.013	0.030	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.002		0		4		0.001	0.001	
20:5 n-3 g	0.000		0		4		0.000	0.000	
22:5 n-3 g	0.000		0		4		0.000	0.000	
22:6 n-3 g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		1		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.129		0		1		0.037	0.085	
Threonine g	0.283		0		1		0.080	0.187	
Isoleucine g	0.351		0		1		0.100	0.232	
Leucine g	0.610		0		1		0.173	0.403	
Lysine g	0.309		0		1		0.088	0.204	
Methionine g	0.141		0		1		0.040	0.093	
Cystine g	0.190		0		1		0.054	0.125	
Phenylalanine g	0.417		0		1		0.118	0.275	
Tyrosine g	0.272		0		1		0.077	0.180	
Valine g	0.414		0		1		0.117	0.273	
Arginine g	0.417		0		1		0.118	0.275	
Histidine g	0.205		0		1		0.058	0.135	
Alanine g	0.350		0		1		0.099	0.231	
Aspartic acid g	0.510		0		1		0.145	0.337	
Glutamic acid g	2.560		0		1		0.726	1.690	
Glycine g	0.362		0		1		0.103	0.239	
Proline g	0.841		0		1		0.238	0.555	
Serine g	0.415		0		1		0.118	0.274	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLC	4		0	0	
Theobromine mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18266
English muffins, whole-wheat

Measure 1 = 28.35g: 1 oz
Measure 2 = 66g: 1 muffin

Calories Factors: **Protein** 3.5 **Fat** 8.5 **Carbohydrate** 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18267
English muffins, whole-wheat, toasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	41.00		0		1		11.62	25.01	
Energy kcal	221		0	NC	4		63	135	
Energy kj	925		0		4		262	564	
Protein (N x 0) g	9.60		0		1		2.72	5.86	
Total lipid (fat) g	2.30		0		1		0.65	1.40	
Ash g	3.00		0		1		0.85	1.83	
Carbohydrate, by difference g	44.10		0	NC	4		12.50	26.90	
Fiber, total dietary g	7.3		0		4		2.1	4.5	
Sugars, total g	8.79		0	RA	4		2.49	5.36	
Starch g									
Minerals:									
Calcium, Ca mg	288		0		1		82	176	
Iron, Fe mg	2.66		0		1		0.75	1.62	
Magnesium, Mg mg	77		0		1		22	47	
Phosphorus, P mg	307		0		1		87	187	
Potassium, K mg	228		0		1		65	139	
Sodium, Na mg	692		0		1		196	422	
Zinc, Zn mg	1.74		0		1		0.49	1.06	
Copper, Cu mg	0.225		0		4		0.064	0.137	
Manganese, Mn mg	1.946		0		1		0.552	1.187	
Selenium, Se mcg	43.8		0	RK	4		12.4	26.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	
Thiamin mg	0.261		0		1		0.074	0.159	
Riboflavin mg	0.137		0		1		0.039	0.084	
Niacin mg	3.336		0		1		0.946	2.035	
Pantothenic acid mg	0.491		0		1		0.139	0.300	
Vitamin B-6 mg	0.159		0		1		0.045	0.097	
Folate, total mcg	45		0	RA	4		13	28	
Folic acid mcg	0		0	RA	4		0	0	
Folate, food mcg	45		0	RA	4		13	28	
Folate, DFE mcg_DFE	45		0	NC	4		13	28	
Choline, total mg	15.7		0	BFZN	4		4.5	9.6	
Betaine mg									
Vitamin B-12 mcg	0.00		0		1		0.00	0.00	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	RA	4		0	0	
Carotene, beta mcg	3		0	RA	4		1	2	
Carotene, alpha mcg	1		0	RA	4		0	0	
Cryptoxanthin, beta mcg	0		0	RA	4		0	0	
Vitamin A, IU IU	5		0	NC	4		1	3	
Lycopene mcg	0		0	RA	4		0	0	
Lutein + zeaxanthin mcg	94		0	RA	4		27	57	
Vitamin E (alpha-tocopherol) mg	0.44		0	RA	4		0.13	0.27	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	1.1		0	RA	4		0.3	0.6	
Lipids:									
Fatty acids, total saturated g	0.363		0		1		0.103	0.221	
4:0 g	0.000		0		1		0.000	0.000	
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	

NDB No. 18267
English muffins, whole-wheat, toasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.001		0		1		0.000	0.001	
13:0 g									
14:0 g	0.004		0		1		0.001	0.002	
15:0 g									
16:0 g	0.299		0		1		0.085	0.182	
17:0 g									
18:0 g	0.053		0		1		0.015	0.032	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.557		0		1		0.158	0.340	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.037		0		1		0.010	0.023	
17:1 g									
18:1 undifferentiated g	0.521		0		1		0.148	0.318	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.908		0		1		0.257	0.554	
18:2 undifferentiated g	0.856		0		1		0.243	0.522	
18:3 undifferentiated g	0.050		0		1		0.014	0.031	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.002		0		1		0.001	0.001	
20:5 n-3 g	0.000		0		1		0.000	0.000	
22:5 n-3 g	0.000		0		1		0.000	0.000	
22:6 n-3 g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.141		0		1		0.040	0.086	
Threonine g	0.308		0		1		0.087	0.188	
Isoleucine g	0.382		0		1		0.108	0.233	
Leucine g	0.663		0		1		0.188	0.404	
Lysine g	0.336		0		1		0.095	0.205	
Methionine g	0.154		0		1		0.044	0.094	
Cystine g	0.207		0		1		0.059	0.126	
Phenylalanine g	0.453		0		1		0.128	0.276	
Tyrosine g	0.296		0		1		0.084	0.181	
Valine g	0.450		0		1		0.128	0.275	
Arginine g	0.453		0		1		0.128	0.276	
Histidine g	0.223		0		1		0.063	0.136	
Alanine g	0.380		0		1		0.108	0.232	
Aspartic acid g	0.554		0		1		0.157	0.338	
Glutamic acid g	2.782		0		1		0.789	1.697	
Glycine g	0.393		0		1		0.111	0.240	
Proline g	0.914		0		1		0.259	0.558	
Serine g	0.451		0		1		0.128	0.275	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	RA	4		0	0	
Theobromine mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18267
English muffins, whole-wheat, toasted

Measure 1 = 28.35g: 1 oz
Measure 2 = 61g: 1 muffin

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18268
French toast, frozen, ready-to-heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	52.60	0.330	66		1		14.91	31.03	
Energy kcal	213		0	NC	4		60	126	
Energy kj	891				4		253	526	
Protein (N x 6) g	7.40	0.058	54		1		2.10	4.37	
Total lipid (fat) g	6.10	0.148	54		1		1.73	3.60	
Ash g	1.80	0.028	54		1		0.51	1.06	
Carbohydrate, by difference g	32.10		0	NC	4		9.10	18.94	
Fiber, total dietary g	1.1		0		4		0.3	0.7	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	107	2.773	52		1		30	63	
Iron, Fe mg	2.21	0.060	63		1		0.63	1.30	
Magnesium, Mg mg	17	0.839	26		1		5	10	
Phosphorus, P mg	139	2.965	24		1		39	82	
Potassium, K mg	134	3.480	46		1		38	79	
Sodium, Na mg	495	8.699	46		1		140	292	
Zinc, Zn mg	0.77	0.016	15		1		0.22	0.45	
Copper, Cu mg	0.084	0.008	24		1		0.024	0.050	
Manganese, Mn mg	0.245	0.023	4		1		0.069	0.145	
Selenium, Se mcg	16.7		1	A	1		4.7	9.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.3		0	FLA	4		0.1	0.2	
Thiamin mg	0.277	0.007	76		1		0.079	0.163	
Riboflavin mg	0.381	0.011	76		1		0.108	0.225	
Niacin mg	2.722	0.076	70		1		0.772	1.606	
Pantothenic acid mg	0.940	0.072	32		1		0.266	0.555	
Vitamin B-6 mg	0.496	0.021	61		1		0.141	0.293	
Folate, total mcg	52		0	FLA	4		15	31	
Folic acid mcg	28		0	NC	4		8	17	
Folate, food mcg	24	0.760	8		1		7	14	
Folate, DFE mcg_DFE	72		0	NC	4		20	42	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	1.68	0.087	64		1		0.48	0.99	
Vitamin A, RAE mcg_RAE	54		0	NC	4		15	32	
Retinol mcg	53		0	NC	4		15	31	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	187	12.939	39		1		53	110	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	1.533		0	FLA	4		0.435	0.904	
4:0 g	0.022		0	FLA	4		0.006	0.013	
6:0 g	0.013		0	FLA	4		0.004	0.008	
8:0 g	0.008		0	FLA	4		0.002	0.005	
10:0 g	0.017		0	FLA	4		0.005	0.010	
12:0 g	0.019		0	FLA	4		0.005	0.011	
13:0 g									

NDB No. 18268
French toast, frozen, ready-to-heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.077		0	FLA	4		0.022	0.045	
15:0....g									
16:0....g	0.971		0	FLA	4		0.275	0.573	
17:0....g									
18:0....g	0.380		0	FLA	4		0.108	0.224	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.040		0	FLA	4		0.578	1.204	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.101		0	FLA	4		0.029	0.060	
17:1....g									
18:1 undifferentiated....g	1.917		0	FLA	4		0.543	1.131	
20:1....g	0.007		0	FLA	4		0.002	0.004	
22:1 undifferentiated....g	0.001		0	FLA	4		0.000	0.001	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.227		0	FLA	4		0.348	0.724	
18:2 undifferentiated....g	1.103		0	FLA	4		0.313	0.651	
18:3 undifferentiated....g	0.076		0	FLA	4		0.022	0.045	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.036		0	FLA	4		0.010	0.021	
20:5 n-3....g	0.001		0	FLA	4		0.000	0.001	
22:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3....g	0.009		0	FLA	4		0.003	0.005	
Fatty acids, total trans....g									
Cholesterol....mg	82		1		1		23	48	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.094		0		1		0.027	0.055	
Threonine....g	0.281		0		1		0.080	0.166	
Isoleucine....g	0.339		0		1		0.096	0.200	
Leucine....g	0.585		0		1		0.166	0.345	
Lysine....g	0.370		0		1		0.105	0.218	
Methionine....g	0.167		0		1		0.047	0.099	
Cystine....g	0.142		0		1		0.040	0.084	
Phenylalanine....g	0.366		0		1		0.104	0.216	
Tyrosine....g	0.268		0		1		0.076	0.158	
Valine....g	0.380		0		1		0.108	0.224	
Arginine....g	0.336		0		1		0.095	0.198	
Histidine....g	0.171		0		1		0.048	0.101	
Alanine....g	0.297		0		1		0.084	0.175	
Aspartic acid....g	0.509		0		1		0.144	0.300	
Glutamic acid....g	1.784		0		1		0.506	1.053	
Glycine....g	0.240		0		1		0.068	0.142	
Proline....g	0.635		0		1		0.180	0.375	
Serine....g	0.420		0		1		0.119	0.248	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18268
French toast, frozen, ready-to-heat

Measure 2 = 59g: 1 piece

Calories Factors: **Protein** 4.1 **Fat** 8.9 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18269

French toast, prepared from recipe, made with low fat (2%) milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	54.70		0		1		15.51	35.56	
Energy kcal	229		0	NC	4		65	149	
Energy kj	958				4		272	623	
Protein (N x 0) g	7.70		0		1		2.18	5.01	
Total lipid (fat) g	10.80		0		1		3.06	7.02	
Ash g	1.80		0		1		0.51	1.17	
Carbohydrate, by difference g	25.00		0	NC	4		7.09	16.25	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	100		0		1		28	65	
Iron, Fe mg	1.67		0		1		0.47	1.09	
Magnesium, Mg mg	17		0		1		5	11	
Phosphorus, P mg	117		0		1		33	76	
Potassium, K mg	134		0		1		38	87	
Sodium, Na mg	479		0		1		136	311	
Zinc, Zn mg	0.67		0		1		0.19	0.44	
Copper, Cu mg	0.058		0		1		0.016	0.038	
Manganese, Mn mg	0.188		0		1		0.053	0.122	
Selenium, Se mcg	20.1		0	RK	4		5.7	13.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.3		0		1		0.1	0.2	
Thiamin mg	0.204		0		1		0.058	0.133	
Riboflavin mg	0.321		0		1		0.091	0.209	
Niacin mg	1.628		0		1		0.462	1.058	
Pantothenic acid mg	0.549		0		1		0.156	0.357	
Vitamin B-6 mg	0.074		0		1		0.021	0.048	
Folate, total mcg	43		0	RK	4		12	28	
Folic acid mcg	20		0	NC	4		6	13	
Folate, food mcg	23		0		1		7	15	
Folate, DFE mcg_DFE	57		0	NC	4		16	37	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.31		0		1		0.09	0.20	
Vitamin A, RAE mcg_RAE	124		0	NC	4		35	80	
Retinol mcg	118		0		4		33	77	
Carotene, beta mcg	66		0	RK	4		19	43	
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	503		0	NC	4		143	327	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	2.723		0		1		0.772	1.770	
4:0 g	0.021		0		1		0.006	0.014	
6:0 g	0.012		0		1		0.003	0.008	
8:0 g	0.008		0		1		0.002	0.005	
10:0 g	0.017		0		1		0.005	0.011	
12:0 g	0.019		0		1		0.005	0.012	
13:0 g									

NDB No. 18269

French toast, prepared from recipe, made with low fat (2%) milk

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.094		0		1		0.027	0.061	
15:0....g									
16:0....g	1.677		0		1		0.475	1.090	
17:0....g									
18:0....g	0.860		0		1		0.244	0.559	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.524		0		1		1.283	2.941	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.099		0		1		0.028	0.064	
17:1....g									
18:1 undifferentiated....g	4.414		0		1		1.251	2.869	
20:1....g	0.007		0		1		0.002	0.005	
22:1 undifferentiated....g	0.001		0		1		0.000	0.001	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.594		0		1		0.735	1.686	
18:2 undifferentiated....g	2.431		0		1		0.689	1.580	
18:3 undifferentiated....g	0.115		0		1		0.033	0.075	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.038		0		1		0.011	0.025	
20:5 n-3....g	0.001		0		1		0.000	0.001	
22:5 n-3....g	0.000		0		1		0.000	0.000	
22:6 n-3....g	0.010		0		1		0.003	0.007	
Fatty acids, total trans....g									
Cholesterol....mg	116		0		1		33	75	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.094		0		1		0.027	0.061	
Threonine....g	0.305		0		1		0.086	0.198	
Isoleucine....g	0.375		0		1		0.106	0.244	
Leucine....g	0.621		0		1		0.176	0.404	
Lysine....g	0.413		0		1		0.117	0.268	
Methionine....g	0.188		0		1		0.053	0.122	
Cystine....g	0.156		0		1		0.044	0.101	
Phenylalanine....g	0.389		0		1		0.110	0.253	
Tyrosine....g	0.282		0		1		0.080	0.183	
Valine....g	0.419		0		1		0.119	0.272	
Arginine....g	0.364		0		1		0.103	0.237	
Histidine....g	0.179		0		1		0.051	0.116	
Alanine....g	0.334		0		1		0.095	0.217	
Aspartic acid....g	0.578		0		1		0.164	0.376	
Glutamic acid....g	1.718		0		1		0.487	1.117	
Glycine....g	0.251		0		1		0.071	0.163	
Proline....g	0.588		0		1		0.167	0.382	
Serine....g	0.465		0		1		0.132	0.302	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 65g: 1 slice

Calories Factors: Protein Fat Carbohydrate

NDB No. 18269

French toast, prepared from recipe, made with low fat (2%) milk

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18602

GENERAL MILLS, BETTY CROCKER SUPERMOIST PARTY CAKE, SWIRL Cake Mix, dry

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.80		1	A	1		1.63		
Energy....kcal	414		0	NC	4		178		
Energy....kj	1732				4		745		
Protein....g	3.90		1	A	1		1.68		
Total lipid (fat)....g	7.60		1	A	1		3.27		
Ash....g	2.20		1	A	1		0.95		
Carbohydrate, by difference....g	82.50		0	NC	4		35.48		
Fiber, total dietary....g									
Sugars, total....g	45.70		1	A	1		19.65		
Starch....g									
Minerals:									
Calcium, Ca....mg	186		1	A	1		80		
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	618		1	A	1		266		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g	2.260		1	A	1		0.972		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg									
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 43g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18642

GENERAL MILLS, BETTY CROCKER SUPERMOIST Yellow Cake Mix, dry

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.20		1	A	1		1.81		
Energy....kcal	413		0	NC	4		178		
Energy....kj	1729				4		744		
Protein....g	3.80		1	A	1		1.63		
Total lipid (fat)....g	8.10		1	A	1		3.48		
Ash....g	2.60		1	A	1		1.12		
Carbohydrate, by difference....g	81.30		0	NC	4		34.96		
Fiber, total dietary....g									
Sugars, total....g	43.90		1	A	1		18.88		
Starch....g									
Minerals:									
Calcium, Ca....mg	161		1	A	1		69		
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	672		1	A	1		289		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g	2.280		1	A	1		0.980		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg									
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 43g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18601

GENERAL MILLS, BETTY CROCKER Wild Blueberry Muffin Mix, dry

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	23.70		1	A	1		9.48		
Energy....kcal	321		0	NC	4		128		
Energy....kj	1343				4		537		
Protein....g	5.20		1	A	1		2.08		
Total lipid (fat)....g	4.50		1	A	1		1.80		
Ash....g	1.70		1	A	1		0.68		
Carbohydrate, by difference....g	64.90		0	NC	4		25.96		
Fiber, total dietary....g									
Sugars, total....g	31.70		1	A	1		12.68		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	465		1	A	1		186		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g	1.022		0	NC	4		0.409		
4:0....g									
6:0....g									
8:0....g	0.011		1	A	1		0.004		
10:0....g	0.002		1	A	1		0.001		
12:0....g	0.002		1	A	1		0.001		
13:0....g									
14:0....g	0.006		1	A	1		0.002		
15:0....g	0.002		1	A	1		0.001		
16:0....g	0.516		1	A	1		0.206		
17:0....g	0.005		1	A	1		0.002		
18:0....g	0.452		1	A	1		0.181		
20:0....g	0.014		1	A	1		0.006		
22:0....g	0.012		1	A	1		0.005		
24:0....g									
Fatty acids, total monounsaturated....g	1.869			NC	4		0.748		
14:1....g	0.002		1	A	1		0.001		
15:1....g									
16:1 undifferentiated....g	0.005		1	A	1		0.002		
17:1....g	0.002		1	A	1		0.001		
18:1 undifferentiated....g	1.847		1	A	1		0.739		
20:1....g	0.013		1	A	1		0.005		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.553			NC	4		0.221		
18:2 undifferentiated....g	0.523		1	A	1		0.209		
18:3 undifferentiated....g	0.026		1	A	1		0.010		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g	0.002		1	A	1		0.001		
20:4 undifferentiated....g	0.002		1	A	1		0.001		
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg									

NDB No. 18601
GENERAL MILLS, BETTY CROCKER Wild Blueberry Muffin Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 40g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18605
GENERAL MILLS, GOLD MEDAL Imitation Blueberry Muffin Mix, dry

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	6.10		1	A	1		1.89		
Energy....kcal	410		0	NC	4		127		
Energy....kj	1715				4		532		
Protein....g	4.30		1	A	1		1.33		
Total lipid (fat)....g	8.60		1	A	1		2.67		
Ash....g	2.20		1	A	1		0.68		
Carbohydrate, by difference....g	78.80		0	NC	4		24.43		
Fiber, total dietary....g									
Sugars, total....g	36.40		1	A	1		11.28		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	661		1	A	1		205		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g	1.638		0	NC	4		0.508		
4:0....g									
6:0....g									
8:0....g	0.009		1	A	1		0.003		
10:0....g	0.005		1	A	1		0.002		
12:0....g	0.005		1	A	1		0.002		
13:0....g									
14:0....g	0.005		1	A	1		0.002		
15:0....g	0.005		1	A	1		0.002		
16:0....g	0.867		1	A	1		0.269		
17:0....g	0.005		1	A	1		0.002		
18:0....g	0.699		1	A	1		0.217		
20:0....g	0.019		1	A	1		0.006		
22:0....g	0.019		1	A	1		0.006		
24:0....g									
Fatty acids, total monounsaturated....g	3.212			NC	4		0.996		
14:1....g	0.005		1	A	1		0.002		
15:1....g									
16:1 undifferentiated....g	0.010		1	A	1		0.003		
17:1....g	0.010		1	A	1		0.003		
18:1 undifferentiated....g	3.158		1	A	1		0.979		
20:1....g	0.029		1	A	1		0.009		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.325			NC	4		0.721		
18:2 undifferentiated....g	2.172		1	A	1		0.673		
18:3 undifferentiated....g	0.143		1	A	1		0.044		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g	0.005		1	A	1		0.001		
20:4 undifferentiated....g	0.005		1	A	1		0.002		
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									

NDB No. 18605
GENERAL MILLS, GOLD MEDAL Imitation Blueberry Muffin Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18603

GEORGE WESTON BAKERIES, Brownberry Sage and Onion Stuffing Mix, dry

George weston Bakeries, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	4.00		1	MC	9		2.68		
Energy kcal	390		0	NC	4		261		
Energy kj	1631		0	NC	4		1093		
Protein g	13.30		1	A	1		8.91		
Total lipid (fat) g	5.10		1	A	1		3.42		
Ash g	4.90		1	A	1		3.28		
Carbohydrate, by difference g	72.70		0	NC	4		48.71		
Fiber, total dietary g	5.4		1	A	1		3.6		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg									
Iron, Fe mg	3.81		1	A	1		2.55		
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg									
Sodium, Na mg	1680		1	A	1		1126		
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se mcg									
Lipids:									
Fatty acids, total saturated g	0.900		1	A	1		0.603		
4:0 g									
6:0 g									
8:0 g	0.005		1	A	1		0.003		
10:0 g	0.005		1	A	1		0.003		
12:0 g	0.005		1	A	1		0.003		
13:0 g									
14:0 g	0.005		1	A	1		0.003		
15:0 g	0.005		1	A	1		0.003		
16:0 g	0.562		1	A	1		0.377		
17:0 g	0.005		1	A	1		0.003		
18:0 g	0.325		1	A	1		0.218		
20:0 g	0.010		1	A	1		0.007		
22:0 g	0.005		1	A	1		0.003		
24:0 g									
Fatty acids, total monounsaturated g									
14:1 g	0.005		1	A	1		0.003		
15:1 g									
16:1 undifferentiated g	0.010		1	A	1		0.007		
17:1 g	0.005		1	A	1		0.003		
18:1 undifferentiated g	2.010		1	A	1		1.347		
20:1 g	0.010		1	A	1		0.007		
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g									
18:2 undifferentiated g	0.746		1	A	1		0.500		
18:3 undifferentiated g	0.005		1	A	1		0.003		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g	0.005		1	A	1		0.003		
20:4 undifferentiated g	0.005		1	A	1		0.003		
20:5 n-3 g									
22:5 n-3 g									
22:6 n-3 g									
Fatty acids, total trans g									
Cholesterol mg									

NDB No. 18603
GEORGE WESTON BAKERIES, Brownberry Sage and Onion Stuffing Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 67g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18639

GEORGE WESTON BAKERIES, Thomas English Muffins

George weston Bakeries, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	42.60		1	A	1		24.28		
Energy kcal	232		1	NC	4		132		
Energy kj	972		0	NC	4		554		
Protein g	8.00		1	MC	9		4.56		
Total lipid (fat) g	1.80		1	MC	9		1.03		
Ash g	1.60		1	A	1		0.91		
Carbohydrate, by difference g	46.00		1	NC	4		26.22		
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	180		1	MC	9		103		
Iron, Fe mg	1.40		1	MC	9		0.80		
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg									
Sodium, Na mg	345		1	MC	9		197		
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg									
Thiamin mg									
Riboflavin mg									
Niacin mg									
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total mcg	40		1	MC	9		23		
Folate, DFE mcg_DFE									
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg									
Vitamin A, RAE mcg_RAE	0		0	AS	1		0		
Vitamin A, IU IU	0		0	AS	1		0		
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	0.308		0	NC	4		0.176		
4:0 g									
6:0 g									
8:0 g									
10:0 g									
12:0 g									
13:0 g									
14:0 g									
15:0 g									
16:0 g	0.308		1	MC	9		0.176		
17:0 g									
18:0 g									
20:0 g									
22:0 g									

NDB No. 18639
GEORGE WESTON BAKERIES, Thomas English Muffins

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
24:0....g									
Fatty acids, total monounsaturated....g	0.303		0	NC	4		0.173		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.303		1	MC	9		0.173		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.920		0	NC	4		0.524		
18:2 undifferentiated....g	0.841		1	MC	9		0.479		
18:3 undifferentiated....g	0.079		1	MC	9		0.045		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g	0.082		1	MC	9		0.047		
Cholesterol....mg									
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 57g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18640

HEINZ, WEIGHT WATCHER, Chocolate Eclair, frozen

H.J. Heinz, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	47.30		1	MC	9		27.91		
Energy....kcal	241		0	NC	4		142		
Energy....kj	1008		0	NC	4		595		
Protein (N x 6.25)....g	4.40		1	MA	12		2.60		
Total lipid (fat)....g	6.90		1	MA	12		4.07		
Ash....g	1.30		1	MA	12		0.77		
Carbohydrate, by difference....g	40.30		0	NC	4		23.78		
Fiber, total dietary....g	2.1		1	MA	12		1.2		
Sugars, total....g	16.80		1	MA	12		9.91		
Starch....g									
Minerals:									
Calcium, Ca....mg	48		1	MA	12		28		
Iron, Fe....mg	0.70		1	MA	12		0.41		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	300		1	MA	12		177		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MA	12		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	75		1	MA	12		44		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.400		1	MA	12		0.826		
Fatty acids, total monounsaturated....g	2.000		1	MA	12		1.180		
Fatty acids, total polyunsaturated....g	2.900		1	MA	12		1.711		
Fatty acids, total trans....g	0.200		1	MA	12		0.118		
Cholesterol....mg	47		1	MA	12		28		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18640
HEINZ, WEIGHT WATCHER, Chocolate Eclair, frozen

Measure 1 = 59g: 1 eclair, frozen

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18270
Hush puppies, prepared from recipe

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	29.00		0		1		44.08	8.22	6.38
Energy....kcal	337		0	NC	4		512	96	74
Energy....kj	1410		0		4		2143	400	310
Protein (N x 0)....g	7.70		0		1		11.70	2.18	1.69
Total lipid (fat)....g	13.50		0		1		20.52	3.83	2.97
Ash....g	3.90		0		1		5.93	1.11	0.86
Carbohydrate, by difference....g	46.00		0	NC	4		69.92	13.04	10.12
Fiber, total dietary....g	2.8		0		1		4.3	0.8	0.6
Sugars, total....g	2.03		0	RA	4		3.09	0.58	0.45
Starch....g									
Minerals:									
Calcium, Ca....mg	278		0		1		423	79	61
Iron, Fe....mg	3.04		0		1		4.62	0.86	0.67
Magnesium, Mg....mg	24		0		1		36	7	5
Phosphorus, P....mg	189		0		1		287	54	42
Potassium, K....mg	144		0		1		219	41	32
Sodium, Na....mg	668		0		1		1015	189	147
Zinc, Zn....mg	0.66		0		1		1.00	0.19	0.15
Copper, Cu....mg	0.066		0		1		0.100	0.019	0.015
Manganese, Mn....mg	0.220		0		1		0.334	0.062	0.048
Selenium, Se....mcg	15.8		0	RK	4		24.0	4.5	3.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0		1		0.3	0.1	0.0
Thiamin....mg	0.352		0		1		0.535	0.100	0.077
Riboflavin....mg	0.332		0		1		0.505	0.094	0.073
Niacin....mg	2.782		0		1		4.229	0.789	0.612
Pantothenic acid....mg	0.357		0		1		0.543	0.101	0.079
Vitamin B-6....mg	0.102		0		1		0.155	0.029	0.022
Folate, total....mcg	89		0	FLA	4		135	25	20
Folic acid....mcg	69		0	FLA	4		105	20	15
Folate, food....mcg	20		0		1		30	6	4
Folate, DFE....mcg_DFE	137		0	NC	4		209	39	30
Choline, total....mg	32.7		0	BFZN	4		49.7	9.3	7.2
Betaine....mg									
Vitamin B-12....mcg	0.19		0		1		0.29	0.05	0.04
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	41		0	NC	4		62	12	9
Retinol....mcg	38		0	RA	4		57	11	8
Carotene, beta....mcg	27		0	RA	4		41	8	6
Carotene, alpha....mcg	17		0	RA	4		26	5	4
Cryptoxanthin, beta....mcg	1		0	RA	4		1	0	0
Vitamin A, IU....IU	186		0	NC	4		282	53	41
Lycopene....mcg	0		0	RA	4		0	0	0
Lutein + zeaxanthin....mcg	401		0	RA	4		609	114	88
Vitamin E (alpha-tocopherol)....mg	1.26		0	RA	4		1.91	0.36	0.28
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	23.6		0	RA	4		35.9	6.7	5.2
Lipids:									
Fatty acids, total saturated....g	2.108		0		1		3.204	0.598	0.464
4:0....g	0.001		0		1		0.002	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.001		0		1		0.002	0.000	0.000
10:0....g	0.001		0		1		0.002	0.000	0.000

NDB No. 18270
Hush puppies, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.001		0		1		0.002	0.000	0.000
13:0 g									
14:0 g	0.018		0		1		0.027	0.005	0.004
15:0 g									
16:0 g	1.540		0		1		2.341	0.437	0.339
17:0 g									
18:0 g	0.538		0		1		0.818	0.153	0.118
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.263		0		1		4.960	0.925	0.718
14:1 g									
15:1 g									
16:1 undifferentiated g	0.057		0		1		0.087	0.016	0.013
17:1 g									
18:1 undifferentiated g	3.178		0		1		4.831	0.901	0.699
20:1 g	0.026		0		1		0.040	0.007	0.006
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	7.219		0		1		10.973	2.047	1.588
18:2 undifferentiated g	6.390		0		1		9.713	1.812	1.406
18:3 undifferentiated g	0.811		0		1		1.233	0.230	0.178
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.015		0		1		0.023	0.004	0.003
20:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 g	0.004		0		1		0.006	0.001	0.001
Fatty acids, total trans g									
Cholesterol mg	45		0		1		68	13	10
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.082		0		1		0.125	0.023	0.018
Threonine g	0.279		0		1		0.424	0.079	0.061
Isoleucine g	0.321		0		1		0.488	0.091	0.071
Leucine g	0.710		0		1		1.079	0.201	0.156
Lysine g	0.310		0		1		0.471	0.088	0.068
Methionine g	0.169		0		1		0.257	0.048	0.037
Cystine g	0.144		0		1		0.219	0.041	0.032
Phenylalanine g	0.382		0		1		0.581	0.108	0.084
Tyrosine g	0.289		0		1		0.439	0.082	0.064
Valine g	0.388		0		1		0.590	0.110	0.085
Arginine g	0.352		0		1		0.535	0.100	0.077
Histidine g	0.197		0		1		0.299	0.056	0.043
Alanine g	0.383		0		1		0.582	0.109	0.084
Aspartic acid g	0.501		0		1		0.762	0.142	0.110
Glutamic acid g	1.793		0		1		2.725	0.508	0.394
Glycine g	0.268		0		1		0.407	0.076	0.059
Proline g	0.693		0		1		1.053	0.196	0.152
Serine g	0.412		0		1		0.626	0.117	0.091
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	RA	4		0	0	0
Theobromine mg	0		0	RA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18270
Hush puppies, prepared from recipe

Measure 1 = 152g: 1 cup
Measure 2 = 28.35g: 1 oz
Measure 3 = 22g: 1 hush puppy

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18641

INTERSTATE BRANDS CORP, WONDER Hamburger Rolls

Interstate Bakeries Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	34.20		0	MC	9		14.71		
Energy....kcal	273		0	MC	9		117		
Energy....kj	1142				9		491		
Protein....g	8.07		0	MC	9		3.47		
Total lipid (fat)....g	4.15		0	MC	9		1.78		
Ash....g	1.92		0	MC	9		0.83		
Carbohydrate, by difference....g	50.84		0	MC	9		21.86		
Fiber, total dietary....g	2.6		0	MC	9		1.1		
Sugars, total....g	11.06		0	MC	9		4.76		
Starch....g									
Minerals:									
Calcium, Ca....mg	87		0	MC	9		37		
Iron, Fe....mg	2.22		1	A	1		0.95		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	596		1	A	1		256		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g	1.013		0	NC	4		0.436		
4:0....g									
6:0....g									
8:0....g	0.002		1	A	1		0.001		
10:0....g	0.002		1	A	1		0.001		
12:0....g	0.002		1	A	1		0.001		
13:0....g									
14:0....g	0.002		1	A	1		0.001		
15:0....g	0.002		1	A	1		0.001		
16:0....g	0.577		1	A	1		0.248		
17:0....g	0.005		1	A	1		0.002		
18:0....g	0.392		1	A	1		0.169		
20:0....g	0.012		1	A	1		0.005		
22:0....g	0.017		1	A	1		0.007		
24:0....g									
Fatty acids, total monounsaturated....g	0.848			NC	4		0.365		
14:1....g	0.002		1	A	1		0.001		
15:1....g									
16:1 undifferentiated....g	0.019		1	A	1		0.008		
17:1....g	0.002		1	A	1		0.001		
18:1 undifferentiated....g	0.812		1	A	1		0.349		
20:1....g	0.013		1	A	1		0.006		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.177			NC	4		0.936		
18:2 undifferentiated....g	1.961		1	A	1		0.843		
18:3 undifferentiated....g	0.212		1	A	1		0.091		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g	0.002		1	A	1		0.001		
20:4 undifferentiated....g	0.002		1	A	1		0.001		
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg									

NDB No. 18641
INTERSTATE BRANDS CORP, WONDER Hamburger Rolls

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 43g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18271
Ice cream cones, cake or wafer-type

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	5.30	0.310	13		1		1.50	0.21	1.54
Energy kcal	417		0	NC	4		118	17	121
Energy kj	1745		0		4		495	70	506
Protein (N x 5.7) g	8.10	0.234	11		1		2.30	0.32	2.35
Total lipid (fat) g	6.90	0.567	10		1		1.96	0.28	2.00
Ash g	0.70	0.066	11		1		0.20	0.03	0.20
Carbohydrate, by difference g	79.00		0	NC	4		22.40	3.16	22.91
Fiber, total dietary g	3.0		0		1		0.9	0.1	0.9
Sugars, total g	6.00		0	FLC	4		1.70	0.24	1.74
Starch g									
Minerals:									
Calcium, Ca mg	25	1.229	13		1		7	1	7
Iron, Fe mg	3.60	0.116	12		1		1.02	0.14	1.04
Magnesium, Mg mg	26	1.518	13		1		7	1	8
Phosphorus, P mg	97	3.302	13		1		27	4	28
Potassium, K mg	112	5.610	13		1		32	4	32
Sodium, Na mg	143	16.932	13		1		41	6	41
Zinc, Zn mg	0.67	0.038	14		1		0.19	0.03	0.19
Copper, Cu mg	0.204	0.026	10		1		0.058	0.008	0.059
Manganese, Mn mg	0.572	0.032	12		1		0.162	0.023	0.166
Selenium, Se mcg	4.8		1	A	1		1.4	0.2	1.4
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1		1		0.0	0.0	0.0
Thiamin mg	0.250	0.027	11		1		0.071	0.010	0.073
Riboflavin mg	0.354	0.024	19		1		0.100	0.014	0.103
Niacin mg	4.427	0.145	18		1		1.255	0.177	1.284
Pantothenic acid mg	0.479	0.016	8		1		0.136	0.019	0.139
Vitamin B-6 mg	0.030	0.003	9		1		0.009	0.001	0.009
Folate, total mcg	173		0	FLC	4		49	7	50
Folic acid mcg	168		0		4		48	7	49
Folate, food mcg	5	0.067	8		1		1	0	1
Folate, DFE mcg_DFE	291		0	NC	4		82	12	84
Choline, total mg	9.4		0	FLC	4		2.7	0.4	2.7
Betaine mg									
Vitamin B-12 mcg	0.00		1		1		0.00	0.00	0.00
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	0
Retinol mcg	0		0	FLC	4		0	0	0
Carotene, beta mcg	0		0	FLC	4		0	0	0
Carotene, alpha mcg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta mcg	0		0	FLC	4		0	0	0
Vitamin A, IU IU	0		0	NC	4		0	0	0
Lycopene mcg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin mcg	17		0	FLC	4		5	1	5
Vitamin E (alpha-tocopherol) mg	0.78		0	FLC	4		0.22	0.03	0.23
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	1.8		0	FLC	4		0.5	0.1	0.5
Lipids:									
Fatty acids, total saturated g	1.222		0	FLA	4		0.346	0.049	0.354
4:0 g	0.000		0	FLA	4		0.000	0.000	0.000
6:0 g	0.000		0	FLA	4		0.000	0.000	0.000
8:0 g	0.000		0	FLA	4		0.000	0.000	0.000
10:0 g	0.000		0	FLA	4		0.000	0.000	0.000

NDB No. 18271
Ice cream cones, cake or wafer-type

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0	FLA	4		0.000	0.000	0.000
13:0 g									
14:0 g	0.018		0	FLA	4		0.005	0.001	0.005
15:0 g									
16:0 g	0.976		0	FLA	4		0.277	0.039	0.283
17:0 g									
18:0 g	0.228		0	FLA	4		0.065	0.009	0.066
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.845		0	FLA	4		0.523	0.074	0.535
14:1 g									
15:1 g									
16:1 undifferentiated g	0.012		0	FLA	4		0.003	0.000	0.003
17:1 g									
18:1 undifferentiated g	1.833		0	FLA	4		0.520	0.073	0.532
20:1 g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	3.264		0	FLA	4		0.925	0.131	0.947
18:2 undifferentiated g	3.076		0	FLA	4		0.872	0.123	0.892
18:3 undifferentiated g	0.188		0	FLA	4		0.053	0.008	0.055
18:4 g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.094		0		1		0.027	0.004	0.027
Threonine g	0.217		0		1		0.062	0.009	0.063
Isoleucine g	0.301		0		1		0.085	0.012	0.087
Leucine g	0.561		0		1		0.159	0.022	0.163
Lysine g	0.157		0		1		0.045	0.006	0.046
Methionine g	0.142		0		1		0.040	0.006	0.041
Cystine g	0.182		0		1		0.052	0.007	0.053
Phenylalanine g	0.400		0		1		0.113	0.016	0.116
Tyrosine g	0.222		0		1		0.063	0.009	0.064
Valine g	0.340		0		1		0.096	0.014	0.099
Arginine g	0.282		0		1		0.080	0.011	0.082
Histidine g	0.172		0		1		0.049	0.007	0.050
Alanine g	0.248		0		1		0.070	0.010	0.072
Aspartic acid g	0.328		0		1		0.093	0.013	0.095
Glutamic acid g	2.845		0		1		0.807	0.114	0.825
Glycine g	0.278		0		1		0.079	0.011	0.081
Proline g	0.954		0		1		0.270	0.038	0.277
Serine g	0.393		0		1		0.111	0.016	0.114
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	FLC	4		0	0	0
Theobromine mg	0		0	FLC	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18271
Ice cream cones, cake or wafer-type

Measure 1 = 28.35g: 1 oz
Measure 2 = 4.0g: 1 cone
Measure 3 = 29g: 1 large waffle cone

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18272
Ice cream cones, sugar, rolled-type

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.00	0.239	13		1		0.85	0.30	
Energy....kcal	402		0	NC	4		114	40	
Energy....kj	1682		0		4		477	168	
Protein (N x 5.7)....g	7.90	0.212	13		1		2.24	0.79	
Total lipid (fat)....g	3.80	0.256	14		1		1.08	0.38	
Ash....g	1.10	0.098	13		1		0.31	0.11	
Carbohydrate, by difference....g	84.10		0	NC	4		23.84	8.41	
Fiber, total dietary....g	1.7		0		4		0.5	0.2	
Sugars, total....g	25.66		0	FLC	4		7.27	2.57	
Starch....g									
Minerals:									
Calcium, Ca....mg	44	3.403	13		1		12	4	
Iron, Fe....mg	4.43	0.422	13		1		1.26	0.44	
Magnesium, Mg....mg	31	1.440	13		1		9	3	
Phosphorus, P....mg	103	3.895	13		1		29	10	
Potassium, K....mg	145	6.381	13		1		41	15	
Sodium, Na....mg	320	15.054	11		1		91	32	
Zinc, Zn....mg	0.75	0.037	14		1		0.21	0.08	
Copper, Cu....mg	0.268	0.050	10		1		0.076	0.027	
Manganese, Mn....mg	0.732	0.044	13		1		0.208	0.073	
Selenium, Se....mcg	4.8		1	A	1		1.4	0.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0	0.0	
Thiamin....mg	0.511	0.042	9		1		0.145	0.051	
Riboflavin....mg	0.405	0.038	9		1		0.115	0.041	
Niacin....mg	5.066	0.356	10		1		1.436	0.507	
Pantothenic acid....mg	0.429	0.029	9		1		0.122	0.043	
Vitamin B-6....mg	0.052	0.001	9		1		0.015	0.005	
Folate, total....mcg	140		0	FLC	4		40	14	
Folic acid....mcg	136		0		4		39	14	
Folate, food....mcg	5	0.060	8		1		1	1	
Folate, DFE....mcg_DFE	236		0	NC	4		67	24	
Choline, total....mg	8.5		0	FLC	4		2.4	0.9	
Betaine....mg									
Vitamin B-12....mcg	0.00		1		1		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	FLC	4		0	0	
Carotene, beta....mcg	0		0	FLC	4		0	0	
Carotene, alpha....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	0		0	NC	4		0	0	
Lycopene....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....mcg	14		0	FLC	4		4	1	
Vitamin E (alpha-tocopherol)....mg	0.07		0	FLC	4		0.02	0.01	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.5		0	FLC	4		0.4	0.2	
Lipids:									
Fatty acids, total saturated....g	0.573		0		1		0.162	0.057	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	

NDB No. 18272
Ice cream cones, sugar, rolled-type

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0		1		0.000	0.000	
13:0 g									
14:0 g	0.003		0		1		0.001	0.000	
15:0 g									
16:0 g	0.400		0		1		0.113	0.040	
17:0 g									
18:0 g	0.170		0		1		0.048	0.017	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.470		0		1		0.417	0.147	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.013		0		1		0.004	0.001	
17:1 g									
18:1 undifferentiated g	1.457		0		1		0.413	0.146	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.452		0		1		0.412	0.145	
18:2 undifferentiated g	1.355		0		1		0.384	0.136	
18:3 undifferentiated g	0.097		0		1		0.027	0.010	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 g	0.000		0		1		0.000	0.000	
22:5 n-3 g	0.000		0		1		0.000	0.000	
22:6 n-3 g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.092		0		1		0.026	0.009	
Threonine g	0.211		0		1		0.060	0.021	
Isoleucine g	0.293		0		1		0.083	0.029	
Leucine g	0.547		0		1		0.155	0.055	
Lysine g	0.153		0		1		0.043	0.015	
Methionine g	0.139		0		1		0.039	0.014	
Cystine g	0.178		0		1		0.050	0.018	
Phenylalanine g	0.390		0		1		0.111	0.039	
Tyrosine g	0.217		0		1		0.062	0.022	
Valine g	0.332		0		1		0.094	0.033	
Arginine g	0.275		0		1		0.078	0.028	
Histidine g	0.168		0		1		0.048	0.017	
Alanine g	0.242		0		1		0.069	0.024	
Aspartic acid g	0.319		0		1		0.090	0.032	
Glutamic acid g	2.774		0		1		0.786	0.277	
Glycine g	0.271		0		1		0.077	0.027	
Proline g	0.931		0		1		0.264	0.093	
Serine g	0.383		0		1		0.109	0.038	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLC	4		0	0	
Theobromine mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18272
Ice cream cones, sugar, rolled-type

Measure 1 = 28.35g: 1 oz
Measure 2 = 10.0g: 1 cone

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18608

KEEBLER, KEEBLER Chocolate Graham SELECTS

Keebler, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	3.10		1	A	1		0.96		
Energy kcal	465		0	NC	4		144		
Energy kj	1946				4		603		
Protein g	7.10		1	A	1		2.20		
Total lipid (fat) g	16.60		1	A	1		5.15		
Ash g	1.40		1	A	1		0.43		
Carbohydrate, by difference g	71.80		0	NC	4		22.26		
Fiber, total dietary g									
Sugars, total g	26.50		1	A	1		8.22		
Starch g									
Minerals:									
Calcium, Ca mg									
Iron, Fe mg									
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg									
Sodium, Na mg	357		1	A	1		111		
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se mcg									
Lipids:									
Fatty acids, total saturated g	3.090		1	A	1		0.958		
4:0 g									
6:0 g									
8:0 g	0.009		1	A	1		0.003		
10:0 g	0.009		1	A	1		0.003		
12:0 g	0.009		1	A	1		0.003		
13:0 g									
14:0 g	0.009		1	A	1		0.003		
15:0 g	0.010		1	A	1		0.003		
16:0 g	1.782		1	A	1		0.552		
17:0 g	0.010		1	A	1		0.003		
18:0 g	1.206		1	A	1		0.374		
20:0 g	0.058		1	A	1		0.018		
22:0 g	0.048		1	A	1		0.015		
24:0 g									
Fatty acids, total monounsaturated g									
14:1 g	0.009		1	A	1		0.003		
15:1 g									
16:1 undifferentiated g	0.019		1	A	1		0.006		
17:1 g	0.010		1	A	1		0.003		
18:1 undifferentiated g	8.326		1	A	1		2.581		
20:1 g	0.067		1	A	1		0.021		
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g									
18:2 undifferentiated g	2.076		1	A	1		0.644		
18:3 undifferentiated g	0.105		1	A	1		0.033		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g	0.010		1	A	1		0.003		
20:4 undifferentiated g	0.010		1	A	1		0.003		
20:5 n-3 g									
22:5 n-3 g									
22:6 n-3 g									
Fatty acids, total trans g									
Cholesterol mg									

NDB No. 18608
KEEBLER, KEEBLER Chocolate Graham SELECTS

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18609

KEEBLER, KEEBLER GOLDEN Vanilla Wafers, Artificially Flavored

Keebler, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.20		1	A	1		1.30		
Energy....kcal	475		0	NC	4		147		
Energy....kj	1988				4		616		
Protein....g	5.20		1	A	1		1.61		
Total lipid (fat)....g	19.50		1	A	1		6.05		
Ash....g	1.40		1	A	1		0.43		
Carbohydrate, by difference....g	69.70		0	NC	4		21.61		
Fiber, total dietary....g									
Sugars, total....g	27.40		1	A	1		8.49		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	386		1	A	1		120		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g	3.580		1	A	1		1.110		
4:0....g									
6:0....g									
8:0....g	0.009		1	A	1		0.003		
10:0....g	0.009		1	A	1		0.003		
12:0....g	0.009		1	A	1		0.003		
13:0....g									
14:0....g	0.028		1	A	1		0.009		
15:0....g	0.010		1	A	1		0.003		
16:0....g	1.925		1	A	1		0.597		
17:0....g	0.010		1	A	1		0.003		
18:0....g	1.493		1	A	1		0.463		
20:0....g	0.058		1	A	1		0.018		
22:0....g	0.058		1	A	1		0.018		
24:0....g									
Fatty acids, total monounsaturated....g									
14:1....g	0.009		1	A	1		0.003		
15:1....g									
16:1 undifferentiated....g	0.019		1	A	1		0.006		
17:1....g	0.048		1	A	1		0.015		
18:1 undifferentiated....g	10.814		1	A	1		3.352		
20:1....g	0.058		1	A	1		0.018		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g									
18:2 undifferentiated....g	1.598		1	A	1		0.495		
18:3 undifferentiated....g	0.067		1	A	1		0.021		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g	0.010		1	A	1		0.003		
20:4 undifferentiated....g	0.010		1	A	1		0.003		
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg									

NDB No. 18609
KEEBLER, KEEBLER GOLDEN Vanilla Wafers, Artificially Flavored

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18512

KELLOGG'S Eggo Golden Oat Waffles

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	50.60		0	MC	9		17.71	35.42	
Energy....kcal	198		0	MC	9		69	139	
Energy....kj	828				9		290	580	
Protein....g	6.83		0	MC	9		2.39	4.78	
Total lipid (fat)....g	3.22		0	MC	9		1.13	2.25	
Ash....g	1.83		0	MC	9		0.64	1.28	
Carbohydrate, by difference....g	37.52		0	MC	9		13.13	26.26	
Fiber, total dietary....g	3.5		0	MC	9		1.2	2.5	
Sugars, total....g	3.47		0	MC	9		1.21	2.43	
Starch....g									
Minerals:									
Calcium, Ca....mg	66		0	MC	9		23	46	
Iron, Fe....mg	4.60		0	MC	9		1.61	3.22	
Magnesium, Mg....mg	44		0	MC	9		15	31	
Phosphorus, P....mg	323		0	MC	9		113	226	
Potassium, K....mg	191		0	MC	9		67	134	
Sodium, Na....mg	385		0	MC	9		135	270	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8		0	MC	9		0.3	0.6	
Thiamin....mg	0.400		0	MC	9		0.140	0.280	
Riboflavin....mg	0.500		0	MC	9		0.175	0.350	
Niacin....mg	5.100		0	MC	9		1.785	3.570	
Pantothenic acid....mg									
Vitamin B-6....mg	0.500		0	MC	9		0.175	0.350	
Folate, total....mcg	41		0	MC	9		14	29	
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.50		0	MC	9		0.53	1.05	
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	1282		0	MC	9		449	897	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.600		0	MC	9		0.210	0.420	
Fatty acids, total monounsaturated....g	1.067		0	MC	9		0.373	0.747	
Fatty acids, total polyunsaturated....g	1.067		0	MC	9		0.373	0.747	
Fatty acids, total trans....g									
Cholesterol....mg	1		0	MC	9		0	1	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18512
KELLOGG'S Eggo Golden Oat Waffles

Measure 1 = 35g: 1 waffle, round (4" dia) (include frozen)
Measure 2 = 70g: 1 serving

Footnotes:
1 Serving equals 2 waffles

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18507

KELLOGG'S Eggo Lowfat Blueberry Nutri-Grain Waffles

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	46.06		0	MC	9		16.12	32.24	
Energy....kcal	208		0	MC	9		73	146	
Energy....kj	870				9		305	609	
Protein....g	5.95		0	MC	9		2.08	4.17	
Total lipid (fat)....g	2.83		0	MC	9		0.99	1.98	
Ash....g	2.45		0	MC	9		0.86	1.72	
Carbohydrate, by difference....g	42.71		0	MC	9		14.95	29.90	
Fiber, total dietary....g	3.5		0	MC	9		1.2	2.5	
Sugars, total....g	8.89		0	MC	9		3.11	6.22	
Starch....g									
Minerals:									
Calcium, Ca....mg	61		0	MC	9		21	43	
Iron, Fe....mg	4.62		0	MC	9		1.62	3.23	
Magnesium, Mg....mg	54		0	MC	9		19	38	
Phosphorus, P....mg	77		0	MC	9		27	54	
Potassium, K....mg	68		0	MC	9		24	48	
Sodium, Na....mg	591		0	MC	9		207	414	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0	0.0	
Thiamin....mg	0.380		0	MC	9		0.133	0.266	
Riboflavin....mg	0.440		0	MC	9		0.154	0.308	
Niacin....mg	5.130		0	MC	9		1.796	3.591	
Pantothenic acid....mg									
Vitamin B-6....mg	0.510		0	MC	9		0.179	0.357	
Folate, total....mcg	51		0	MC	9		18	36	
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.54		0	MC	9		0.54	1.08	
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	1282		0	MC	9		449	897	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.410		0	MC	9		0.144	0.287	
Fatty acids, total monounsaturated....g	1.150		0	MC	9		0.403	0.805	
Fatty acids, total polyunsaturated....g	0.800		0	MC	9		0.280	0.560	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	MC	9		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18507

KELLOGG'S Eggo Lowfat Blueberry Nutri-Grain Waffles

Measure 1 = 35g: 1 waffle, round (4" dia) (include frozen)

Measure 2 = 70g: 1 serving

Footnotes:

1 Serving equals 2 waffles

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18505

KELLOGG'S Eggo Lowfat Homestyle Waffles

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	43.44		0	MC	9		30.41	15.20	
Energy kcal	236		0	MC	9		165	83	
Energy kj	987				9		691	346	
Protein g	7.06		0	MC	9		4.94	2.47	
Total lipid (fat) g	3.56		0	MC	9		2.49	1.25	
Ash g	1.79		0	MC	9		1.25	0.63	
Carbohydrate, by difference g	44.15		0	MC	9		30.91	15.45	
Fiber, total dietary g	1.0		0	MC	9		0.7	0.4	
Sugars, total g	2.92		0	MC	9		2.04	1.02	
Starch g									
Minerals:									
Calcium, Ca mg	58		0	MC	9		41	20	
Iron, Fe mg	5.56		0	MC	9		3.89	1.95	
Magnesium, Mg mg	68		0	MC	9		48	24	
Phosphorus, P mg	81		0	MC	9		57	28	
Potassium, K mg	143		0	MC	9		100	50	
Sodium, Na mg	442		0	MC	9		309	155	
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	MC	9		0.0	0.0	
Thiamin mg	0.880		0	MC	9		0.616	0.308	
Riboflavin mg	0.740		0	MC	9		0.518	0.259	
Niacin mg	7.410		0	MC	9		5.187	2.594	
Pantothenic acid mg									
Vitamin B-6 mg	0.470		0	MC	9		0.329	0.165	
Folate, total mcg	77		0	MC	9		54	27	
Folate, DFE mcg_DFE									
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	1.57		0	MC	9		1.10	0.55	
Vitamin A, RAE mcg_RAE									
Vitamin A, IU IU	1447		0	MC	9		1013	506	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	0.900		0	MC	9		0.630	0.315	
Fatty acids, total monounsaturated g	1.000		0	MC	9		0.700	0.350	
Fatty acids, total polyunsaturated g	1.070		0	MC	9		0.749	0.375	
Fatty acids, total trans g									
Cholesterol mg	25		0	MC	9		18	9	
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18505
KELLOGG'S Eggo Lowfat Homestyle Waffles

Measure 1 = 70g: 1 serving
Measure 2 = 35g: 1 round waffle (4" dia) (include frozen)

Footnotes:
1 Serving equals 2 waffles

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18506

KELLOGG'S Eggo Lowfat Nutri-Grain Waffles

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	47.75		0	MC	9		16.71	33.43	
Energy kcal	203		0	MC	9		71	142	
Energy kj	849				9		297	595	
Protein g	6.28		0	MC	9		2.20	4.40	
Total lipid (fat) g	3.20		0	MC	9		1.12	2.24	
Ash g	2.50		0	MC	9		0.88	1.75	
Carbohydrate, by difference g	40.27		0	MC	9		14.09	28.19	
Fiber, total dietary g	3.7		0	MC	9		1.3	2.6	
Sugars, total g	5.73		0	MC	9		2.01	4.01	
Starch g									
Minerals:									
Calcium, Ca mg	61		0	MC	9		21	43	
Iron, Fe mg	4.62		0	MC	9		1.62	3.23	
Magnesium, Mg mg	56		0	MC	9		20	39	
Phosphorus, P mg	81		0	MC	9		28	57	
Potassium, K mg	72		0	MC	9		25	50	
Sodium, Na mg	614		0	MC	9		215	430	
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	MC	9		0.0	0.0	
Thiamin mg	0.380		0	MC	9		0.133	0.266	
Riboflavin mg	0.440		0	MC	9		0.154	0.308	
Niacin mg	5.130		0	MC	9		1.796	3.591	
Pantothenic acid mg									
Vitamin B-6 mg	0.510		0	MC	9		0.179	0.357	
Folate, total mcg	51		0	MC	9		18	36	
Folate, DFE mcg_DFE									
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	1.54		0	MC	9		0.54	1.08	
Vitamin A, RAE mcg_RAE									
Vitamin A, IU IU	1282		0	MC	9		449	897	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	0.470		0	MC	9		0.165	0.329	
Fatty acids, total monounsaturated g	1.340		0	MC	9		0.469	0.938	
Fatty acids, total polyunsaturated g	0.900		0	MC	9		0.315	0.630	
Fatty acids, total trans g									
Cholesterol mg	0		0	MC	9		0	0	
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18506
KELLOGG'S Eggo Lowfat Nutri-Grain Waffles

Measure 1 = 35g: 1 waffle, round (4" dia) (include frozen)

Measure 2 = 70g: 1 serving

Footnotes:

1 Serving equals 2 waffles

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18508

KELLOGG'S Pop-Tarts Pastry Swirls, Apple Cinnamon Danish

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	16.80		0	MC	9		10.42		
Energy....kcal	413		0	MC	9		256		
Energy....kj	1728				9		1071		
Protein....g	4.80		0	MC	9		2.98		
Total lipid (fat)....g	17.70		0	MC	9		10.97		
Ash....g	1.00		0	MC	9		0.62		
Carbohydrate, by difference....g	59.70		0	MC	9		37.01		
Fiber, total dietary....g	1.4		0	MC	9		0.9		
Sugars, total....g	17.70		0	MC	9		10.97		
Starch....g									
Minerals:									
Calcium, Ca....mg	32		0	MC	9		20		
Iron, Fe....mg	1.74		0	MC	9		1.08		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	306		0	MC	9		190		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	4.800		0	MC	9		2.976		
Fatty acids, total monounsaturated....g	5.800		0	MC	9		3.596		
Fatty acids, total polyunsaturated....g	7.100		0	MC	9		4.402		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18508

KELLOGG'S Pop-Tarts Pastry Swirls, Apple Cinnamon Danish

Measure 1 = 62g: 1 pastry

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18510

KELLOGG'S Pop-Tarts Pastry Swirls, Cheese Danish

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	16.85		0	MC	9		10.45		
Energy....kcal	407		0	MC	9		252		
Energy....kj	1703				9		1056		
Protein....g	4.80		0	MC	9		2.98		
Total lipid (fat)....g	17.70		0	MC	9		10.97		
Ash....g	1.55		0	MC	9		0.96		
Carbohydrate, by difference....g	59.10		0	MC	9		36.64		
Fiber, total dietary....g	0.5		0	MC	9		0.3		
Sugars, total....g	19.40		0	MC	9		12.03		
Starch....g									
Minerals:									
Calcium, Ca....mg	64		0	MC	9		40		
Iron, Fe....mg	1.74		0	MC	9		1.08		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	290		0	MC	9		180		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	4.800		0	MC	9		2.976		
Fatty acids, total monounsaturated....g	5.800		0	MC	9		3.596		
Fatty acids, total polyunsaturated....g	7.100		0	MC	9		4.402		
Fatty acids, total trans....g									
Cholesterol....mg	1		0	MC	9		1		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18510
KELLOGG'S Pop-Tarts Pastry Swirls, Cheese Danish

Measure 1 = 62g: 1 pastry

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18509

KELLOGG'S Pop-Tarts Pastry Swirls, Strawberry Danish

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	16.32		0	MC	9		10.12		
Energy....kcal	410		0	MC	9		254		
Energy....kj	1715				9		1064		
Protein....g	4.80		0	MC	9		2.98		
Total lipid (fat)....g	17.70		0	MC	9		10.97		
Ash....g	1.18		0	MC	9		0.73		
Carbohydrate, by difference....g	60.00		0	MC	9		37.20		
Fiber, total dietary....g	1.8		0	MC	9		1.1		
Sugars, total....g	25.80		0	MC	9		16.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	32		0	MC	9		20		
Iron, Fe....mg	1.74		0	MC	9		1.08		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	274		0	MC	9		170		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	4.800		0	MC	9		2.976		
Fatty acids, total monounsaturated....g	5.800		0	MC	9		3.596		
Fatty acids, total polyunsaturated....g	7.100		0	MC	9		4.402		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18509

KELLOGG'S Pop-Tarts Pastry Swirls, Strawberry Danish

Measure 1 = 62g: 1 pastry

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18501

KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	14.50		0	MC	9		16.82		
Energy....kcal	370		0	MC	9		429		
Energy....kj	1548		0	NC	4		1796		
Protein....g	4.30		0	MC	9		4.99		
Total lipid (fat)....g	7.60		0	MC	9		8.82		
Ash....g	0.80		0	MC	9		0.93		
Carbohydrate, by difference....g	72.80		0	MC	9		84.45		
Fiber, total dietary....g	1.9		0	MC	9		2.2		
Sugars, total....g	33.60		0	MC	9		38.98		
Starch....g									
Minerals:									
Calcium, Ca....mg	39		0	MC	9		45		
Iron, Fe....mg	4.90		0	MC	9		5.68		
Magnesium, Mg....mg	26		0	MC	9		30		
Phosphorus, P....mg	98		0	MC	9		114		
Potassium, K....mg	188		0	MC	9		218		
Sodium, Na....mg	297		0	MC	9		345		
Zinc, Zn....mg	4.10		0	MC	9		4.76		
Copper, Cu....mg	0.100		0	MC	9		0.116		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg	1.000		0	MC	9		1.160		
Riboflavin....mg	1.100		0	MC	9		1.276		
Niacin....mg	13.500		0	MC	9		15.660		
Pantothenic acid....mg	0.000		0	MC	9		0.000		
Vitamin B-6....mg	1.400		0	MC	9		1.624		
Folate, total....mcg	108		0	MC	9		125		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	2027		0	MC	9		2351		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.500		0	MC	9		1.740		
Fatty acids, total monounsaturated....g	5.000		0	MC	9		5.800		
Fatty acids, total polyunsaturated....g	1.100		0	MC	9		1.276		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18501
KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry

Measure 1 = 116g: 1 bar (NLEA serving)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18500

KELLOGG, KELLOGG'S EGGO, Banana Bread Waffles

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	41.20		0	MC	9		32.14		
Energy kcal	272		0	MC	9		212		
Energy kj	1138				9		888		
Protein g	6.80		0	MC	9		5.30		
Total lipid (fat) g	9.50		0	MC	9		7.41		
Ash g	0.90		0	MC	9		0.70		
Carbohydrate, by difference g	41.60		0	MC	9		32.45		
Fiber, total dietary g	2.5		0	MC	9		2.0		
Sugars, total g	6.70		0	MC	9		5.23		
Starch g									
Minerals:									
Calcium, Ca mg	51		0	MC	9		40		
Iron, Fe mg	4.60		0	MC	9		3.59		
Magnesium, Mg mg	18		0	MC	9		14		
Phosphorus, P mg	341		0	MC	9		266		
Potassium, K mg	180		0	MC	9		140		
Sodium, Na mg	359		0	MC	9		280		
Zinc, Zn mg	0.60		0	MC	9		0.47		
Copper, Cu mg	0.000		0	MC	9		0.000		
Manganese, Mn mg									
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	1.4		0	MC	9		1.1		
Thiamin mg	0.400		0	MC	9		0.312		
Riboflavin mg	0.400		0	MC	9		0.312		
Niacin mg	5.100		0	MC	9		3.978		
Pantothenic acid mg	0.000		0	MC	9		0.000		
Vitamin B-6 mg	0.500		0	MC	9		0.390		
Folate, total mcg	51		0	MC	9		40		
Folate, DFE mcg_DFE									
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	1.50		0	MC	9		1.17		
Vitamin A, RAE mcg_RAE									
Vitamin A, IU IU	1282		0	MC	9		1000		
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	1.710		0	MC	9		1.334		
Fatty acids, total monounsaturated g	5.280		0	MC	9		4.118		
Fatty acids, total polyunsaturated g	2.510		0	MC	9		1.958		
Fatty acids, total trans g									
Cholesterol mg	0		0	MC	9		0		
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18500
KELLOGG, KELLOGG'S EGGO, Banana Bread Waffles

Measure 1 = 78g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18499

KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	47.20		0	MC	9		54.75		
Energy kcal	233		0	MC	9		270		
Energy kj	975		0		9		1131		
Protein g	6.00		0	MC	9		6.96		
Total lipid (fat) g	6.69		0	MC	9		7.76		
Ash g	1.96		0	MC	9		2.27		
Carbohydrate, by difference g	38.10		0	MC	9		44.20		
Fiber, total dietary g	1.1		0	MC	9		1.3		
Sugars, total g	8.20		0	MC	9		9.51		
Starch g									
Minerals:									
Calcium, Ca mg	35		0	MC	9		41		
Iron, Fe mg	3.10		0	MC	9		3.60		
Magnesium, Mg mg	18		0	MC	9		21		
Phosphorus, P mg	341		0	MC	9		396		
Potassium, K mg	103		0	MC	9		119		
Sodium, Na mg	530		0	MC	9		615		
Zinc, Zn mg	0.60		0	MC	9		0.70		
Copper, Cu mg	0.000		0	MC	9		0.000		
Manganese, Mn mg									
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	1.4		0	MC	9		1.6		
Thiamin mg	0.260		0	MC	9		0.302		
Riboflavin mg	0.290		0	MC	9		0.336		
Niacin mg	3.450		0	MC	9		4.002		
Pantothenic acid mg	0.000		0	MC	9		0.000		
Vitamin B-6 mg	0.350		0	MC	9		0.406		
Folate, total mcg	52		0	MC	9		60		
Folate, DFE mcg_DFE									
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	1.03		0	MC	9		1.19		
Vitamin A, RAE mcg_RAE									
Vitamin A, IU IU	862		0	MC	9		1000		
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	1.440		0	MC	9		1.670		
Fatty acids, total monounsaturated g	2.940		0	MC	9		3.410		
Fatty acids, total polyunsaturated g	2.130		0	MC	9		2.471		
Fatty acids, total trans g									
Cholesterol mg	11		0	MC	9		13		
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18499
KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake

Measure 1 = 116g: 3 pancakes (NLEA serving)

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18494

KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted brown sugar cinnamon

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	10.50		0	MC	9		5.25		
Energy....kcal	376		0	MC	9		188		
Energy....kj	1573				9		787		
Protein....g	4.70		0	MC	9		2.35		
Total lipid (fat)....g	5.50		0	MC	9		2.75		
Ash....g	1.00		0	MC	9		0.50		
Carbohydrate, by difference....g	78.30		0	MC	9		39.15		
Fiber, total dietary....g	1.2		0	MC	9		0.6		
Sugars, total....g	36.20		0	MC	9		18.10		
Starch....g									
Minerals:									
Calcium, Ca....mg	14		0	MC	9		7		
Iron, Fe....mg	3.60		0	MC	9		1.80		
Magnesium, Mg....mg	10		0	MC	9		5		
Phosphorus, P....mg	45		0	MC	9		23		
Potassium, K....mg	61		0	MC	9		31		
Sodium, Na....mg	419		0	MC	9		210		
Zinc, Zn....mg	0.30		0	MC	9		0.15		
Copper, Cu....mg	0.100		0	MC	9		0.050		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg	0.300		0	MC	9		0.150		
Riboflavin....mg	0.300		0	MC	9		0.150		
Niacin....mg	4.000		0	MC	9		2.000		
Pantothenic acid....mg	0.000		0	MC	9		0.000		
Vitamin B-6....mg	0.400		0	MC	9		0.200		
Folate, total....mcg	100		0	MC	9		50		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	1000		0	MC	9		500		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.200		0	MC	9		0.600		
Fatty acids, total monounsaturated....g	2.900		0	MC	9		1.450		
Fatty acids, total polyunsaturated....g	1.300		0	MC	9		0.650		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18494

KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted brown sugar cinnamon

Measure 1 = 50g: 1 pastry

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18495

KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted chocolate fudge

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	12.50		0	MC	9		6.50		
Energy kcal	366		0	MC	9		190		
Energy kj	1531				9		796		
Protein g	5.10		0	MC	9		2.65		
Total lipid (fat) g	5.80		0	MC	9		3.02		
Ash g	1.40		0	MC	9		0.73		
Carbohydrate, by difference g	76.00		0	MC	9		39.52		
Fiber, total dietary g	1.1		0	MC	9		0.6		
Sugars, total g	36.20		0	MC	9		18.82		
Starch g									
Minerals:									
Calcium, Ca mg	26		0	MC	9		14		
Iron, Fe mg	3.50		0	MC	9		1.82		
Magnesium, Mg mg	28		0	MC	9		15		
Phosphorus, P mg	76		0	MC	9		40		
Potassium, K mg	119		0	MC	9		62		
Sodium, Na mg	478		0	MC	9		249		
Zinc, Zn mg	0.50		0	MC	9		0.26		
Copper, Cu mg	0.200		0	MC	9		0.104		
Manganese, Mn mg									
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	MC	9		0.0		
Thiamin mg	0.300		0	MC	9		0.156		
Riboflavin mg	0.300		0	MC	9		0.156		
Niacin mg	3.800		0	MC	9		1.976		
Pantothenic acid mg	0.000		0	MC	9		0.000		
Vitamin B-6 mg	0.400		0	MC	9		0.208		
Folate, total mcg	100		0	MC	9		52		
Folate, DFE mcg_DFE									
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE mcg_RAE									
Vitamin A, IU IU	962		0	MC	9		500		
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	1.000		0	MC	9		0.520		
Fatty acids, total monounsaturated g	2.400		0	MC	9		1.248		
Fatty acids, total polyunsaturated g	1.700		0	MC	9		0.884		
Fatty acids, total trans g									
Cholesterol mg	0		0	MC	9		0		
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18495

KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted chocolate fudge

Measure 1 = 52g: 1 pastry

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18497

KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted strawberry

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	12.50		0	MC	9		6.50		
Energy....kcal	367		0	MC	9		191		
Energy....kj	1536				9		798		
Protein....g	4.10		0	MC	9		2.13		
Total lipid (fat)....g	5.80		0	MC	9		3.02		
Ash....g	0.90		0	MC	9		0.47		
Carbohydrate, by difference....g	77.50		0	MC	9		40.30		
Fiber, total dietary....g	1.1		0	MC	9		0.6		
Sugars, total....g	39.90		0	MC	9		20.75		
Starch....g									
Minerals:									
Calcium, Ca....mg	10		0	MC	9		5		
Iron, Fe....mg	3.50		0	MC	9		1.82		
Magnesium, Mg....mg	8		0	MC	9		4		
Phosphorus, P....mg	39		0	MC	9		20		
Potassium, K....mg	49		0	MC	9		25		
Sodium, Na....mg	387		0	MC	9		201		
Zinc, Zn....mg	0.30		0	MC	9		0.16		
Copper, Cu....mg	0.000		0	MC	9		0.000		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg	0.300		0	MC	9		0.156		
Riboflavin....mg	0.300		0	MC	9		0.156		
Niacin....mg	3.800		0	MC	9		1.976		
Pantothenic acid....mg	0.000		0	MC	9		0.000		
Vitamin B-6....mg	0.400		0	MC	9		0.208		
Folate, total....mcg	100		0	MC	9		52		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	962		0	MC	9		500		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.100		0	MC	9		0.572		
Fatty acids, total monounsaturated....g	2.700		0	MC	9		1.404		
Fatty acids, total polyunsaturated....g	2.000		0	MC	9		1.040		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18497
KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted strawberry

Measure 1 = 52g: 1 pastry

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18496

KELLOGG, KELLOGG'S LOW FAT POP TARTS, Strawberry

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	12.50		0	MC	9		6.50		
Energy....kcal	369		0	MC	9		192		
Energy....kj	1544				9		803		
Protein....g	4.50		0	MC	9		2.34		
Total lipid (fat)....g	5.50		0	MC	9		2.86		
Ash....g	1.00		0	MC	9		0.52		
Carbohydrate, by difference....g	76.60		0	MC	9		39.83		
Fiber, total dietary....g	1.2		0	MC	9		0.6		
Sugars, total....g	35.80		0	MC	9		18.62		
Starch....g									
Minerals:									
Calcium, Ca....mg	11		0	MC	9		6		
Iron, Fe....mg	3.50		0	MC	9		1.82		
Magnesium, Mg....mg	9		0	MC	9		5		
Phosphorus, P....mg	43		0	MC	9		22		
Potassium, K....mg	54		0	MC	9		28		
Sodium, Na....mg	424		0	MC	9		220		
Zinc, Zn....mg	0.30		0	MC	9		0.16		
Copper, Cu....mg	0.000		0	MC	9		0.000		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg	0.300		0	MC	9		0.156		
Riboflavin....mg	0.300		0	MC	9		0.156		
Niacin....mg	3.800		0	MC	9		1.976		
Pantothenic acid....mg	0.000		0	MC	9		0.000		
Vitamin B-6....mg	0.400		0	MC	9		0.208		
Folate, total....mcg	100		0	MC	9		52		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE....mcg_RAE	48		0	NC	4		25		
Vitamin A, IU....IU	962		0	MC	9		500		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.200		0	MC	9		0.624		
Fatty acids, total monounsaturated....g	2.900		0	MC	9		1.508		
Fatty acids, total polyunsaturated....g	1.300		0	MC	9		0.676		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18496
KELLOGG, KELLOGG'S LOW FAT POP TARTS, Strawberry

Measure 1 = 52g: 1 pastry

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18637

KRAFT FOODS, SHAKE 'N' BAKE ORIGINAL RECIPE, Coating for Pork, dry

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.20		1	A	1		0.90		
Energy....kcal	377		0	NC	4		106		
Energy....kj	1577				4		442		
Protein....g	6.10		1	A	1		1.71		
Total lipid (fat)....g	3.70		1	A	1		1.04		
Ash....g	7.20		1	A	1		2.02		
Carbohydrate, by difference....g	79.80		0	NC	4		22.34		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	2840		1	A	1		795		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18567

KRAFT, STOVE TOP Stuffing Mix Chicken Flavor

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	5.30		0	MC	9		1.48		
Energy kcal	381		0	MC	9		107		
Energy kj	1594				9		446		
Protein g	12.60		0	MC	9		3.53		
Total lipid (fat) g	4.10		0	NR	4		1.15		
Ash g	4.80		0	MC	9		1.34		
Carbohydrate, by difference g	73.10		0	MC	9		20.47		
Fiber, total dietary g	2.5		0	MC	9		0.7		
Sugars, total g	10.10		0	MC	9		2.83		
Starch g									
Minerals:									
Calcium, Ca mg	63		0	MC	9		18		
Iron, Fe mg	4.32		0	MC	9		1.21		
Magnesium, Mg mg									
Phosphorus, P mg	129		0	MC	9		36		
Potassium, K mg	267		0	MC	9		75		
Sodium, Na mg	1532		0	MC	9		429		
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	3.3		0	MC	9		0.9		
Thiamin mg	0.390		0	MC	9		0.109		
Riboflavin mg	0.290		0	MC	9		0.081		
Niacin mg	3.840		0	MC	9		1.075		
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total mcg	80		0	MC	9		22		
Folate, DFE mcg_DFE									
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg									
Vitamin A, RAE mcg_RAE									
Vitamin A, IU IU	107		0	MC	9		30		
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	0.800		0	MC	9		0.224		
Fatty acids, total monounsaturated g									
Fatty acids, total polyunsaturated g									
Fatty acids, total trans g									
Cholesterol mg	4		0	MC	9		1		
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18567
KRAFT, STOVE TOP Stuffing Mix Chicken Flavor

Measure 1 = 28g: 1 NLEA serving (makes 1/2 cup prepared)

Footnotes:
1 1/6 BOX (makes 1/2 cup prepared)

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18369

Leavening agents, baking powder, double-acting, sodium aluminum sulfate

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	5.00		1		1		0.23	0.12	
Energy kcal	53		0	NC	4		2	1	
Energy kj	222		0		4		10	5	
Protein (N x 6.2) g	0.00		1		1		0.00	0.00	
Total lipid (fat) g	0.00		1		1		0.00	0.00	
Ash g	67.30		1		1		3.10	1.55	
Carbohydrate, by difference g	27.70		0	NC	4		1.27	0.64	
Fiber, total dietary g	0.2		0		4		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	5876		2		1		270	135	
Iron, Fe mg	11.02	1.171	4		1		0.51	0.25	
Magnesium, Mg mg	27	1.895	4		1		1	1	
Phosphorus, P mg	2191	40.266	4		1		101	50	
Potassium, K mg	20		1		1		1	0	
Sodium, Na mg	10600		2		1		488	244	
Zinc, Zn mg	0.01		0		4		0.00	0.00	
Copper, Cu mg	0.010		0		4		0.000	0.000	
Manganese, Mn mg	0.011		0		4		0.001	0.000	
Selenium, Se mcg	0.2		0	T	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	
Thiamin mg	0.000		0		1		0.000	0.000	
Riboflavin mg	0.000		0		1		0.000	0.000	
Niacin mg	0.000		0		1		0.000	0.000	
Pantothenic acid mg	0.000		0		1		0.000	0.000	
Vitamin B-6 mg	0.000		0		1		0.000	0.000	
Folate, total mcg	0		0		1		0	0	
Folic acid mcg	0		0	Z	7		0	0	
Folate, food mcg	0		0		1		0	0	
Folate, DFE mcg_DFE	0		0	NC	4		0	0	
Choline, total mg	0.0		0	Z	7		0.0	0.0	
Betaine mg	0.0		0	Z	7		0.0	0.0	
Vitamin B-12 mcg	0.00		0		1		0.00	0.00	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg	0		0	Z	7		0	0	
Carotene, alpha mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta mcg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0		1		0	0	
Lycopene mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.00		0	Z	7		0.00	0.00	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	0.0		0	Z	7		0.0	0.0	
Lipids:									
Fatty acids, total saturated g	0.000		0		4		0.000	0.000	
4:0 g	0.000		0		4		0.000	0.000	
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.000		0		4		0.000	0.000	

NDB No. 18369

Leavening agents, baking powder, double-acting, sodium aluminum sulfate

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0		4		0.000	0.000	
13:0 g									
14:0 g	0.000		0		4		0.000	0.000	
15:0 g									
16:0 g	0.000		0		4		0.000	0.000	
17:0 g									
18:0 g	0.000		0		4		0.000	0.000	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.000		0		4		0.000	0.000	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		4		0.000	0.000	
17:1 g									
18:1 undifferentiated g	0.000		0		4		0.000	0.000	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.000		0		4		0.000	0.000	
18:2 undifferentiated g	0.000		0		4		0.000	0.000	
18:3 undifferentiated g	0.000		0		4		0.000	0.000	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 g	0.000		0		4		0.000	0.000	
22:5 n-3 g	0.000		0		4		0.000	0.000	
22:6 n-3 g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 4.6g: 1 tsp

Measure 2 = 2.3g: .5 tsp

Calories Factors: **Protein** 1.5 **Fat** 8.4 **Carbohydrate** 1.9

Food Group: 18 Baked Products

NDB No. 18370

Leavening agents, baking powder, double-acting, straight phosphate

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	4.00		2		1		0.18	0.09	
Energy kcal	51		0	NC	4		2	1	
Energy kj	213		0		4		10	5	
Protein (N x 6.2) g	0.10		1		1		0.00	0.00	
Total lipid (fat) g	0.00		1		1		0.00	0.00	
Ash g	71.80		1		1		3.30	1.65	
Carbohydrate, by difference g	24.10		0	NC	4		1.11	0.55	
Fiber, total dietary g	0.2		0		4		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	7364	32.166	3		1		339	169	
Iron, Fe mg	11.27	2.867	3		1		0.52	0.26	
Magnesium, Mg mg	39	12.657	3		1		2	1	
Phosphorus, P mg	9918	309.356	3		1		456	228	
Potassium, K mg	5		1		1		0	0	
Sodium, Na mg	7893	404.206	3		1		363	182	
Zinc, Zn mg	0.02		0		4		0.00	0.00	
Copper, Cu mg	0.013		0		4		0.001	0.000	
Manganese, Mn mg	0.014		0		4		0.001	0.000	
Selenium, Se mcg	0.2		0	BFZN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	
Thiamin mg	0.000		0		1		0.000	0.000	
Riboflavin mg	0.000		0		1		0.000	0.000	
Niacin mg	0.000		0		1		0.000	0.000	
Pantothenic acid mg	0.000		0		1		0.000	0.000	
Vitamin B-6 mg	0.000		0		1		0.000	0.000	
Folate, total mcg	0		0		1		0	0	
Folic acid mcg	0		0	Z	7		0	0	
Folate, food mcg	0		0		1		0	0	
Folate, DFE mcg_DFE	0		0	NC	4		0	0	
Choline, total mg	0.0		0	Z	7		0.0	0.0	
Betaine mg	0.0		0	Z	7		0.0	0.0	
Vitamin B-12 mcg	0.00		0		1		0.00	0.00	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg	0		0	Z	7		0	0	
Carotene, alpha mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta mcg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0		1		0	0	
Lycopene mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.00		0	Z	7		0.00	0.00	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	0.0		0	Z	7		0.0	0.0	
Lipids:									
Fatty acids, total saturated g	0.000		0		4		0.000	0.000	
4:0 g	0.000		0		4		0.000	0.000	
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.000		0		4		0.000	0.000	

NDB No. 18370

Leavening agents, baking powder, double-acting, straight phosphate

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0		4		0.000	0.000	
13:0 g									
14:0 g	0.000		0		4		0.000	0.000	
15:0 g									
16:0 g	0.000		0		4		0.000	0.000	
17:0 g									
18:0 g	0.000		0		4		0.000	0.000	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.000		0		4		0.000	0.000	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		4		0.000	0.000	
17:1 g									
18:1 undifferentiated g	0.000		0		4		0.000	0.000	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.000		0		4		0.000	0.000	
18:2 undifferentiated g	0.000		0		4		0.000	0.000	
18:3 undifferentiated g	0.000		0		4		0.000	0.000	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 g	0.000		0		4		0.000	0.000	
22:5 n-3 g	0.000		0		4		0.000	0.000	
22:6 n-3 g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 4.6g: 1 tsp

Measure 2 = 2.3g: .5 tsp

Calories Factors: **Protein** 1.8 **Fat** 8.4 **Carbohydrate** 2.1

Food Group: 18 Baked Products

NDB No. 18371
Leavening agents, baking powder, low-sodium

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	6.20		2		1		0.31	0.16	
Energy kcal	97		0	NC	4		5	2	
Energy kj	406		0		4		20	10	
Protein (N x 6.2) g	0.10		1		1		0.01	0.00	
Total lipid (fat) g	0.40	0.033	3		1		0.02	0.01	
Ash g	46.40		2		1		2.32	1.16	
Carbohydrate, by difference g	46.90		0	NC	4		2.35	1.17	
Fiber, total dietary g	2.2		0		4		0.1	0.1	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	4332		2		1		217	108	
Iron, Fe mg	8.17		2		1		0.41	0.20	
Magnesium, Mg mg	29		2		1		1	1	
Phosphorus, P mg	6869		2		1		343	172	
Potassium, K mg	10100		1		1		505	253	
Sodium, Na mg	90		1		1		5	2	
Zinc, Zn mg	0.72		2		1		0.04	0.02	
Copper, Cu mg	0.019		2		1		0.001	0.000	
Manganese, Mn mg	0.420		2		1		0.021	0.011	
Selenium, Se mcg	0.2		0	BFZN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	
Thiamin mg	0.000		0		1		0.000	0.000	
Riboflavin mg	0.000		0		1		0.000	0.000	
Niacin mg	0.000		0		1		0.000	0.000	
Pantothenic acid mg	0.000		0		1		0.000	0.000	
Vitamin B-6 mg	0.000		0		1		0.000	0.000	
Folate, total mcg	0		0		1		0	0	
Folic acid mcg	0		0	Z	7		0	0	
Folate, food mcg	0		0		1		0	0	
Folate, DFE mcg_DFE	0		0	NC	4		0	0	
Choline, total mg	0.0		0	Z	7		0.0	0.0	
Betaine mg	0.0		0	Z	7		0.0	0.0	
Vitamin B-12 mcg	0.00		0		1		0.00	0.00	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg	0		0	Z	7		0	0	
Carotene, alpha mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta mcg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0		1		0	0	
Lycopene mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.00		0	Z	7		0.00	0.00	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	0.0		0	Z	7		0.0	0.0	
Lipids:									
Fatty acids, total saturated g	0.073		0		4		0.004	0.002	
4:0 g	0.000		0		4		0.000	0.000	
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.002		0		4		0.000	0.000	

NDB No. 18371
Leavening agents, baking powder, low-sodium

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.009		0		4		0.000	0.000	
13:0 g									
14:0 g	0.002		0		4		0.000	0.000	
15:0 g									
16:0 g	0.046		0		4		0.002	0.001	
17:0 g									
18:0 g	0.009		0		4		0.000	0.000	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.006		0		4		0.000	0.000	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.002		0		4		0.000	0.000	
17:1 g									
18:1 undifferentiated g	0.003		0		4		0.000	0.000	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.121		0		4		0.006	0.003	
18:2 undifferentiated g	0.090		0		4		0.005	0.002	
18:3 undifferentiated g	0.029		0		4		0.001	0.001	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 g	0.000		0		4		0.000	0.000	
22:5 n-3 g	0.000		0		4		0.000	0.000	
22:6 n-3 g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 5.0g: 1 tsp

Measure 2 = 2.5g: .5 tsp

Calories Factors: **Protein** 2.7 **Fat** 8.4 **Carbohydrate** 2

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18372
Leavening agents, baking soda

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.20		1		1		0.01	0.00	
Energy....kcal	0		0	NC	4		0	0	
Energy....kj	0		0		4		0	0	
Protein (N x 0)....g	0.00		1		1		0.00	0.00	
Total lipid (fat)....g	0.00		1		1		0.00	0.00	
Ash....g	36.90		1		1		1.70	0.85	
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1		1		0	0	
Iron, Fe....mg	0.00		1		1		0.00	0.00	
Magnesium, Mg....mg	0		1		1		0	0	
Phosphorus, P....mg	0		1		1		0	0	
Potassium, K....mg	0		1		1		0	0	
Sodium, Na....mg	27360		1		1		1259	629	
Zinc, Zn....mg	0.00		1		1		0.00	0.00	
Copper, Cu....mg	0.000		1		1		0.000	0.000	
Manganese, Mn....mg	0.000		1		1		0.000	0.000	
Selenium, Se....mcg	0.2		0	BFZN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.000		0		1		0.000	0.000	
Riboflavin....mg	0.000		0		1		0.000	0.000	
Niacin....mg	0.000		0		1		0.000	0.000	
Pantothenic acid....mg	0.000		0		1		0.000	0.000	
Vitamin B-6....mg	0.000		0		1		0.000	0.000	
Folate, total....mcg	0		0		1		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		0		1		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	0.0		0	Z	7		0.0	0.0	
Betaine....mg	0.0		0	Z	7		0.0	0.0	
Vitamin B-12....mcg	0.00		0		1		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	Z	7		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		0	Z	7		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.000		0		4		0.000	0.000	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	

NDB No. 18372
Leavening agents, baking soda

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0		4		0.000	0.000	
13:0 g									
14:0 g	0.000		0		4		0.000	0.000	
15:0 g									
16:0 g	0.000		0		4		0.000	0.000	
17:0 g									
18:0 g	0.000		0		4		0.000	0.000	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.000		0		4		0.000	0.000	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		4		0.000	0.000	
17:1 g									
18:1 undifferentiated g	0.000		0		4		0.000	0.000	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.000		0		4		0.000	0.000	
18:2 undifferentiated g	0.000		0		4		0.000	0.000	
18:3 undifferentiated g	0.000		0		4		0.000	0.000	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 g	0.000		0		4		0.000	0.000	
22:5 n-3 g	0.000		0		4		0.000	0.000	
22:6 n-3 g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 4.6g: 1 tsp

Measure 2 = 2.3g: .5 tsp

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18373
Leavening agents, cream of tartar

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	1.70		1		1		0.05	0.03	
Energy kcal	258		0	NC	4		8	4	
Energy kj	1079		0		4		32	16	
Protein (N x 6.2) g	0.00		1		1		0.00	0.00	
Total lipid (fat) g	0.00		1		1		0.00	0.00	
Ash g	36.80		2		1		1.10	0.55	
Carbohydrate, by difference g	61.50		0	NC	4		1.85	0.92	
Fiber, total dietary g	0.2		0		4		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	8		2		1		0	0	
Iron, Fe mg	3.72		2		1		0.11	0.06	
Magnesium, Mg mg	2		2		1		0	0	
Phosphorus, P mg	5		2		1		0	0	
Potassium, K mg	16500		1		1		495	248	
Sodium, Na mg	52		2		1		2	1	
Zinc, Zn mg	0.42		2		1		0.01	0.01	
Copper, Cu mg	0.195		2		1		0.006	0.003	
Manganese, Mn mg	0.205		2		1		0.006	0.003	
Selenium, Se mcg	0.2		0	BFZN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	
Thiamin mg	0.000		0		1		0.000	0.000	
Riboflavin mg	0.000		0		1		0.000	0.000	
Niacin mg	0.000		0		1		0.000	0.000	
Pantothenic acid mg	0.000		0		1		0.000	0.000	
Vitamin B-6 mg	0.000		0		1		0.000	0.000	
Folate, total mcg	0		0		1		0	0	
Folic acid mcg	0		0	Z	7		0	0	
Folate, food mcg	0		0		1		0	0	
Folate, DFE mcg_DFE	0		0	NC	4		0	0	
Choline, total mg	0.0		0	Z	7		0.0	0.0	
Betaine mg	0.0		0	Z	7		0.0	0.0	
Vitamin B-12 mcg	0.00		0		1		0.00	0.00	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg	0		0	Z	7		0	0	
Carotene, alpha mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta mcg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0		1		0	0	
Lycopene mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.00		0	Z	7		0.00	0.00	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	0.0		0	Z	7		0.0	0.0	
Lipids:									
Fatty acids, total saturated g	0.000		0		4		0.000	0.000	
4:0 g	0.000		0		4		0.000	0.000	
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.000		0		4		0.000	0.000	

NDB No. 18373
Leavening agents, cream of tartar

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0		4		0.000	0.000	
13:0 g									
14:0 g	0.000		0		4		0.000	0.000	
15:0 g									
16:0 g	0.000		0		4		0.000	0.000	
17:0 g									
18:0 g	0.000		0		4		0.000	0.000	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.000		0		4		0.000	0.000	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		4		0.000	0.000	
17:1 g									
18:1 undifferentiated g	0.000		0		4		0.000	0.000	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.000		0		4		0.000	0.000	
18:2 undifferentiated g	0.000		0		4		0.000	0.000	
18:3 undifferentiated g	0.000		0		4		0.000	0.000	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 g	0.000		0		4		0.000	0.000	
22:5 n-3 g	0.000		0		4		0.000	0.000	
22:6 n-3 g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 3.0g: 1 tsp

Measure 2 = 1.5g: .5 tsp

Calories Factors: **Protein** 3.5 **Fat** 8.4 **Carbohydrate** 4.2

Food Group: 18 Baked Products

NDB No. 18375
Leavening agents, yeast, baker's, active dry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	7.60		1		1		0.91	0.30	0.53
Energy kcal	295		0	NC	4		35	12	21
Energy kj	1234		0	NC	4		148	49	86
Protein (N x 6.25) g	38.30		1		1		4.60	1.53	2.68
Total lipid (fat) g	4.60		1		1		0.55	0.18	0.32
Ash g	7.00		1		1		0.84	0.28	0.49
Carbohydrate, by difference g	38.20		0	NC	4		4.58	1.53	2.67
Fiber, total dietary g	21.0		0		1		2.5	0.8	1.5
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	64		2		1		8	3	4
Iron, Fe mg	16.60		1		1		1.99	0.66	1.16
Magnesium, Mg mg	98		1		1		12	4	7
Phosphorus, P mg	1290		1		1		155	52	90
Potassium, K mg	2000		1		1		240	80	140
Sodium, Na mg	50		1		1		6	2	4
Zinc, Zn mg	6.40		1		1		0.77	0.26	0.45
Copper, Cu mg	0.500		1		1		0.060	0.020	0.035
Manganese, Mn mg	0.550		2		1		0.066	0.022	0.039
Selenium, Se mcg	24.1		0	BFSN	4		2.9	1.0	1.7
Vitamins:									
Vitamin C, total ascorbic acid mg	0.3		1		1		0.0	0.0	0.0
Thiamin mg	2.360		1		1		0.283	0.094	0.165
Riboflavin mg	5.470		1		1		0.656	0.219	0.383
Niacin mg	39.750		2		1		4.770	1.590	2.783
Pantothenic acid mg	11.300		1		1		1.356	0.452	0.791
Vitamin B-6 mg	1.550		2		1		0.186	0.062	0.109
Folate, total mcg	2340		1		1		281	94	164
Folic acid mcg	0		0	Z	7		0	0	0
Folate, food mcg	2340		1		1		281	94	164
Folate, DFE mcg_DFE	2340		0	NC	4		281	94	164
Choline, total mg	32.0		0	AS	1		3.8	1.3	2.2
Betaine mg	3.4		1	A	1		0.4	0.1	0.2
Vitamin B-12 mcg	0.02		1		1		0.00	0.00	0.00
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	0		0	AS	1		0	0	0
Retinol mcg	0		0	Z	7		0	0	0
Carotene, beta mcg	0		0	Z	7		0	0	0
Carotene, alpha mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta mcg	0		0	Z	7		0	0	0
Vitamin A, IU IU	1		1		1		0	0	0
Lycopene mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	0.0		0	Z	7		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated g	0.595		0		1		0.071	0.024	0.042
4:0 g	0.000		0		1		0.000	0.000	0.000
6:0 g	0.000		0		1		0.000	0.000	0.000
8:0 g	0.000		0		1		0.000	0.000	0.000
10:0 g	0.000		0		1		0.000	0.000	0.000

NDB No. 18375

Leavening agents, yeast, baker's, active dry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.029		0		1		0.003	0.001	0.002
13:0 g									
14:0 g	0.000		0		1		0.000	0.000	0.000
15:0 g									
16:0 g	0.420		0		1		0.050	0.017	0.029
17:0 g									
18:0 g	0.146		0		1		0.018	0.006	0.010
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.562		0		1		0.307	0.102	0.179
14:1 g									
15:1 g									
16:1 undifferentiated g	1.361		0		1		0.163	0.054	0.095
17:1 g									
18:1 undifferentiated g	1.201		0		1		0.144	0.048	0.084
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.010		0		1		0.001	0.000	0.001
18:2 undifferentiated g	0.010		0		1		0.001	0.000	0.001
18:3 undifferentiated g	0.000		0		1		0.000	0.000	0.000
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		1		1		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.484		0		1		0.058	0.019	0.034
Threonine g	1.989		0		1		0.239	0.080	0.139
Isoleucine g	2.177		0		1		0.261	0.087	0.152
Leucine g	3.057		0		1		0.367	0.122	0.214
Lysine g	3.158		0		1		0.379	0.126	0.221
Methionine g	0.759		0		1		0.091	0.030	0.053
Cystine g	0.511		0		1		0.061	0.020	0.036
Phenylalanine g	1.861		0		1		0.223	0.074	0.130
Tyrosine g	1.579		0		1		0.189	0.063	0.111
Valine g	2.345		0		1		0.281	0.094	0.164
Arginine g	2.116		0		1		0.254	0.085	0.148
Histidine g	0.994		0		1		0.119	0.040	0.070
Alanine g	2.533		0		1		0.304	0.101	0.177
Aspartic acid g	3.904		0		1		0.468	0.156	0.273
Glutamic acid g	5.651		0		1		0.678	0.226	0.396
Glycine g	1.861		0		1		0.223	0.074	0.130
Proline g	1.633		0		1		0.196	0.065	0.114
Serine g	1.888		0		1		0.227	0.076	0.132
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18375

Leavening agents, yeast, baker's, active dry

Measure 1 = 12.0g: 1 tbsp

Measure 2 = 4.0g: 1 tsp

Measure 3 = 7.0g: 1 package

Calories Factors: **Protein** 3 **Fat** 8.4 **Carbohydrate** 3.4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18374
Leavening agents, yeast, baker's, compressed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	69.00		1		1		11.73		
Energy kcal	105		0	NC	4		18		
Energy kj	439		0	NC	4		75		
Protein (N x 6.2) g	8.40		1		1		1.43		
Total lipid (fat) g	1.90		1		1		0.32		
Ash g	1.80		2		1		0.31		
Carbohydrate, by difference g	18.10		0	NC	4		3.08		
Fiber, total dietary g	8.1		0		1		1.4		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	19		2		1		3		
Iron, Fe mg	3.25		2		1		0.55		
Magnesium, Mg mg	40		2		1		7		
Phosphorus, P mg	336		1		1		57		
Potassium, K mg	601		1		1		102		
Sodium, Na mg	30		1		1		5		
Zinc, Zn mg	9.97		1		1		1.69		
Copper, Cu mg	0.148		1		1		0.025		
Manganese, Mn mg	0.200		1		1		0.034		
Selenium, Se mcg	8.1		2	A	1		1.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.1		0		4		0.0		
Thiamin mg	1.880		1		1		0.320		
Riboflavin mg	1.130		2		1		0.192		
Niacin mg	12.300		1		1		2.091		
Pantothenic acid mg	4.900		1		1		0.833		
Vitamin B-6 mg	0.430		1		1		0.073		
Folate, total mcg	785		1		1		133		
Folic acid mcg	0		0	Z	7		0		
Folate, food mcg	785		1		1		133		
Folate, DFE mcg_DFE	785		0	NC	4		133		
Choline, total mg	32.0		0	BFZN	4		5.4		
Betaine mg									
Vitamin B-12 mcg	0.01		0		4		0.00		
Vitamin B-12, added mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE mcg_RAE	0		0	AS	1		0		
Retinol mcg	0		0	Z	7		0		
Carotene, beta mcg	0		0	Z	7		0		
Carotene, alpha mcg	0		0	Z	7		0		
Cryptoxanthin, beta mcg	0		0	Z	7		0		
Vitamin A, IU IU	0		0		4		0		
Lycopene mcg	0		0	Z	7		0		
Lutein + zeaxanthin mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.00		0	Z	7		0.00		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	0.0		0	Z	7		0.0		
Lipids:									
Fatty acids, total saturated g	0.243		0		1		0.041		
4:0 g	0.000		0		1		0.000		
6:0 g	0.000		0		1		0.000		
8:0 g	0.000		0		1		0.000		
10:0 g	0.000		0		1		0.000		

NDB No. 18374

Leavening agents, yeast, baker's, compressed

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.012		0		1		0.002		
13:0 g									
14:0 g	0.000		0		1		0.000		
15:0 g									
16:0 g	0.172		0		1		0.029		
17:0 g									
18:0 g	0.060		0		1		0.010		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.047		0		1		0.178		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.556		0		1		0.095		
17:1 g									
18:1 undifferentiated g	0.491		0		1		0.083		
20:1 g	0.000		0		1		0.000		
22:1 undifferentiated g	0.000		0		1		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.004		0		1		0.001		
18:2 undifferentiated g	0.004		0		1		0.001		
18:3 undifferentiated g	0.000		0		1		0.000		
18:4 g	0.000		0		1		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000		
20:5 n-3 g	0.000		0		1		0.000		
22:5 n-3 g	0.000		0		1		0.000		
22:6 n-3 g	0.000		0		1		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		1		1		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.106		0		1		0.018		
Threonine g	0.435		0		1		0.074		
Isoleucine g	0.476		0		1		0.081		
Leucine g	0.668		0		1		0.114		
Lysine g	0.690		0		1		0.117		
Methionine g	0.166		0		1		0.028		
Cystine g	0.112		0		1		0.019		
Phenylalanine g	0.407		0		1		0.069		
Tyrosine g	0.345		0		1		0.059		
Valine g	0.512		0		1		0.087		
Arginine g	0.462		0		1		0.079		
Histidine g	0.217		0		1		0.037		
Alanine g	0.553		0		1		0.094		
Aspartic acid g	0.853		0		1		0.145		
Glutamic acid g	1.235		0		1		0.210		
Glycine g	0.407		0		1		0.069		
Proline g	0.357		0		1		0.061		
Serine g	0.413		0		1		0.070		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18374

Leavening agents, yeast, baker's, compressed

Measure 1 = 17g: 1 cake (0.6 oz)

Calories Factors: **Protein** 3 **Fat** 8.4 **Carbohydrate** 3.4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18615

MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix,dry

The J.M. Smucker Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	10.00		1	MC	9		4.10		
Energy kcal	388		0	NC	4		159		
Energy kj	1623		0	NC	4		666		
Protein (N x 6.25) g	7.81		1	MC	9		3.20		
Total lipid (fat) g	13.23		1	MC	9		5.42		
Ash g	9.55		1	MC	9		3.92		
Carbohydrate, by difference g	59.41		0	NC	4		24.36		
Fiber, total dietary g	1.5		1	MC	9		0.6		
Sugars, total g	4.46		1	MC	9		1.83		
Starch g									
Minerals:									
Calcium, Ca mg	168		1	MC	9		69		
Iron, Fe mg	4.06		1	MC	9		1.66		
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg	212		1	MC	9		87		
Sodium, Na mg	1295		1	MC	9		531		
Zinc, Zn mg	0.90		1	MC	9		0.37		
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.2		1	MC	9		0.1		
Thiamin mg	0.490		1	MC	9		0.201		
Riboflavin mg	0.380		1	MC	9		0.156		
Niacin mg	3.930		1	MC	9		1.611		
Pantothenic acid mg									
Vitamin B-6 mg	0.020		1	MC	9		0.008		
Folate, total mcg									
Folate, DFE mcg_DFE									
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.16		1	MC	9		0.07		
Vitamin A, RAE mcg_RAE									
Vitamin A, IU IU	7		1	MC	9		3		
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	4.070		1	MC	9		1.669		
Fatty acids, total monounsaturated g									
Fatty acids, total polyunsaturated g									
Fatty acids, total trans g	3.770		1	MC	9		1.546		
Cholesterol mg	3		1	MC	9		1		
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18615

MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix,dry

Measure 1 = 41g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18614

MARTHA WHITE FOODS, Martha White's Chewy Fudge Brownie Mix,dry

The J.M. Smucker Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	4.00		1	MC	9		1.12		
Energy kcal	407		0	NC	4		114		
Energy kj	1705		0	NC	4		477		
Protein (N x 6.25) g	4.42		1	MC	9		1.24		
Total lipid (fat) g	6.16		1	MC	9		1.72		
Ash g	1.84		1	MC	9		0.52		
Carbohydrate, by difference g	83.58		0	NC	4		23.40		
Fiber, total dietary g	2.9		1	MC	9		0.8		
Sugars, total g	54.76		1	MC	9		15.33		
Starch g									
Minerals:									
Calcium, Ca mg	17		1	MC	9		5		
Iron, Fe mg	3.81		1	MC	9		1.07		
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg	51		1	MC	9		14		
Sodium, Na mg	457		1	MC	9		128		
Zinc, Zn mg	0.26		1	MC	9		0.07		
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1	MC	9		0.0		
Thiamin mg	0.200		1	MC	9		0.056		
Riboflavin mg	0.130		1	MC	9		0.036		
Niacin mg	1.670		1	MC	9		0.468		
Pantothenic acid mg	0.000		1	MC	9		0.000		
Vitamin B-6 mg	0.000		1	MC	9		0.000		
Folate, total mcg	49		1	MC	9		14		
Folate, DFE mcg_DFE									
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.00		1	MC	9		0.00		
Vitamin A, RAE mcg_RAE									
Vitamin A, IU IU	0		1	MC	9		0		
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	1.700		1	MC	9		0.476		
Fatty acids, total monounsaturated g									
Fatty acids, total polyunsaturated g									
Fatty acids, total trans g									
Cholesterol mg	0		1	MC	9		0		
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18614

MARTHA WHITE FOODS, Martha White's Chewy Fudge Brownie Mix,dry

Measure 1 = 28g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18612

MCKEE BAKING, LITTLE DEBBIE NUTTY BARS, Wafers with Peanut Butter, Chocolate Covered

McKee Baking, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.00		1	A	1		1.71		
Energy....kcal	548		0	NC	4		312		
Energy....kj	2293				4		1307		
Protein....g	8.00		1	A	1		4.56		
Total lipid (fat)....g	32.80		1	A	1		18.70		
Ash....g	1.00		1	A	1		0.57		
Carbohydrate, by difference....g	55.20		0	NC	4		31.46		
Fiber, total dietary....g									
Sugars, total....g	34.00		1	A	1		19.38		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	223		1	A	1		127		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.0		1	A	1		1.1		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	6.290		1	A	1		3.585		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg									
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18612

MCKEE BAKING, LITTLE DEBBIE NUTTY BARS, Wafers with Peanut Butter, Chocolate Covered

Measure 1 = 57g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18616
MISSION FOODS, MISSION Flour Tortillas, Soft Taco, 8 inch

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	33.60		1	A	1		17.14		
Energy kcal	287		0	NC	4		146		
Energy kj	1202				4		613		
Protein g	8.70		1	A	1		4.44		
Total lipid (fat) g	6.00		1	A	1		3.06		
Ash g	2.10		1	A	1		1.07		
Carbohydrate, by difference g	49.60		0	NC	4		25.30		
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	191		1	A	1		97		
Iron, Fe mg	1.99		1	A	1		1.01		
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg									
Sodium, Na mg	488		1	A	1		249		
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se mcg									
Lipids:									
Fatty acids, total saturated g	0.695		0	NC	4		0.354		
4:0 g									
6:0 g									
8:0 g	0.005		1	A	1		0.003		
10:0 g	0.005		1	A	1		0.003		
12:0 g	0.005		1	A	1		0.003		
13:0 g									
14:0 g	0.005		1	A	1		0.003		
15:0 g	0.005		1	A	1		0.003		
16:0 g	0.072		1	A	1		0.037		
17:0 g	0.005		1	A	1		0.003		
18:0 g	0.555		1	A	1		0.283		
20:0 g	0.019		1	A	1		0.010		
22:0 g	0.019		1	A	1		0.010		
24:0 g									
Fatty acids, total monounsaturated g	2.771			NC	4		1.413		
14:1 g	0.005		1	A	1		0.003		
15:1 g									
16:1 undifferentiated g	0.005		1	A	1		0.003		
17:1 g	0.005		1	A	1		0.003		
18:1 undifferentiated g	2.737		1	A	1		1.396		
20:1 g	0.019		1	A	1		0.010		
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.924			NC	4		0.471		
18:2 undifferentiated g	0.871		1	A	1		0.444		
18:3 undifferentiated g	0.043		1	A	1		0.022		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g	0.005		1	A	1		0.002		
20:4 undifferentiated g	0.005		1	A	1		0.003		
20:5 n-3 g									
22:5 n-3 g									
22:6 n-3 g									
Fatty acids, total trans g									
Cholesterol mg									

NDB No. 18616
MISSION FOODS, MISSION Flour Tortillas, Soft Taco, 8 inch

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 51g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18940
Muffin, blueberry, commercially prepared, low-fat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	39.94		0	FLC	4		28.36	11.32	
Energy....kcal	255		0	NC	4		181	72	
Energy....kj	1067		0	NC	4		758	303	
Protein....g	4.23		0	FLC	4		3.00	1.20	
Total lipid (fat)....g	4.22		0	FLC	4		3.00	1.20	
Ash....g	1.56		0	FLC	4		1.11	0.44	
Carbohydrate, by difference....g	50.05		0	FLC	4		35.53	14.19	
Fiber, total dietary....g	4.2		1	LC	8		3.0	1.2	
Sugars, total....g	27.05		0	BFZN	4		19.21	7.67	
Starch....g									
Minerals:									
Calcium, Ca....mg	35		0	BFZN	4		25	10	
Iron, Fe....mg	2.00		0	BFZN	4		1.42	0.57	
Magnesium, Mg....mg	10		0	BFZN	4		7	3	
Phosphorus, P....mg	125		0	BFZN	4		88	35	
Potassium, K....mg	96		0	BFZN	4		68	27	
Sodium, Na....mg	315		0	BFZN	4		223	89	
Zinc, Zn....mg	1.27		0	BFZN	4		0.90	0.36	
Copper, Cu....mg	0.080		0	BFZN	4		0.057	0.023	
Manganese, Mn....mg	0.785		0	BFZN	4		0.557	0.223	
Selenium, Se....mcg	9.8		0	BFZN	4		6.9	2.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		0	BFZN	4		0.6	0.2	
Thiamin....mg	0.163		0	BFZN	4		0.116	0.046	
Riboflavin....mg	0.175		0	BFZN	4		0.124	0.050	
Niacin....mg	1.375		0	BFZN	4		0.976	0.390	
Pantothenic acid....mg	0.251		0	BFZN	4		0.178	0.071	
Vitamin B-6....mg	0.042		0	BFZN	4		0.030	0.012	
Folate, total....mcg	48		0	BFZN	4		34	14	
Folic acid....mcg	36		0	BFZN	4		26	10	
Folate, food....mcg	12		0	FLC	4		9	3	
Folate, DFE....mcg_DFE	73		0	NC	4		52	21	
Choline, total....mg	51.7		0	BFZN	4		36.7	14.7	
Betaine....mg									
Vitamin B-12....mcg	0.16		0	FLC	4		0.11	0.04	
Vitamin B-12, added....mcg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	10		0	FLC	4		7	3	
Retinol....mcg	10		0	FLC	4		7	3	
Carotene, beta....mcg	3		0	FLC	4		2	1	
Carotene, alpha....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....mcg	1		0	FLC	4		1	0	
Vitamin A, IU....IU	39		0	FLC	4		28	11	
Lycopene....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....mcg	56		0	FLC	4		40	16	
Vitamin E (alpha-tocopherol)....mg	0.39		0	FLC	4		0.27	0.11	
Vitamin E, added....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	5.7		0	FLC	4		4.1	1.6	
Lipids:									
Fatty acids, total saturated....g	1.549		0	NC	4		1.100	0.439	
4:0....g	0.001		0	FLC	4		0.001	0.000	
6:0....g	0.000		0	FLC	4		0.000	0.000	
8:0....g	0.000		0	FLC	4		0.000	0.000	
10:0....g	0.000		0	FLC	4		0.000	0.000	

NDB No. 18940
Muffin, blueberry, commercially prepared, low-fat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0	FLC	4		0.000	0.000	
13:0 g									
14:0 g	0.014		0	FLC	4		0.010	0.004	
15:0 g	0.000		0	FLC	4		0.000	0.000	
16:0 g	1.135		0	FLC	4		0.806	0.322	
17:0 g	0.004		0	FLC	4		0.003	0.001	
18:0 g	0.366		0	FLC	4		0.260	0.104	
20:0 g	0.013		0	FLC	4		0.010	0.004	
22:0 g	0.014		0	FLC	4		0.010	0.004	
24:0 g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total monounsaturated g	0.860		0	NC	4		0.610	0.244	
14:1 g	0.000		0	FLC	4		0.000	0.000	
15:1 g									
16:1 undifferentiated g	0.031		0	FLC	4		0.022	0.009	
17:1 g									
18:1 undifferentiated g	0.824		0	FLC	4		0.585	0.234	
20:1 g	0.004		0	FLC	4		0.003	0.001	
22:1 undifferentiated g	0.000		0	FLC	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.363		0	NC	4		0.968	0.386	
18:2 undifferentiated g	1.196		0	FLC	4		0.849	0.339	
18:3 undifferentiated g	0.137		0	FLC	4		0.097	0.039	
18:4 g	0.002		0	FLC	4		0.001	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.016		0	FLC	4		0.011	0.005	
20:5 n-3 g	0.008		0	FLC	4		0.006	0.002	
22:5 n-3 g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3 g	0.005		0	FLC	4		0.004	0.001	
Fatty acids, total trans g									
Cholesterol mg	28		1	LC	8		20	8	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.048		0	FLC	4		0.034	0.014	
Threonine g	0.151		0	FLC	4		0.107	0.043	
Isoleucine g	0.185		0	FLC	4		0.132	0.053	
Leucine g	0.319		0	FLC	4		0.226	0.090	
Lysine g	0.201		0	FLC	4		0.143	0.057	
Methionine g	0.092		0	FLC	4		0.065	0.026	
Cystine g	0.099		0	FLC	4		0.071	0.028	
Phenylalanine g	0.197		0	FLC	4		0.140	0.056	
Tyrosine g	0.109		0	FLC	4		0.078	0.031	
Valine g	0.213		0	FLC	4		0.151	0.060	
Arginine g	0.192		0	FLC	4		0.136	0.054	
Histidine g	0.092		0	FLC	4		0.065	0.026	
Alanine g	0.171		0	FLC	4		0.121	0.048	
Aspartic acid g	0.283		0	FLC	4		0.201	0.080	
Glutamic acid g	0.967		0	FLC	4		0.686	0.274	
Glycine g	0.139		0	FLC	4		0.099	0.039	
Proline g	0.327		0	FLC	4		0.232	0.093	
Serine g	0.235		0	FLC	4		0.167	0.067	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	FLC	4		0.0	0.0	
Caffeine mg	0		0	FLC	4		0	0	
Theobromine mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18940

Muffin, blueberry, commercially prepared, low-fat

Measure 1 = 71g: 1 muffin small

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18274
Muffins, blueberry, commercially prepared (Includes mini-muffins)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	24.61		2	A	1		4.18	16.24	27.81
Energy kcal	393		0	NC	4		67	259	444
Energy kj	1642		0	NC	4		279	1084	1856
Protein g	5.28		2	A	1		0.90	3.49	5.97
Total lipid (fat) g	19.24		2	A	1		3.27	12.70	21.75
Ash g	1.32		2	A	1		0.22	0.87	1.49
Carbohydrate, by difference g	49.54		0	NC	4		8.42	32.70	55.98
Fiber, total dietary g	1.7		2	A	1		0.3	1.1	1.9
Sugars, total g	27.05		2	A	1		4.60	17.86	30.57
Starch g									
Minerals:									
Calcium, Ca mg	35		2	A	1		6	23	40
Iron, Fe mg	2.00		2	A	1		0.34	1.32	2.26
Magnesium, Mg mg	10		2	A	1		2	7	12
Phosphorus, P mg	125		2	A	1		21	82	141
Potassium, K mg	96		2	A	1		16	63	108
Sodium, Na mg	315		2	A	1		53	208	355
Zinc, Zn mg	1.27		2	A	1		0.22	0.84	1.43
Copper, Cu mg	0.080		2	A	1		0.014	0.053	0.090
Manganese, Mn mg	0.785		2	A	1		0.133	0.518	0.887
Selenium, Se mcg	9.8		2	A	1		1.7	6.4	11.0
Vitamins:									
Vitamin C, total ascorbic acid mg	0.9		2	A	1		0.1	0.6	1.0
Thiamin mg	0.163		2	A	1		0.028	0.108	0.184
Riboflavin mg	0.175		2	A	1		0.030	0.116	0.198
Niacin mg	1.375		2	A	1		0.234	0.907	1.554
Pantothenic acid mg	0.251		2	A	1		0.043	0.166	0.284
Vitamin B-6 mg	0.042		2	A	1		0.007	0.028	0.048
Folate, total mcg	48		1	A	1		8	32	54
Folic acid mcg	36		1	A	1		6	24	41
Folate, food mcg	12		0	AS	1		2	8	14
Folate, DFE mcg_DFE	73		0	NC	4		12	48	83
Choline, total mg	51.7		0	A	1		8.8	34.1	58.4
Betaine mg									
Vitamin B-12 mcg	0.08		0	FLA	4		0.01	0.06	0.10
Vitamin B-12, added mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	7		0	FLA	4		1	4	7
Retinol mcg	6		0	FLA	4		1	4	7
Carotene, beta mcg	2		0	FLA	4		0	1	2
Carotene, alpha mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta mcg	1		0	FLA	4		0	1	1
Vitamin A, IU IU	25		0	FLA	4		4	16	28
Lycopene mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin mcg	37		0	FLA	4		6	24	41
Vitamin E (alpha-tocopherol) mg	1.57		0	FLA	4		0.27	1.04	1.77
Vitamin E, added mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	39.2		2	A	1		6.7	25.9	44.4
Lipids:									
Fatty acids, total saturated g	3.549		0	NC	4		0.603	2.342	4.010
4:0 g	0.000		2	A	1		0.000	0.000	0.000
6:0 g	0.000		2	A	1		0.000	0.000	0.000
8:0 g	0.000		2	A	1		0.000	0.000	0.000
10:0 g	0.000		2	A	1		0.000	0.000	0.000

NDB No. 18274

Muffins, blueberry, commercially prepared (Includes mini-muffins)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		2	A	1		0.000	0.000	0.000
13:0 g	0.000		2	A	1		0.000	0.000	0.000
14:0 g	0.018		2	A	1		0.003	0.012	0.021
15:0 g	0.000		2	A	1		0.000	0.000	0.000
16:0 g	2.257		2	A	1		0.384	1.490	2.550
17:0 g	0.008		2	A	1		0.001	0.005	0.009
18:0 g	1.155		2	A	1		0.196	0.762	1.305
20:0 g	0.055		2	A	1		0.009	0.037	0.063
22:0 g	0.056		2	A	1		0.009	0.037	0.063
24:0 g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated g	5.152		0	NC	4		0.876	3.401	5.822
14:1 g	0.000		2	A	1		0.000	0.000	0.000
15:1 g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated g	0.063		2	A	1		0.011	0.042	0.071
17:1 g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated g	5.045		0	AS	1		0.858	3.329	5.700
20:1 g	0.045		2	A	1		0.008	0.030	0.051
22:1 undifferentiated g	0.000		2	A	1		0.000	0.000	0.000
24:1 c g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated g	9.703		0	NC	4		1.650	6.404	10.965
18:2 undifferentiated g	8.469		2	A	1		1.440	5.590	9.570
18:3 undifferentiated g	1.234		0	AS	1		0.210	0.815	1.395
18:3 n-3 c,c,c g	1.234		2	A	1		0.210	0.815	1.395
18:3 n-6 c,c,c g	0.000		2	A	1		0.000	0.000	0.000
18:3i g									
18:4 g	0.006		0	FLA	4		0.001	0.004	0.007
20:2 n-6 c,c g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated g	0.000		2	A	1		0.000	0.000	0.000
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000		2	A	1		0.000	0.000	0.000
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 g	0.000		2	A	1		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total trans g									
Fatty acids, total trans-monoenoic g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic g									
Cholesterol mg	40		0	FLA	4		7	26	45
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.061		0	FLA	4		0.010	0.040	0.069
Threonine g	0.199		0	FLA	4		0.034	0.132	0.225
Isoleucine g	0.248		0	FLA	4		0.042	0.163	0.280
Leucine g	0.406		0	FLA	4		0.069	0.268	0.459
Lysine g	0.273		0	FLA	4		0.046	0.180	0.309
Methionine g	0.133		0	FLA	4		0.023	0.088	0.150
Cystine g	0.131		0	FLA	4		0.022	0.087	0.148
Phenylalanine g	0.265		0	FLA	4		0.045	0.175	0.300
Tyrosine g	0.150		0	FLA	4		0.026	0.099	0.170
Valine g	0.283		0	FLA	4		0.048	0.187	0.320
Arginine g	0.250		0	FLA	4		0.042	0.165	0.282
Histidine g	0.115		0	FLA	4		0.019	0.076	0.130
Alanine g	0.239		0	FLA	4		0.041	0.158	0.270
Aspartic acid g	0.400		0	FLA	4		0.068	0.264	0.452
Glutamic acid g	1.084		0	FLA	4		0.184	0.716	1.225
Glycine g	0.178		0	FLA	4		0.030	0.118	0.202
Proline g	0.354		0	FLA	4		0.060	0.234	0.400
Serine g	0.310		0	FLA	4		0.053	0.204	0.350
Hydroxyproline g	0.000		2	A	1		0.000	0.000	0.000

NDB No. 18274

Muffins, blueberry, commercially prepared (Includes mini-muffins)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0
Theobromine....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 17g: 1 mini miniature (1-1/4" dia)

Measure 2 = 66g: 1 small (2-3/4" dia x 2")

Measure 3 = 113g: 1 medium

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18275
Muffins, blueberry, dry mix

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	20.00		2		1		5.67	71.20	
Energy kcal	366		0	NC	4		104	1303	
Energy kj	1531		0		4		434	5452	
Protein (N x 5.7) g	4.90		2		1		1.39	17.44	
Total lipid (fat) g	10.00		1		1		2.84	35.60	
Ash g	2.00		2		1		0.57	7.12	
Carbohydrate, by difference g	63.20		0	NC	4		17.92	224.99	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	25		2		1		7	89	
Iron, Fe mg	1.26		2		1		0.36	4.49	
Magnesium, Mg mg	13		2		1		4	46	
Phosphorus, P mg	220		2		1		62	783	
Potassium, K mg	84		2		1		24	299	
Sodium, Na mg	548		2		1		155	1951	
Zinc, Zn mg	0.33		2		1		0.09	1.17	
Copper, Cu mg	0.088		2		1		0.025	0.313	
Manganese, Mn mg	0.276		1		1		0.078	0.983	
Selenium, Se mcg	3.1		0	FLA	4		0.9	11.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.4		0	FLA	4		0.1	1.4	
Thiamin mg	0.233	0.037	3		1		0.066	0.829	
Riboflavin mg	0.380	0.075	3		1		0.108	1.353	
Niacin mg	3.212	0.352	3		1		0.911	11.435	
Pantothenic acid mg	0.553	0.263	3		1		0.157	1.969	
Vitamin B-6 mg	0.082		2		1		0.023	0.292	
Folate, total mcg	133		1	AI	13		38	473	
Folic acid mcg	120		0		4		34	427	
Folate, food mcg	13		0		4		4	46	
Folate, DFE mcg_DFE	217		0	NC	4		62	773	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.00		0		1		0.00	0.00	
Vitamin A, RAE mcg_RAE	1		0	NC	4		0	2	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	12		0	FLA	4		3	43	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	2.489		0	FLA	4		0.706	8.861	
4:0 g									
6:0 g									
8:0 g									
10:0 g									
12:0 g									
13:0 g									

NDB No. 18275
Muffins, blueberry, dry mix

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.048		0	FLA	4		0.014	0.171	
15:0....g									
16:0....g	1.294		0	FLA	4		0.367	4.607	
17:0....g									
18:0....g	1.142		0	FLA	4		0.324	4.066	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.507		0	FLA	4		1.561	19.605	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0	FLA	4		0.001	0.007	
17:1....g									
18:1 undifferentiated....g	5.505		0	FLA	4		1.561	19.598	
20:1....g	0.001		0		1		0.000	0.004	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.393		0	FLA	4		0.395	4.959	
18:2 undifferentiated....g	1.307		0	FLA	4		0.371	4.653	
18:3 undifferentiated....g	0.086		0	FLA	4		0.024	0.306	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.069		0		1		0.020	0.246	
Threonine....g	0.135		0		1		0.038	0.481	
Isoleucine....g	0.184		0		1		0.052	0.655	
Leucine....g	0.330		0		1		0.094	1.175	
Lysine....g	0.168		0		1		0.048	0.598	
Methionine....g	0.082		0		1		0.023	0.292	
Cystine....g	0.106		0		1		0.030	0.377	
Phenylalanine....g	0.229		0		1		0.065	0.815	
Tyrosine....g	0.138		0		1		0.039	0.491	
Valine....g	0.213		0		1		0.060	0.758	
Arginine....g	0.187		0		1		0.053	0.666	
Histidine....g	0.099		0		1		0.028	0.352	
Alanine....g	0.147		0		1		0.042	0.523	
Aspartic acid....g	0.205		0		1		0.058	0.730	
Glutamic acid....g	1.596		0		1		0.452	5.682	
Glycine....g	0.165		0		1		0.047	0.587	
Proline....g	0.538		0		1		0.153	1.915	
Serine....g	0.255		0		1		0.072	0.908	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 356g: 1 package, mix + drained berries

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4.1

NDB No. 18275
Muffins, blueberry, dry mix

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18278

Muffins, blueberry, prepared from recipe, made with low fat (2%) milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	39.50		0		1		11.20	22.52	
Energy kcal	285		0	NC	4		81	162	
Energy kj	1192				4		338	680	
Protein (N x 0) g	6.50		0		1		1.84	3.71	
Total lipid (fat) g	10.80		0		1		3.06	6.16	
Ash g	2.50		0		1		0.71	1.43	
Carbohydrate, by difference g	40.70		0	NC	4		11.54	23.20	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	189		0		1		54	108	
Iron, Fe mg	2.27		0		1		0.64	1.29	
Magnesium, Mg mg	16		0		1		5	9	
Phosphorus, P mg	145		0		1		41	83	
Potassium, K mg	123		0		1		35	70	
Sodium, Na mg	441		0		1		125	251	
Zinc, Zn mg	0.54		0		1		0.15	0.31	
Copper, Cu mg	0.071		0		1		0.020	0.040	
Manganese, Mn mg	0.312		0		1		0.088	0.178	
Selenium, Se mcg	17.1		0	RK	4		4.8	9.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	1.5		0		1		0.4	0.9	
Thiamin mg	0.272		0		1		0.077	0.155	
Riboflavin mg	0.289		0		1		0.082	0.165	
Niacin mg	2.211		0		1		0.627	1.260	
Pantothenic acid mg	0.341		0		1		0.097	0.194	
Vitamin B-6 mg	0.043		0		1		0.012	0.025	
Folate, total mcg	48		0	RK	4		14	27	
Folic acid mcg	36		0	NC	4		10	21	
Folate, food mcg	12		0		1		3	7	
Folate, DFE mcg_DFE	73		0	NC	4		21	42	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.14		0		1		0.04	0.08	
Vitamin A, RAE mcg_RAE	38		0	NC	4		11	22	
Retinol mcg	37		0	NC	4		10	21	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	141		0		1		40	80	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	2.030		0		1		0.576	1.157	
4:0 g	0.025		0		1		0.007	0.014	
6:0 g	0.015		0		1		0.004	0.009	
8:0 g	0.009		0		1		0.003	0.005	
10:0 g	0.020		0		1		0.006	0.011	
12:0 g	0.022		0		1		0.006	0.013	
13:0 g									

NDB No. 18278

Muffins, blueberry, prepared from recipe, made with low fat (2%) milk

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.090		0		1		0.026	0.051	
15:0....g									
16:0....g	1.349		0		1		0.382	0.769	
17:0....g									
18:0....g	0.494		0		1		0.140	0.282	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.596		0		1		0.736	1.480	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.059		0		1		0.017	0.034	
17:1....g									
18:1 undifferentiated....g	2.515		0		1		0.713	1.434	
20:1....g	0.020		0		1		0.006	0.011	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	5.388		0		1		1.527	3.071	
18:2 undifferentiated....g	4.752		0		1		1.347	2.709	
18:3 undifferentiated....g	0.621		0		1		0.176	0.354	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.011		0		1		0.003	0.006	
20:5 n-3....g	0.000		0		1		0.000	0.000	
22:5 n-3....g	0.000		0		1		0.000	0.000	
22:6 n-3....g	0.003		0		1		0.001	0.002	
Fatty acids, total trans....g									
Cholesterol....mg	37		0		1		10	21	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.081		0		1		0.023	0.046	
Threonine....g	0.219		0		1		0.062	0.125	
Isoleucine....g	0.276		0		1		0.078	0.157	
Leucine....g	0.498		0		1		0.141	0.284	
Lysine....g	0.264		0		1		0.075	0.150	
Methionine....g	0.137		0		1		0.039	0.078	
Cystine....g	0.124		0		1		0.035	0.071	
Phenylalanine....g	0.325		0		1		0.092	0.185	
Tyrosine....g	0.227		0		1		0.064	0.129	
Valine....g	0.314		0		1		0.089	0.179	
Arginine....g	0.277		0		1		0.079	0.158	
Histidine....g	0.151		0		1		0.043	0.086	
Alanine....g	0.235		0		1		0.067	0.134	
Aspartic acid....g	0.376		0		1		0.107	0.214	
Glutamic acid....g	1.799		0		1		0.510	1.025	
Glycine....g	0.213		0		1		0.060	0.121	
Proline....g	0.644		0		1		0.183	0.367	
Serine....g	0.352		0		1		0.100	0.201	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 1 muffin

Calories Factors: Protein Fat Carbohydrate

NDB No. 18278
Muffins, blueberry, prepared from recipe, made with low fat (2%) milk

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18277
Muffins, blueberry, toaster-type

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	30.80		2		1		8.73	10.16	
Energy kcal	313		0	NC	4		89	103	
Energy kj	1310		0		4		371	432	
Protein (N x 5.7) g	4.60		2		1		1.30	1.52	
Total lipid (fat) g	9.50		2		1		2.69	3.14	
Ash g	1.80		2		1		0.51	0.59	
Carbohydrate, by difference g	53.30		0	NC	4		15.11	17.59	
Fiber, total dietary g	1.8		0	RA	4		0.5	0.6	
Sugars, total g	4.85		0	FLC	4		1.37	1.60	
Starch g									
Minerals:									
Calcium, Ca mg	13		1		1		4	4	
Iron, Fe mg	0.51		1		1		0.14	0.17	
Magnesium, Mg mg	12		0	FLA	4		3	4	
Phosphorus, P mg	59		0	FLA	4		17	19	
Potassium, K mg	83		1		1		24	27	
Sodium, Na mg	478		1		1		136	158	
Zinc, Zn mg	0.39		0	FLA	4		0.11	0.13	
Copper, Cu mg	0.083		0	FLA	4		0.024	0.027	
Manganese, Mn mg	0.368		0	FLA	4		0.104	0.121	
Selenium, Se mcg	17.6		0	FLA	4		5.0	5.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1		1		0.0	0.0	
Thiamin mg	0.240		1		1		0.068	0.079	
Riboflavin mg	0.290		1		1		0.082	0.096	
Niacin mg	2.020		1		1		0.573	0.667	
Pantothenic acid mg	0.246		0	FLA	4		0.070	0.081	
Vitamin B-6 mg	0.027		0	FLA	4		0.008	0.009	
Folate, total mcg	65		0	FLC	4		18	21	
Folic acid mcg	54		0		4		15	18	
Folate, food mcg	11		0		4		3	4	
Folate, DFE mcg_DFE	103		0	NC	4		29	34	
Choline, total mg	51.7		0	BFZN	4		14.7	17.1	
Betaine mg									
Vitamin B-12 mcg	0.02		0	FLA	4		0.01	0.01	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	94		0	NC	4		27	31	
Retinol mcg	94		0	FLC	4		27	31	
Carotene, beta mcg	3		0	FLC	4		1	1	
Carotene, alpha mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta mcg	0		0	FLC	4		0	0	
Vitamin A, IU IU	318		0	NC	4		90	105	
Lycopene mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin mcg	19		0	FLC	4		5	6	
Vitamin E (alpha-tocopherol) mg	0.91		0	FLC	4		0.26	0.30	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	19.3		0	FLC	4		5.5	6.4	
Lipids:									
Fatty acids, total saturated g	1.398		0	FLA	4		0.396	0.461	
4:0 g	0.000		0	FLA	4		0.000	0.000	
6:0 g	0.000		0	FLA	4		0.000	0.000	
8:0 g	0.000		0	FLA	4		0.000	0.000	
10:0 g	0.000		0	FLA	4		0.000	0.000	

NDB No. 18277
Muffins, blueberry, toaster-type

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0	FLA	4		0.000	0.000	
13:0 g									
14:0 g	0.009		0	FLA	4		0.003	0.003	
15:0 g									
16:0 g	1.018		0	FLA	4		0.289	0.336	
17:0 g									
18:0 g	0.351		0	FLA	4		0.100	0.116	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.162		0	FLA	4		0.613	0.713	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.022		0	FLA	4		0.006	0.007	
17:1 g									
18:1 undifferentiated g	2.113		0	FLA	4		0.599	0.697	
20:1 g	0.018		0	FLA	4		0.005	0.006	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	5.351		0	FLA	4		1.517	1.766	
18:2 undifferentiated g	4.722		0	FLA	4		1.339	1.558	
18:3 undifferentiated g	0.617		0	FLA	4		0.175	0.204	
18:4 g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.002		0	FLA	4		0.001	0.001	
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 g	0.001		0	FLA	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	6		0	FLA	4		2	2	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.062		0		1		0.018	0.020	
Threonine g	0.180		0		1		0.051	0.059	
Isoleucine g	0.205		0		1		0.058	0.068	
Leucine g	0.353		0		1		0.100	0.116	
Lysine g	0.259		0		1		0.073	0.085	
Methionine g	0.067		0		1		0.019	0.022	
Cystine g	0.076		0		1		0.022	0.025	
Phenylalanine g	0.228		0		1		0.065	0.075	
Tyrosine g	0.162		0		1		0.046	0.053	
Valine g	0.217		0		1		0.062	0.072	
Arginine g	0.304		0		1		0.086	0.100	
Histidine g	0.115		0		1		0.033	0.038	
Alanine g	0.196		0		1		0.056	0.065	
Aspartic acid g	0.479		0		1		0.136	0.158	
Glutamic acid g	0.967		0		1		0.274	0.319	
Glycine g	0.192		0		1		0.054	0.063	
Proline g	0.307		0		1		0.087	0.101	
Serine g	0.251		0		1		0.071	0.083	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	RA	4		0.0	0.0	
Caffeine mg	0		0	FLC	4		0	0	
Theobromine mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18277
Muffins, blueberry, toaster-type

Measure 1 = 28.35g: 1 oz
Measure 2 = 33g: 1 muffin, toaster

Calories Factors: **Protein** 3.6 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18386
Muffins, blueberry, toaster-type, toasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	26.40		0		1		7.48	8.18	
Energy kcal	333		0	NC	4		94	103	
Energy kj	1393		0		4		395	432	
Protein (N x 0) g	4.90		0		1		1.39	1.52	
Total lipid (fat) g	10.10		0		1		2.86	3.13	
Ash g	1.90		0		1		0.54	0.59	
Carbohydrate, by difference g	56.70		0	NC	4		16.07	17.58	
Fiber, total dietary g	1.9		0	RA	4		0.5	0.6	
Sugars, total g	12.95		0	RA	4		3.67	4.01	
Starch g									
Minerals:									
Calcium, Ca mg	14		0		1		4	4	
Iron, Fe mg	0.54		0		1		0.15	0.17	
Magnesium, Mg mg	15		0		4		4	5	
Phosphorus, P mg	192		0		4		54	60	
Potassium, K mg	88		0		1		25	27	
Sodium, Na mg	509		0		1		144	158	
Zinc, Zn mg	0.48		0		4		0.14	0.15	
Copper, Cu mg	0.100		0		4		0.028	0.031	
Manganese, Mn mg	0.470		0		4		0.133	0.146	
Selenium, Se mcg	18.7		0	RK	4		5.3	5.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	
Thiamin mg	0.204		0		1		0.058	0.063	
Riboflavin mg	0.278		0		1		0.079	0.086	
Niacin mg	1.934		0		1		0.548	0.600	
Pantothenic acid mg	0.205		0		4		0.058	0.064	
Vitamin B-6 mg	0.028		0		4		0.008	0.009	
Folate, total mcg	59		0	RA	4		17	18	
Folic acid mcg	50		0		4		14	16	
Folate, food mcg	9		0		4		3	3	
Folate, DFE mcg_DFE	94		0	NC	4		27	29	
Choline, total mg	55.6		0	RA	4		15.8	17.2	
Betaine mg									
Vitamin B-12 mcg	0.01		0		4		0.00	0.00	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	101		0	NC	4		29	31	
Retinol mcg	101		0	RA	4		29	31	
Carotene, beta mcg	3		0	RA	4		1	1	
Carotene, alpha mcg	0		0	RA	4		0	0	
Cryptoxanthin, beta mcg	0		0	RA	4		0	0	
Vitamin A, IU IU	341		0	NC	4		97	106	
Lycopene mcg	0		0	RA	4		0	0	
Lutein + zeaxanthin mcg	20		0	RA	4		6	6	
Vitamin E (alpha-tocopherol) mg	0.98		0	RA	4		0.28	0.30	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	20.8		0	RA	4		5.9	6.4	
Lipids:									
Fatty acids, total saturated g	1.551		0		1		0.440	0.481	
4:0 g	0.001		0		1		0.000	0.000	
6:0 g	0.001		0		1		0.000	0.000	
8:0 g	0.001		0		1		0.000	0.000	
10:0 g	0.001		0		1		0.000	0.000	

NDB No. 18386
Muffins, blueberry, toaster-type, toasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.001		0		1		0.000	0.000	
13:0 g									
14:0 g	0.015		0		1		0.004	0.005	
15:0 g									
16:0 g	1.135		0		1		0.322	0.352	
17:0 g									
18:0 g	0.397		0		1		0.113	0.123	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.371		0		1		0.672	0.735	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.037		0		1		0.010	0.011	
17:1 g									
18:1 undifferentiated g	2.314		0		1		0.656	0.717	
20:1 g	0.019		0		1		0.005	0.006	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	5.477		0		1		1.553	1.698	
18:2 undifferentiated g	4.839		0		1		1.372	1.500	
18:3 undifferentiated g	0.627		0		1		0.178	0.194	
18:4 g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.009		0		1		0.003	0.003	
20:5 n-3 g	0.000		0		1		0.000	0.000	
22:5 n-3 g	0.000		0	RA	4		0.000	0.000	
22:6 n-3 g	0.002		0		1		0.001	0.001	
Fatty acids, total trans g									
Cholesterol mg	5		0		4		1	2	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.066		0		1		0.019	0.020	
Threonine g	0.192		0		1		0.054	0.060	
Isoleucine g	0.218		0		1		0.062	0.068	
Leucine g	0.375		0		1		0.106	0.116	
Lysine g	0.276		0		1		0.078	0.086	
Methionine g	0.071		0		1		0.020	0.022	
Cystine g	0.080		0		1		0.023	0.025	
Phenylalanine g	0.242		0		1		0.069	0.075	
Tyrosine g	0.172		0		1		0.049	0.053	
Valine g	0.231		0		1		0.065	0.072	
Arginine g	0.324		0		1		0.092	0.100	
Histidine g	0.122		0		1		0.035	0.038	
Alanine g	0.208		0		1		0.059	0.064	
Aspartic acid g	0.510		0		1		0.145	0.158	
Glutamic acid g	1.029		0		1		0.292	0.319	
Glycine g	0.204		0		1		0.058	0.063	
Proline g	0.326		0		1		0.092	0.101	
Serine g	0.267		0		1		0.076	0.083	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	RA	4		0.0	0.0	
Caffeine mg	0		0	RA	4		0	0	
Theobromine mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18386
Muffins, blueberry, toaster-type, toasted

Measure 1 = 28.35g: 1 oz
Measure 2 = 31g: 1 muffin, toaster

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18279
Muffins, corn, commercially prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	32.60	1.403	6		1		5.54	21.52	36.84
Energy....kcal	305		0	NC	4		52	201	345
Energy....kj	1276		0		4		217	842	1442
Protein (N x 5.9)....g	5.90		2		1		1.00	3.89	6.67
Total lipid (fat)....g	8.40		2		1		1.43	5.54	9.49
Ash....g	2.10	0.116	3		1		0.36	1.39	2.37
Carbohydrate, by difference....g	50.90		0	NC	4		8.65	33.59	57.52
Fiber, total dietary....g	3.4		0		4		0.6	2.2	3.8
Sugars, total....g	7.50		0	FLA	4		1.27	4.95	8.47
Starch....g									
Minerals:									
Calcium, Ca....mg	74		2		1		13	49	84
Iron, Fe....mg	2.81		1		1		0.48	1.85	3.18
Magnesium, Mg....mg	32		0	FLA	4		5	21	36
Phosphorus, P....mg	284		2		1		48	187	321
Potassium, K....mg	69		1		1		12	46	78
Sodium, Na....mg	521		2		1		89	344	589
Zinc, Zn....mg	0.54		0	FLA	4		0.09	0.36	0.61
Copper, Cu....mg	0.299		0	FLA	4		0.051	0.197	0.338
Manganese, Mn....mg	0.355		0	FLA	4		0.060	0.234	0.401
Selenium, Se....mcg	15.2	3.470	3	A	1		2.6	10.0	17.2
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin....mg	0.273		1		1		0.046	0.180	0.308
Riboflavin....mg	0.326		1		1		0.055	0.215	0.368
Niacin....mg	2.037		1		1		0.346	1.344	2.302
Pantothenic acid....mg	0.444		1		1		0.075	0.293	0.502
Vitamin B-6....mg	0.084		1		1		0.014	0.055	0.095
Folate, total....mcg	80		0	FLA	4		14	53	90
Folic acid....mcg	46		0	FLA	4		8	30	52
Folate, food....mcg	34		0		4		6	22	38
Folate, DFE....mcg_DFE	112		0	NC	4		19	74	127
Choline, total....mg	51.7		0	BFZN	4		8.8	34.1	58.4
Betaine....mg									
Vitamin B-12....mcg	0.09		0	FLA	4		0.02	0.06	0.10
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	52		0	NC	4		9	34	58
Retinol....mcg	49		0	FLC	4		8	33	56
Carotene, beta....mcg	20		0	FLC	4		3	13	22
Carotene, alpha....mcg	12		0	FLC	4		2	8	13
Cryptoxanthin, beta....mcg	0		0	FLC	4		0	0	0
Vitamin A, IU....IU	208		0	NC	4		35	137	234
Lycopene....mcg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin....mcg	263		0	FLC	4		45	174	298
Vitamin E (alpha-tocopherol)....mg	0.80		0	FLC	4		0.14	0.53	0.91
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	2.3		0	FLC	4		0.4	1.5	2.6
Lipids:									
Fatty acids, total saturated....g	1.354		0	FLA	4		0.230	0.894	1.530
4:0....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0....g	0.000		0	FLA	4		0.000	0.000	0.000

NDB No. 18279
Muffins, corn, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0	FLA	4		0.000	0.000	0.000
13:0 g									
14:0 g	0.021		0	FLA	4		0.004	0.014	0.024
15:0 g									
16:0 g	1.048		0	FLA	4		0.178	0.692	1.184
17:0 g									
18:0 g	0.278		0	FLA	4		0.047	0.183	0.314
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.104		0	FLA	4		0.358	1.389	2.378
14:1 g									
15:1 g									
16:1 undifferentiated g	0.031		0	FLA	4		0.005	0.020	0.035
17:1 g									
18:1 undifferentiated g	2.070		0	FLA	4		0.352	1.366	2.339
20:1 g	0.002		0	FLA	4		0.000	0.001	0.002
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	3.215		0	FLA	4		0.547	2.122	3.633
18:2 undifferentiated g	3.021		0	FLA	4		0.514	1.994	3.414
18:3 undifferentiated g	0.182		0	FLA	4		0.031	0.120	0.206
18:4 g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.009		0	FLA	4		0.002	0.006	0.010
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 g	0.002		0	FLA	4		0.000	0.001	0.002
Fatty acids, total trans g									
Cholesterol mg	26		0	FLA	4		4	17	29
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.068		0		1		0.012	0.045	0.077
Threonine g	0.226		0		1		0.038	0.149	0.255
Isoleucine g	0.257		0		1		0.044	0.170	0.290
Leucine g	0.516		0		1		0.088	0.341	0.583
Lysine g	0.279		0		1		0.047	0.184	0.315
Methionine g	0.117		0		1		0.020	0.077	0.132
Cystine g	0.110		0		1		0.019	0.073	0.124
Phenylalanine g	0.297		0		1		0.050	0.196	0.336
Tyrosine g	0.218		0		1		0.037	0.144	0.246
Valine g	0.294		0		1		0.050	0.194	0.332
Arginine g	0.319		0		1		0.054	0.211	0.360
Histidine g	0.151		0		1		0.026	0.100	0.171
Alanine g	0.285		0		1		0.048	0.188	0.322
Aspartic acid g	0.480		0		1		0.082	0.317	0.542
Glutamic acid g	1.326		0		1		0.225	0.875	1.498
Glycine g	0.224		0		1		0.038	0.148	0.253
Proline g	0.477		0		1		0.081	0.315	0.539
Serine g	0.325		0		1		0.055	0.215	0.367
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	FLC	4		0	0	0
Theobromine mg	0		0	FLC	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18279
Muffins, corn, commercially prepared

Measure 1 = 17g: 1 mini
Measure 2 = 66g: 1 small
Measure 3 = 113g: 1 medium

Calories Factors: **Protein** 3.8 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18280
Muffins, corn, dry mix, prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	30.50		0		1		8.65		
Energy kcal	321		0	NC	4		91		
Energy kj	1343				4		381		
Protein g	7.40		0		1		2.10		
Total lipid (fat) g	10.20		0		1		2.89		
Ash g	2.80		0		1		0.79		
Carbohydrate, by difference g	49.10		0	NC	4		13.92		
Fiber, total dietary g	2.4		0		4		0.7		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	75		0		1		21		
Iron, Fe mg	1.94		0		1		0.55		
Magnesium, Mg mg	21		0		1		6		
Phosphorus, P mg	384		0		1		109		
Potassium, K mg	131		0		1		37		
Sodium, Na mg	795		0		1		225		
Zinc, Zn mg	0.64		0		1		0.18		
Copper, Cu mg	0.063		0		1		0.018		
Manganese, Mn mg	0.221		0		1		0.063		
Selenium, Se mcg	15.2	3.470	3	A	1		4.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.1		0		1		0.0		
Thiamin mg	0.249		0		1		0.071		
Riboflavin mg	0.276		0		1		0.078		
Niacin mg	2.101		0		1		0.596		
Pantothenic acid mg	0.451		0		1		0.128		
Vitamin B-6 mg	0.106		0		1		0.030		
Folate, total mcg	57		0	RP	4		16		
Folic acid mcg	46		0	NC	4		13		
Folate, food mcg	11		0		1		3		
Folate, DFE mcg_DFE	89		0	NC	4		25		
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.16		0		1		0.05		
Vitamin A, RAE mcg_RAE	41		0	NC	4		11		
Retinol mcg	36		0	NC	4		10		
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	210		0		1		60		
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	2.797		0		1		0.793		
4:0 g	0.017		0		1		0.005		
6:0 g	0.010		0		1		0.003		
8:0 g	0.006		0		1		0.002		
10:0 g	0.013		0		1		0.004		
12:0 g	0.015		0		1		0.004		
13:0 g									

NDB No. 18280
Muffins, corn, dry mix, prepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.096		0		1		0.027		
15:0....g									
16:0....g	1.507		0		1		0.427		
17:0....g									
18:0....g	1.124		0		1		0.319		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.249		0		1		1.488		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.054		0		1		0.015		
17:1....g									
18:1 undifferentiated....g	5.189		0		1		1.471		
20:1....g	0.004		0		1		0.001		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.250		0		1		0.354		
18:2 undifferentiated....g	1.159		0		1		0.329		
18:3 undifferentiated....g	0.064		0		1		0.018		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.020		0		1		0.006		
20:5 n-3....g	0.001		0		1		0.000		
22:5 n-3....g									
22:6 n-3....g	0.005		0		1		0.001		
Fatty acids, total trans....g									
Cholesterol....mg	62		0		1		18		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.081		0		1		0.023		
Threonine....g	0.273		0		1		0.077		
Isoleucine....g	0.317		0		1		0.090		
Leucine....g	0.660		0		1		0.187		
Lysine....g	0.323		0		1		0.092		
Methionine....g	0.166		0		1		0.047		
Cystine....g	0.139		0		1		0.039		
Phenylalanine....g	0.367		0		1		0.104		
Tyrosine....g	0.275		0		1		0.078		
Valine....g	0.379		0		1		0.107		
Arginine....g	0.341		0		1		0.097		
Histidine....g	0.184		0		1		0.052		
Alanine....g	0.356		0		1		0.101		
Aspartic acid....g	0.498		0		1		0.141		
Glutamic acid....g	1.659		0		1		0.470		
Glycine....g	0.251		0		1		0.071		
Proline....g	0.634		0		1		0.180		
Serine....g	0.404		0		1		0.115		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein Fat Carbohydrate

NDB No. 18280
Muffins, corn, dry mix, prepared

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18282

Muffins, corn, prepared from recipe, made with low fat (2%) milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	33.00		0		1		9.36	18.81	
Energy kcal	316		0	NC	4		90	180	
Energy kj	1322				4		375	754	
Protein (N x 0) g	7.10		0		1		2.01	4.05	
Total lipid (fat) g	12.30		0		1		3.49	7.01	
Ash g	3.40		0		1		0.96	1.94	
Carbohydrate, by difference g	44.20		0	NC	4		12.53	25.19	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	259		0		1		73	148	
Iron, Fe mg	2.61		0		1		0.74	1.49	
Magnesium, Mg mg	23		0		1		7	13	
Phosphorus, P mg	177		0		1		50	101	
Potassium, K mg	145		0		1		41	83	
Sodium, Na mg	585		0		1		166	333	
Zinc, Zn mg	0.61		0		1		0.17	0.35	
Copper, Cu mg	0.059		0		1		0.017	0.034	
Manganese, Mn mg	0.186		0		1		0.053	0.106	
Selenium, Se mcg	13.4		0	RK	4		3.8	7.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.3		0		1		0.1	0.2	
Thiamin mg	0.303		0		1		0.086	0.173	
Riboflavin mg	0.310		0		1		0.088	0.177	
Niacin mg	2.382		0		1		0.675	1.358	
Pantothenic acid mg	0.359		0		1		0.102	0.205	
Vitamin B-6 mg	0.093		0		1		0.026	0.053	
Folate, total mcg	75		0	FLA	4		21	43	
Folic acid mcg	57		0	FLA	4		16	32	
Folate, food mcg	18		0		1		5	10	
Folate, DFE mcg_DFE	115		0	NC	4		33	65	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.16		0		1		0.05	0.09	
Vitamin A, RAE mcg_RAE									
Retinol mcg									
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	241		0		1		68	137	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	2.311		0		1		0.655	1.317	
4:0 g	0.028		0		1		0.008	0.016	
6:0 g	0.017		0		1		0.005	0.010	
8:0 g	0.010		0		1		0.003	0.006	
10:0 g	0.022		0		1		0.006	0.013	
12:0 g	0.025		0		1		0.007	0.014	
13:0 g									

NDB No. 18282

Muffins, corn, prepared from recipe, made with low fat (2%) milk

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0 g	0.102		0		1		0.029	0.058	
15:0 g									
16:0 g	1.535		0		1		0.435	0.875	
17:0 g									
18:0 g	0.562		0		1		0.159	0.320	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.012		0		1		0.854	1.717	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.068		0		1		0.019	0.039	
17:1 g									
18:1 undifferentiated g	2.919		0		1		0.828	1.664	
20:1 g	0.022		0		1		0.006	0.013	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	6.162		0		1		1.747	3.512	
18:2 undifferentiated g	5.445		0		1		1.544	3.104	
18:3 undifferentiated g	0.700		0		1		0.198	0.399	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.013		0		1		0.004	0.007	
20:5 n-3 g	0.000		0		1		0.000	0.000	
22:5 n-3 g	0.000		0		1		0.000	0.000	
22:6 n-3 g	0.003		0		1		0.001	0.002	
Fatty acids, total trans g									
Cholesterol mg	42		0		1		12	24	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.077		0		1		0.022	0.044	
Threonine g	0.261		0		1		0.074	0.149	
Isoleucine g	0.304		0		1		0.086	0.173	
Leucine g	0.655		0		1		0.186	0.373	
Lysine g	0.304		0		1		0.086	0.173	
Methionine g	0.156		0		1		0.044	0.089	
Cystine g	0.127		0		1		0.036	0.072	
Phenylalanine g	0.350		0		1		0.099	0.200	
Tyrosine g	0.271		0		1		0.077	0.154	
Valine g	0.364		0		1		0.103	0.207	
Arginine g	0.319		0		1		0.090	0.182	
Histidine g	0.182		0		1		0.052	0.104	
Alanine g	0.345		0		1		0.098	0.197	
Aspartic acid g	0.466		0		1		0.132	0.266	
Glutamic acid g	1.628		0		1		0.462	0.928	
Glycine g	0.239		0		1		0.068	0.136	
Proline g	0.637		0		1		0.181	0.363	
Serine g	0.378		0		1		0.107	0.215	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 1 muffin (2-3/4" dia x 2")

Calories Factors: Protein Fat Carbohydrate

NDB No. 18282
Muffins, corn, prepared from recipe, made with low fat (2%) milk

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18281
Muffins, corn, toaster-type

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	23.60		2		1		6.69	7.79	
Energy kcal	346		0	NC	4		98	114	
Energy kj	1448				4		410	478	
Protein (N x 5.9) g	5.30		2		1		1.50	1.75	
Total lipid (fat) g	11.30		2		1		3.20	3.73	
Ash g	1.90		2		1		0.54	0.63	
Carbohydrate, by difference g	57.90		0	NC	4		16.41	19.11	
Fiber, total dietary g	1.6		0		4		0.5	0.5	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	19		1		1		5	6	
Iron, Fe mg	1.47		1		1		0.42	0.49	
Magnesium, Mg mg	14		0	FLA	4		4	5	
Phosphorus, P mg	151		0	FLA	4		43	50	
Potassium, K mg	92		1		1		26	30	
Sodium, Na mg	430		1		1		122	142	
Zinc, Zn mg	0.39		0	FLA	4		0.11	0.13	
Copper, Cu mg	0.072		0	FLA	4		0.020	0.024	
Manganese, Mn mg	0.280		0	FLA	4		0.079	0.092	
Selenium, Se mcg	15.2		0	FLA	4		4.3	5.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1		1		0.0	0.0	
Thiamin mg	0.310		1		1		0.088	0.102	
Riboflavin mg	0.370		1		1		0.105	0.122	
Niacin mg	2.310		1		1		0.655	0.762	
Pantothenic acid mg	0.241		0	FLA	4		0.068	0.080	
Vitamin B-6 mg	0.048		0	FLA	4		0.014	0.016	
Folate, total mcg	57		0	FLA	4		16	19	
Folic acid mcg	45		0	NC	4		13	15	
Folate, food mcg	12		0		4		3	4	
Folate, DFE mcg_DFE	89		0	NC	4		25	29	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.03		0	FLA	4		0.01	0.01	
Vitamin A, RAE mcg_RAE	18		0	NC	4		5	6	
Retinol mcg	16		0	NC	4		5	5	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	97		1		1		27	32	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	1.681		0	FLA	4		0.477	0.555	
4:0 g	0.000		0	FLA	4		0.000	0.000	
6:0 g	0.000		0	FLA	4		0.000	0.000	
8:0 g	0.000		0	FLA	4		0.000	0.000	
10:0 g	0.000		0	FLA	4		0.000	0.000	
12:0 g	0.000		0	FLA	4		0.000	0.000	
13:0 g									

NDB No. 18281
Muffins, corn, toaster-type

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.012		0	FLA	4		0.003	0.004	
15:0....g									
16:0....g	1.220		0	FLA	4		0.346	0.403	
17:0....g									
18:0....g	0.426		0	FLA	4		0.121	0.141	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.625		0	FLA	4		0.744	0.866	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.030		0	FLA	4		0.009	0.010	
17:1....g									
18:1 undifferentiated....g	2.562		0	FLA	4		0.726	0.845	
20:1....g	0.022		0	FLA	4		0.006	0.007	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	6.324		0	FLA	4		1.793	2.087	
18:2 undifferentiated....g	5.586		0	FLA	4		1.584	1.843	
18:3 undifferentiated....g	0.722		0	FLA	4		0.205	0.238	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.004		0	FLA	4		0.001	0.001	
20:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3....g	0.001		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	13		0	FLA	4		4	4	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.060		0		1		0.017	0.020	
Threonine....g	0.186		0		1		0.053	0.061	
Isoleucine....g	0.214		0		1		0.061	0.071	
Leucine....g	0.441		0		1		0.125	0.146	
Lysine....g	0.197		0		1		0.056	0.065	
Methionine....g	0.118		0		1		0.033	0.039	
Cystine....g	0.113		0		1		0.032	0.037	
Phenylalanine....g	0.271		0		1		0.077	0.089	
Tyrosine....g	0.186		0		1		0.053	0.061	
Valine....g	0.254		0		1		0.072	0.084	
Arginine....g	0.252		0		1		0.071	0.083	
Histidine....g	0.129		0		1		0.037	0.043	
Alanine....g	0.245		0		1		0.069	0.081	
Aspartic acid....g	0.336		0		1		0.095	0.111	
Glutamic acid....g	1.352		0		1		0.383	0.446	
Glycine....g	0.192		0		1		0.054	0.063	
Proline....g	0.478		0		1		0.136	0.158	
Serine....g	0.300		0		1		0.085	0.099	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 33g: 1 muffin, toaster

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 3.9

NDB No. 18281
Muffins, corn, toaster-type

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18283
Muffins, oat bran

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	35.00		2		1		5.95	23.10	39.55
Energy kcal	270		0	NC	4		46	178	305
Energy kj	1130		0		4		192	746	1277
Protein (N x 6.2) g	7.00		2		1		1.19	4.62	7.91
Total lipid (fat) g	7.40	0.081	3		1		1.26	4.88	8.36
Ash g	2.30	0.000	4		1		0.39	1.52	2.60
Carbohydrate, by difference g	48.30		0		4		8.21	31.88	54.58
Fiber, total dietary g	4.6		0		1		0.8	3.0	5.2
Sugars, total g	8.22		0	FLC	4		1.40	5.42	9.29
Starch g									
Minerals:									
Calcium, Ca mg	63		2		1		11	42	71
Iron, Fe mg	4.20		2		1		0.71	2.77	4.75
Magnesium, Mg mg	157		2		1		27	104	177
Phosphorus, P mg	376		2		1		64	248	425
Potassium, K mg	507		2		1		86	335	573
Sodium, Na mg	393		2		1		67	259	444
Zinc, Zn mg	1.84		2		1		0.31	1.21	2.08
Copper, Cu mg	0.330		2		1		0.056	0.218	0.373
Manganese, Mn mg	2.630		2		1		0.447	1.736	2.972
Selenium, Se mcg	11.0		0	FLA	4		1.9	7.3	12.4
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin mg	0.262	0.008	8		1		0.045	0.173	0.296
Riboflavin mg	0.095	0.002	8		1		0.016	0.063	0.107
Niacin mg	0.420	0.025	8		1		0.071	0.277	0.475
Pantothenic acid mg	1.010	0.025	8		1		0.172	0.667	1.141
Vitamin B-6 mg	0.161		0		4		0.027	0.106	0.182
Folate, total mcg	89		0	FLC	4		15	59	100
Folic acid mcg	71		0		4		12	47	80
Folate, food mcg	18	0.290	8		1		3	12	20
Folate, DFE mcg_DFE	139		0	NC	4		24	92	157
Choline, total mg	6.6		0	FLC	4		1.1	4.4	7.5
Betaine mg									
Vitamin B-12 mcg	0.01		0	FLA	4		0.00	0.01	0.01
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	0
Retinol mcg	0		0	FLC	4		0	0	0
Carotene, beta mcg	0		0	FLC	4		0	0	0
Carotene, alpha mcg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta mcg	0		0	FLC	4		0	0	0
Vitamin A, IU IU	0		0	NC	4		0	0	0
Lycopene mcg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin mcg	13		0	FLC	4		2	8	14
Vitamin E (alpha-tocopherol) mg	0.66		0	FLC	4		0.11	0.44	0.75
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	13.0		0	FLC	4		2.2	8.6	14.7
Lipids:									
Fatty acids, total saturated g	1.087		0	FLA	4		0.185	0.717	1.228
4:0 g	0.000		0		4		0.000	0.000	0.000
6:0 g	0.000		0		4		0.000	0.000	0.000
8:0 g	0.000		0		4		0.000	0.000	0.000
10:0 g	0.000		0		4		0.000	0.000	0.000

NDB No. 18283
Muffins, oat bran

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.002		0	FLA	4		0.000	0.001	0.002
13:0 g									
14:0 g	0.008		0	FLA	4		0.001	0.005	0.009
15:0 g									
16:0 g	0.803		0	FLA	4		0.137	0.530	0.907
17:0 g									
18:0 g	0.252		0	FLA	4		0.043	0.166	0.285
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.695		0	FLA	4		0.288	1.119	1.915
14:1 g									
15:1 g									
16:1 undifferentiated g	0.016		0	FLA	4		0.003	0.011	0.018
17:1 g									
18:1 undifferentiated g	1.661		0	FLA	4		0.282	1.096	1.877
20:1 g	0.013		0	FLA	4		0.002	0.009	0.015
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	4.129		0	FLA	4		0.702	2.725	4.666
18:2 undifferentiated g	3.664		0	FLA	4		0.623	2.418	4.140
18:3 undifferentiated g	0.458		0	FLA	4		0.078	0.302	0.518
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.105		0		4		0.018	0.069	0.119
Threonine g	0.210		0		4		0.036	0.139	0.237
Isoleucine g	0.262		0		4		0.045	0.173	0.296
Leucine g	0.506		0		4		0.086	0.334	0.572
Lysine g	0.277		0		4		0.047	0.183	0.313
Methionine g	0.123		0		4		0.021	0.081	0.139
Cystine g	0.182		0		4		0.031	0.120	0.206
Phenylalanine g	0.346		0		4		0.059	0.228	0.391
Tyrosine g	0.234		0		4		0.040	0.154	0.264
Valine g	0.364		0		4		0.062	0.240	0.411
Arginine g	0.472		0		4		0.080	0.312	0.533
Histidine g	0.156		0		4		0.027	0.103	0.176
Alanine g	0.337		0		4		0.057	0.222	0.381
Aspartic acid g	0.576		0		4		0.098	0.380	0.651
Glutamic acid g	1.430		0		4		0.243	0.944	1.616
Glycine g	0.338		0		4		0.057	0.223	0.382
Proline g	0.365		0		4		0.062	0.241	0.412
Serine g	0.309		0		4		0.053	0.204	0.349
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	FLC	4		0	0	0
Theobromine mg	0		0	FLC	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18283
Muffins, oat bran

Measure 1 = 17g: 1 mini
Measure 2 = 66g: 1 small
Measure 3 = 113g: 1 medium

Calories Factors: **Protein** 3.2 **Fat** 8.7 **Carbohydrate** 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18273

Muffins, plain, prepared from recipe, made with low fat (2%) milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	37.70		0		1		10.69	21.49	
Energy kcal	296		0	NC	4		84	169	
Energy kj	1238		0		4		351	706	
Protein (N x 0) g	6.90		0		1		1.96	3.93	
Total lipid (fat) g	11.40		0		1		3.23	6.50	
Ash g	2.70		0		1		0.77	1.54	
Carbohydrate, by difference g	41.40		0	NC	4		11.74	23.60	
Fiber, total dietary g	2.7		0		4		0.8	1.5	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	200		0		1		57	114	
Iron, Fe mg	2.39		0		1		0.68	1.36	
Magnesium, Mg mg	17		0		1		5	10	
Phosphorus, P mg	153		0		1		43	87	
Potassium, K mg	121		0		1		34	69	
Sodium, Na mg	467		0		1		132	266	
Zinc, Zn mg	0.56		0		1		0.16	0.32	
Copper, Cu mg	0.069		0		1		0.020	0.039	
Manganese, Mn mg	0.296		0		1		0.084	0.169	
Selenium, Se mcg	18.0		0	RK	4		5.1	10.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.3		0		1		0.1	0.2	
Thiamin mg	0.284		0		1		0.081	0.162	
Riboflavin mg	0.301		0		1		0.085	0.172	
Niacin mg	2.308		0		1		0.654	1.316	
Pantothenic acid mg	0.351		0		1		0.100	0.200	
Vitamin B-6 mg	0.042		0		1		0.012	0.024	
Folate, total mcg	51		0	RK	4		14	29	
Folic acid mcg	38		0	NC	4		11	22	
Folate, food mcg	13		0		1		4	7	
Folate, DFE mcg_DFE	78		0	NC	4		22	44	
Choline, total mg	43.4		0	AS	1		12.3	24.7	
Betaine mg									
Vitamin B-12 mcg	0.15		0		1		0.04	0.09	
Vitamin A, RAE mcg_RAE	40		0	NC	4		11	23	
Retinol mcg	39		0	NC	4		11	22	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	140		0		1		40	80	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	2.156		0		1		0.611	1.229	
4:0 g	0.027		0		1		0.008	0.015	
6:0 g	0.016		0		1		0.005	0.009	
8:0 g	0.009		0		1		0.003	0.005	
10:0 g	0.021		0		1		0.006	0.012	
12:0 g	0.024		0		1		0.007	0.014	
13:0 g									

NDB No. 18273

Muffins, plain, prepared from recipe, made with low fat (2%) milk

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.095		0		1		0.027	0.054	
15:0....g									
16:0....g	1.433		0		1		0.406	0.817	
17:0....g									
18:0....g	0.525		0		1		0.149	0.299	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.757		0		1		0.782	1.571	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.063		0		1		0.018	0.036	
17:1....g									
18:1 undifferentiated....g	2.671		0		1		0.757	1.522	
20:1....g	0.021		0		1		0.006	0.012	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	5.721		0		1		1.622	3.261	
18:2 undifferentiated....g	5.046		0		1		1.431	2.876	
18:3 undifferentiated....g	0.659		0		1		0.187	0.376	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.012		0		1		0.003	0.007	
20:5 n-3....g	0.000		0		1		0.000	0.000	
22:5 n-3....g	0.000		0		1		0.000	0.000	
22:6 n-3....g	0.003		0		1		0.001	0.002	
Fatty acids, total trans....g									
Cholesterol....mg	39		0		1		11	22	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.086		0		1		0.024	0.049	
Threonine....g	0.231		0		1		0.065	0.132	
Isoleucine....g	0.290		0		1		0.082	0.165	
Leucine....g	0.523		0		1		0.148	0.298	
Lysine....g	0.279		0		1		0.079	0.159	
Methionine....g	0.144		0		1		0.041	0.082	
Cystine....g	0.130		0		1		0.037	0.074	
Phenylalanine....g	0.342		0		1		0.097	0.195	
Tyrosine....g	0.240		0		1		0.068	0.137	
Valine....g	0.330		0		1		0.094	0.188	
Arginine....g	0.290		0		1		0.082	0.165	
Histidine....g	0.159		0		1		0.045	0.091	
Alanine....g	0.246		0		1		0.070	0.140	
Aspartic acid....g	0.393		0		1		0.111	0.224	
Glutamic acid....g	1.900		0		1		0.539	1.083	
Glycine....g	0.222		0		1		0.063	0.127	
Proline....g	0.681		0		1		0.193	0.388	
Serine....g	0.371		0		1		0.105	0.211	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 1 muffin

Calories Factors: Protein Fat Carbohydrate

NDB No. 18273
Muffins, plain, prepared from recipe, made with low fat (2%) milk

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18284
Muffins, wheat bran, dry mix

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	4.80		1		1		1.36	9.50	
Energy kcal	396		0	NC	4		112	784	
Energy kj	1657				4		470	3281	
Protein (N x 6) g	7.10		1		1		2.01	14.06	
Total lipid (fat) g	12.00		1		1		3.40	23.76	
Ash g	3.10		1		1		0.88	6.14	
Carbohydrate, by difference g	73.00		0	NC	4		20.70	144.54	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	36		1		1		10	71	
Iron, Fe mg	3.60		1		1		1.02	7.13	
Magnesium, Mg mg	87		1		1		25	172	
Phosphorus, P mg	480		1		1		136	950	
Potassium, K mg	200		1		1		57	396	
Sodium, Na mg	700		1		1		198	1386	
Zinc, Zn mg	1.50		1		1		0.43	2.97	
Copper, Cu mg	0.200		1		1		0.057	0.396	
Manganese, Mn mg	2.666		0	FLA	4		0.756	5.279	
Selenium, Se mcg	18.0		0	FLA	4		5.1	35.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	
Thiamin mg	0.360		1		1		0.102	0.713	
Riboflavin mg	0.280		1		1		0.079	0.554	
Niacin mg	5.000		1		1		1.418	9.900	
Pantothenic acid mg	0.669		0	FLA	4		0.190	1.325	
Vitamin B-6 mg	0.282		0	FLA	4		0.080	0.558	
Folate, total mcg	85		0	FLA	4		24	168	
Folic acid mcg	62		0	NC	4		18	123	
Folate, food mcg	23		0		4		7	46	
Folate, DFE mcg_DFE	128		0	NC	4		36	254	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.00		0		1		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	0		0		1		0	0	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	2.939		0	FLA	4		0.833	5.819	
4:0 g	0.000		0	FLA	4		0.000	0.000	
6:0 g	0.000		0	FLA	4		0.000	0.000	
8:0 g	0.000		0	FLA	4		0.000	0.000	
10:0 g	0.000		0	FLA	4		0.000	0.000	
12:0 g	0.000		0	FLA	4		0.000	0.000	
13:0 g									

NDB No. 18284
Muffins, wheat bran, dry mix

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.056		0	FLA	4		0.016	0.111	
15:0....g									
16:0....g	1.562		0	FLA	4		0.443	3.093	
17:0....g									
18:0....g	1.312		0	FLA	4		0.372	2.598	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.403		0	FLA	4		1.815	12.678	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.005		0	FLA	4		0.001	0.010	
17:1....g									
18:1 undifferentiated....g	6.398		0	FLA	4		1.814	12.668	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.904		0	FLA	4		0.540	3.770	
18:2 undifferentiated....g	1.795		0	FLA	4		0.509	3.554	
18:3 undifferentiated....g	0.108		0	FLA	4		0.031	0.214	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0	FLA	4		0.000	0.002	
20:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.115		0		1		0.033	0.228	
Threonine....g	0.212		0		1		0.060	0.420	
Isoleucine....g	0.245		0		1		0.069	0.485	
Leucine....g	0.453		0		1		0.128	0.897	
Lysine....g	0.259		0		1		0.073	0.513	
Methionine....g	0.112		0		1		0.032	0.222	
Cystine....g	0.162		0		1		0.046	0.321	
Phenylalanine....g	0.303		0		1		0.086	0.600	
Tyrosine....g	0.201		0		1		0.057	0.398	
Valine....g	0.322		0		1		0.091	0.638	
Arginine....g	0.385		0		1		0.109	0.762	
Histidine....g	0.170		0		1		0.048	0.337	
Alanine....g	0.282		0		1		0.080	0.558	
Aspartic acid....g	0.406		0		1		0.115	0.804	
Glutamic acid....g	1.823		0		1		0.517	3.610	
Glycine....g	0.326		0		1		0.092	0.645	
Proline....g	0.594		0		1		0.168	1.176	
Serine....g	0.343		0		1		0.097	0.679	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 198g: 1 package (7 oz)

Calories Factors: **Protein** 2.9 **Fat** 8.8 **Carbohydrate** 3.7

NDB No. 18284
Muffins, wheat bran, dry mix

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18286
Muffins, wheat bran, toaster-type with raisins

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	31.40		2		1		8.90	11.30	
Energy kcal	295		0	NC	4		84	106	
Energy kj	1234		0		4		350	444	
Protein (N x 5.9) g	5.20		2		1		1.47	1.87	
Total lipid (fat) g	8.80		2		1		2.49	3.17	
Ash g	2.40		2		1		0.68	0.86	
Carbohydrate, by difference g	52.20		0	NC	4		14.80	18.79	
Fiber, total dietary g	7.7		0	RA	4		2.2	2.8	
Sugars, total g	13.98		0	FLA	4		3.96	5.03	
Starch g									
Minerals:									
Calcium, Ca mg	37		1		1		10	13	
Iron, Fe mg	2.66		1		1		0.75	0.96	
Magnesium, Mg mg	31		0	FLA	4		9	11	
Phosphorus, P mg	198		0	FLA	4		56	71	
Potassium, K mg	166		1		1		47	60	
Sodium, Na mg	495		1		1		140	178	
Zinc, Zn mg	0.65		0	FLA	4		0.18	0.23	
Copper, Cu mg	0.137		0	FLA	4		0.039	0.049	
Manganese, Mn mg	0.715		0	FLA	4		0.203	0.257	
Selenium, Se mcg	19.1		0	FLA	4		5.4	6.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1		1		0.0	0.0	
Thiamin mg	0.240		1		1		0.068	0.086	
Riboflavin mg	0.300		1		1		0.085	0.108	
Niacin mg	2.420		1		1		0.686	0.871	
Pantothenic acid mg	0.311		0	FLA	4		0.088	0.112	
Vitamin B-6 mg	0.098		0	FLA	4		0.028	0.035	
Folate, total mcg	33		0	FLA	4		9	12	
Folic acid mcg	23		0		4		7	8	
Folate, food mcg	10		0		4		3	4	
Folate, DFE mcg_DFE	49		0	NC	4		14	18	
Choline, total mg	51.7		0	BFZN	4		14.7	18.6	
Betaine mg									
Vitamin B-12 mcg	0.04		0	FLA	4		0.01	0.01	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	53		0	NC	4		15	19	
Retinol mcg	53		0	FLA	4		15	19	
Carotene, beta mcg	1		0	FLA	4		0	0	
Carotene, alpha mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta mcg	0		0	FLA	4		0	0	
Vitamin A, IU IU	178		0	NC	4		51	64	
Lycopene mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin mcg	47		0	FLA	4		13	17	
Vitamin E (alpha-tocopherol) mg	0.92		0	FLA	4		0.26	0.33	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	16.4		0	FLA	4		4.6	5.9	
Lipids:									
Fatty acids, total saturated g	1.357		0	FLA	4		0.385	0.489	
4:0 g	0.000		0	FLA	4		0.000	0.000	
6:0 g	0.000		0	FLA	4		0.000	0.000	
8:0 g	0.002		0	FLA	4		0.001	0.001	
10:0 g	0.000		0	FLA	4		0.000	0.000	

NDB No. 18286

Muffins, wheat bran, toaster-type with raisins

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0	FLA	4		0.000	0.000	
13:0 g									
14:0 g	0.010		0	FLA	4		0.003	0.004	
15:0 g									
16:0 g	0.989		0	FLA	4		0.280	0.356	
17:0 g									
18:0 g	0.337		0	FLA	4		0.096	0.121	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.036		0	FLA	4		0.577	0.733	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.027		0	FLA	4		0.008	0.010	
17:1 g									
18:1 undifferentiated g	1.983		0	FLA	4		0.562	0.714	
20:1 g	0.017		0	FLA	4		0.005	0.006	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	4.822		0	FLA	4		1.367	1.736	
18:2 undifferentiated g	4.254		0	FLA	4		1.206	1.531	
18:3 undifferentiated g	0.549		0	FLA	4		0.156	0.198	
18:4 g	0.001		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.006		0	FLA	4		0.002	0.002	
20:5 n-3 g	0.003		0	FLA	4		0.001	0.001	
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 g	0.002		0	FLA	4		0.001	0.001	
Fatty acids, total trans g									
Cholesterol mg	17		0	FLA	4		5	6	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.070		0		1		0.020	0.025	
Threonine g	0.185		0		1		0.052	0.067	
Isoleucine g	0.206		0		1		0.058	0.074	
Leucine g	0.370		0		1		0.105	0.133	
Lysine g	0.235		0		1		0.067	0.085	
Methionine g	0.088		0		1		0.025	0.032	
Cystine g	0.100		0		1		0.028	0.036	
Phenylalanine g	0.247		0		1		0.070	0.089	
Tyrosine g	0.168		0		1		0.048	0.060	
Valine g	0.236		0		1		0.067	0.085	
Arginine g	0.306		0		1		0.087	0.110	
Histidine g	0.127		0		1		0.036	0.046	
Alanine g	0.216		0		1		0.061	0.078	
Aspartic acid g	0.433		0		1		0.123	0.156	
Glutamic acid g	1.200		0		1		0.340	0.432	
Glycine g	0.212		0		1		0.060	0.076	
Proline g	0.387		0		1		0.110	0.139	
Serine g	0.276		0		1		0.078	0.099	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	RA	4		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18286
Muffins, wheat bran, toaster-type with raisins

Measure 1 = 28.35g: 1 oz
Measure 2 = 36g: 1 muffin, toaster

Calories Factors: **Protein** 3.6 **Fat** 8.8 **Carbohydrate** 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18388

Muffins, wheat bran, toaster-type with raisins, toasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	27.00		0		1		7.65	9.18	
Energy kcal	313		0	NC	4		89	106	
Energy kj	1310				4		371	445	
Protein (N x 0) g	5.50		0		1		1.56	1.87	
Total lipid (fat) g	9.40		0		1		2.66	3.20	
Ash g	2.60		0		1		0.74	0.88	
Carbohydrate, by difference g	55.50		0	NC	4		15.73	18.87	
Fiber, total dietary g	8.2		0	RA	4		2.3	2.8	
Sugars, total g	23.07		0	RK	4		6.54	7.84	
Starch g									
Minerals:									
Calcium, Ca mg	39		0		1		11	13	
Iron, Fe mg	2.83		0		1		0.80	0.96	
Magnesium, Mg mg	21		0		4		6	7	
Phosphorus, P mg	284		0		4		81	97	
Potassium, K mg	177		0		1		50	60	
Sodium, Na mg	527		0		1		149	179	
Zinc, Zn mg	0.44		0		4		0.12	0.15	
Copper, Cu mg	0.120		0		4		0.034	0.041	
Manganese, Mn mg	0.433		0		4		0.123	0.147	
Selenium, Se mcg	20.3		0	RK	4		5.8	6.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	
Thiamin mg	0.204		0		1		0.058	0.069	
Riboflavin mg	0.287		0		1		0.081	0.098	
Niacin mg	2.317		0		1		0.657	0.788	
Pantothenic acid mg	0.180		0		4		0.051	0.061	
Vitamin B-6 mg	0.056		0		4		0.016	0.019	
Folate, total mcg	30		0	RK	4		8	10	
Folic acid mcg	23		0		4		7	8	
Folate, food mcg	7		0		4		2	2	
Folate, DFE mcg_DFE	46		0	NC	4		13	16	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.02		0		4		0.01	0.01	
Vitamin A, RAE mcg_RAE	56		0	NC	4		16	19	
Retinol mcg	56		0	RK	4		16	19	
Carotene, beta mcg	1		0	RK	4		0	0	
Carotene, alpha mcg	0		0	RK	4		0	0	
Cryptoxanthin, beta mcg	0		0	RK	4		0	0	
Vitamin A, IU IU	190		0	NC	4		54	64	
Lycopene mcg	0		0	RK	4		0	0	
Lutein + zeaxanthin mcg	48		0	RK	4		14	16	
Vitamin E (alpha-tocopherol) mg	0.98		0	RK	4		0.28	0.33	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	17.4		0	RK	4		4.9	5.9	
Lipids:									
Fatty acids, total saturated g	1.500		0		1		0.425	0.510	
4:0 g	0.001		0		1		0.000	0.000	
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.001		0		1		0.000	0.000	
12:0 g	0.001		0		1		0.000	0.000	
13:0 g									

NDB No. 18388

Muffins, wheat bran, toaster-type with raisins, toasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.014		0		1		0.004	0.005	
15:0....g									
16:0....g	1.110		0		1		0.315	0.377	
17:0....g									
18:0....g	0.372		0		1		0.105	0.126	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.221		0		1		0.630	0.755	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.044		0		1		0.012	0.015	
17:1....g									
18:1 undifferentiated....g	2.158		0		1		0.612	0.734	
20:1....g	0.018		0		1		0.005	0.006	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.918		0		1		1.394	1.672	
18:2 undifferentiated....g	4.350		0		1		1.233	1.479	
18:3 undifferentiated....g	0.551		0		1		0.156	0.187	
18:4....g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.013		0		1		0.004	0.004	
20:5 n-3....g	0.000		0		1		0.000	0.000	
22:5 n-3....g	0.000		0	RA	4		0.000	0.000	
22:6 n-3....g	0.003		0		1		0.001	0.001	
Fatty acids, total trans....g									
Cholesterol....mg	9		0		4		3	3	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.074		0		1		0.021	0.025	
Threonine....g	0.197		0		1		0.056	0.067	
Isoleucine....g	0.219		0		1		0.062	0.074	
Leucine....g	0.394		0		1		0.112	0.134	
Lysine....g	0.250		0		1		0.071	0.085	
Methionine....g	0.094		0		1		0.027	0.032	
Cystine....g	0.106		0		1		0.030	0.036	
Phenylalanine....g	0.263		0		1		0.075	0.089	
Tyrosine....g	0.179		0		1		0.051	0.061	
Valine....g	0.251		0		1		0.071	0.085	
Arginine....g	0.325		0		1		0.092	0.111	
Histidine....g	0.135		0		1		0.038	0.046	
Alanine....g	0.230		0		1		0.065	0.078	
Aspartic acid....g	0.460		0		1		0.130	0.156	
Glutamic acid....g	1.277		0		1		0.362	0.434	
Glycine....g	0.225		0		1		0.064	0.077	
Proline....g	0.412		0		1		0.117	0.140	
Serine....g	0.293		0		1		0.083	0.100	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0	0.0	
Caffeine....mg	0		0	RK	4		0	0	
Theobromine....mg	0		0	RK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18388

Muffins, wheat bran, toaster-type with raisins, toasted

Measure 2 = 34g: 1 muffin, toaster

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

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NDB No. 18617
NABISCO, NABISCO GRAHAMS Crackers
Nabisco Brands, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	3.60		1	A	1		1.01		
Energy kcal	424		0	NC	4		119		
Energy kj	1776				4		497		
Protein g	6.99		1	MA	12		1.96		
Total lipid (fat) g	10.00		1	A	1		2.80		
Ash g	2.80		1	A	1		0.78		
Carbohydrate, by difference g	76.20		0	NC	4		21.34		
Fiber, total dietary g	3.4		0	MA	12		1.0		
Sugars, total g	23.00		1	MC	9		6.44		
Starch g									
Minerals:									
Calcium, Ca mg	79		0	MC	9		22		
Iron, Fe mg	4.13		1	MA	12		1.16		
Magnesium, Mg mg	59		0	MC	9		17		
Phosphorus, P mg	202		0	MC	9		57		
Potassium, K mg	177		0	MA	12		50		
Sodium, Na mg	659		1	MA	12		185		
Zinc, Zn mg	1.94		0	MC	9		0.54		
Copper, Cu mg	0.030		0	MC	9		0.008		
Manganese, Mn mg									
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	MC	9		0.0		
Thiamin mg	0.228		0	MC	9		0.064		
Riboflavin mg	0.240		0	MC	9		0.067		
Niacin mg	3.780		0	MC	9		1.058		
Pantothenic acid mg									
Vitamin B-6 mg	0.100		0	MC	9		0.028		
Folate, total mcg	46		0	MC	9		13		
Folate, DFE mcg_DFE									
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg									
Vitamin A, RAE mcg_RAE									
Vitamin A, IU IU	0		0	MC	9		0		
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	1.560		1	A	1		0.437		
Fatty acids, total monounsaturated g	3.600		0	MA	12		1.008		
Fatty acids, total polyunsaturated g	0.460		0	MA	12		0.129		
Fatty acids, total trans g									
Cholesterol mg	0		0	MC	9		0		
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18617
NABISCO, NABISCO GRAHAMS Crackers

Measure 1 = 28g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18618

NABISCO, NABISCO NILLA Pie Crust, ready to use

Nabisco Brands, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	3.31		0	MC	9		0.93		
Energy kcal	513		0	NC	4		144		
Energy kj	2147				4		601		
Protein g	3.50		0	MC	9		0.98		
Total lipid (fat) g	27.10		1	A	1		7.59		
Ash g	0.80		1	A	1		0.22		
Carbohydrate, by difference g	63.10		0	NC	4		17.67		
Fiber, total dietary g	0.9		0	MC	9		0.3		
Sugars, total g	32.20		1	A	1		9.02		
Starch g									
Minerals:									
Calcium, Ca mg	41		0	MC	9		11		
Iron, Fe mg	1.77		0	MC	9		0.50		
Magnesium, Mg mg	8		0	MC	9		2		
Phosphorus, P mg	83		0	MC	9		23		
Potassium, K mg	69		0	MC	9		19		
Sodium, Na mg	224		1	A	1		63		
Zinc, Zn mg	0.28		0	MC	9		0.08		
Copper, Cu mg	0.050		0	MC	9		0.014		
Manganese, Mn mg									
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg									
Thiamin mg	0.166		0	MC	9		0.046		
Riboflavin mg	0.192		0	MC	9		0.054		
Niacin mg	2.487		0	MC	9		0.696		
Pantothenic acid mg									
Vitamin B-6 mg	0.020		0	MC	9		0.006		
Folate, total mcg	30		0	MC	9		8		
Folate, DFE mcg_DFE									
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.11		0	MC	9		0.03		
Vitamin A, RAE mcg_RAE									
Vitamin A, IU IU	10		0	MC	9		3		
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	5.150		1	A	1		1.442		
4:0 g									
6:0 g									
8:0 g	0.014		1	A	1		0.004		
10:0 g	0.014		1	A	1		0.004		
12:0 g	0.014		1	A	1		0.004		
13:0 g									
14:0 g	0.066		1	A	1		0.018		
15:0 g	0.014		1	A	1		0.004		
16:0 g	2.659		1	A	1		0.745		
17:0 g	0.014		1	A	1		0.004		
18:0 g	2.269		1	A	1		0.635		
20:0 g	0.086		1	A	1		0.024		

NDB No. 18618
NABISCO, NABISCO NILLA Pie Crust, ready to use

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
22:0 g	0.077		1	A	1		0.022		
24:0 g									
Fatty acids, total monounsaturated g	18.700		0	MC	9		5.236		
14:1 g	0.014		1	A	1		0.004		
15:1 g									
16:1 undifferentiated g	0.038		1	A	1		0.011		
17:1 g	0.014		1	A	1		0.004		
18:1 undifferentiated g	13.972		1	A	1		3.912		
20:1 g	0.086		1	A	1		0.024		
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.350		0	MC	9		0.378		
18:2 undifferentiated g	1.980		1	A	1		0.554		
18:3 undifferentiated g	0.081		1	A	1		0.023		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g	0.014		1	A	1		0.004		
20:4 undifferentiated g	0.014		1	A	1		0.004		
20:5 n-3 g									
22:5 n-3 g									
22:6 n-3 g									
Fatty acids, total trans g									
Cholesterol mg	10		0	MC	9		3		
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18619

NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping

Nabisco Brands, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	1.57		0	MC	9		0.17		
Energy kcal	476		0	MC	9		52		
Energy kj	1992				9		219		
Protein g	4.78		0	MC	9		0.53		
Total lipid (fat) g	21.50		1	A	1		2.37		
Ash g	1.90		1	A	1		0.21		
Carbohydrate, by difference g	70.23		0	MC	9		7.73		
Fiber, total dietary g	3.2		0	MC	9		0.4		
Sugars, total g	36.00		1	A	1		3.96		
Starch g									
Minerals:									
Calcium, Ca mg	24		0	MC	9		3		
Iron, Fe mg	4.90		0	MC	9		0.54		
Magnesium, Mg mg	48		0	MC	9		5		
Phosphorus, P mg	103		0	MC	9		11		
Potassium, K mg	194		0	MC	9		21		
Sodium, Na mg	528		0	MC	9		58		
Zinc, Zn mg	1.23		0	MC	9		0.14		
Copper, Cu mg	0.270		0	MC	9		0.030		
Manganese, Mn mg									
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg									
Thiamin mg	0.122		0	MC	9		0.013		
Riboflavin mg	0.165		0	MC	9		0.018		
Niacin mg	1.845		0	MC	9		0.203		
Pantothenic acid mg	0.036		0	MC	9		0.004		
Vitamin B-6 mg	0.032		0	MC	9		0.004		
Folate, total mcg	30		0	MC	9		3		
Folate, DFE mcg_DFE									
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.02		0	MC	9		0.00		
Vitamin A, RAE mcg_RAE									
Vitamin A, IU IU	3		0	MC	9		0		
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	4.140		1	A	1		0.455		
4:0 g									
6:0 g									
8:0 g	0.009		1	A	1		0.001		
10:0 g	0.009		1	A	1		0.001		
12:0 g	0.009		1	A	1		0.001		
13:0 g									
14:0 g	0.009		1	A	1		0.001		
15:0 g	0.010		1	A	1		0.001		
16:0 g	2.192		1	A	1		0.241		
17:0 g	0.019		1	A	1		0.002		
18:0 g	1.790		1	A	1		0.197		
20:0 g	0.077		1	A	1		0.008		

NDB No. 18619
NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
22:0....g	0.067		1	A	1		0.007		
24:0....g									
Fatty acids, total monounsaturated....g	3.170		0	MC	9		0.349		
14:1....g	0.009		1	A	1		0.001		
15:1....g									
16:1 undifferentiated....g	0.029		1	A	1		0.003		
17:1....g	0.010		1	A	1		0.001		
18:1 undifferentiated....g	11.101		1	A	1		1.221		
20:1....g	0.067		1	A	1		0.007		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.820		0	MC	9		0.090		
18:2 undifferentiated....g	2.066		1	A	1		0.227		
18:3 undifferentiated....g	0.096		1	A	1		0.011		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g	0.010		1	A	1		0.001		
20:4 undifferentiated....g	0.010		1	A	1		0.001		
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg									
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 11.0g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18621
NABISCO, NABISCO RITZ Crackers
Nabisco Brands, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	3.12	0.164	4	A	1		0.10	0.50	
Energy kcal	492		0	NC	4		16	79	
Energy kj	2058		0	NC	4		68	329	
Protein g	7.23	0.047	4	A	1		0.24	1.16	
Total lipid (fat) g	23.21	0.366	4	A	1		0.77	3.71	
Ash g	2.93	0.079	4	A	1		0.10	0.47	
Carbohydrate, by difference g	63.51		0	NC	4		2.10	10.16	
Fiber, total dietary g	2.3	0.075	4	A	1		0.1	0.4	
Sugars, total g	8.14	0.224	4	A	1		0.27	1.30	
Sucrose g	6.33	0.233	4	A	1		0.21	1.01	
Glucose (dextrose) g	0.64	0.044	4	A	1		0.02	0.10	
Fructose g	0.59	0.030	4	A	1		0.02	0.10	
Lactose g	0.00	0.000	4	A	1		0.00	0.00	
Maltose g	0.58	0.028	4	A	1		0.02	0.09	
Galactose g	0.00	0.000	4	A	1		0.00	0.00	
Starch g	51.32	0.307	4	A	1		1.69	8.21	
Minerals:									
Calcium, Ca mg	154	1.250	4	A	1		5	25	
Iron, Fe mg	4.47	0.058	4	A	1		0.15	0.72	
Magnesium, Mg mg	19	0.238	4	A	1		1	3	
Phosphorus, P mg	273	2.082	4	A	1		9	44	
Potassium, K mg	119	4.250	4	A	1		4	19	
Sodium, Na mg	882	41.357	4	A	1		29	141	
Zinc, Zn mg	0.61	0.032	4	A	1		0.02	0.10	
Copper, Cu mg	0.124	0.003	4	A	1		0.004	0.020	
Manganese, Mn mg	0.540	0.023	4	A	1		0.018	0.086	
Selenium, Se mcg	4.6	0.397	4	A	1		0.2	0.7	
Vitamins:									
Vitamin C, total ascorbic acid mg									
Thiamin mg	0.442	0.021	4	A	1		0.015	0.071	
Riboflavin mg	0.265	0.044	4	A	1		0.009	0.042	
Niacin mg	4.880	0.092	4	A	1		0.161	0.781	
Pantothenic acid mg	0.370		1	A	1		0.012	0.059	
Vitamin B-6 mg	0.060		1	A	1		0.002	0.010	
Folate, total mcg	72		1	A	1		2	12	
Folic acid mcg	55		1	A	1		2	9	
Folate, food mcg	17		0	AS	1		1	3	
Folate, DFE mcg_DFE	111		0	NC	4		4	18	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg									
Vitamin A, RAE mcg_RAE									
Retinol mcg									
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU									
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg	3.49		2	A	1		0.12	0.56	
Tocopherol, beta mg	0.30		2	A	1		0.01	0.05	
Tocopherol, gamma mg	14.11		2	A	1		0.47	2.26	
Tocopherol, delta mg	4.12		2	A	1		0.14	0.66	
Vitamin D IU									
Vitamin K (phylloquinone) mcg	50.0		2	A	1		1.7	8.0	
Lipids:									
Fatty acids, total saturated g	5.450		0	NC	4		0.180	0.872	

NDB No. 18621
NABISCO, NABISCO RITZ Crackers

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
4:0....g	0.000	0.000	3	A	1		0.000	0.000	
6:0....g	0.000	0.000	4	A	1		0.000	0.000	
8:0....g	0.000	0.000	3	A	1		0.000	0.000	
10:0....g	0.017	0.006	4	A	1		0.001	0.003	
12:0....g	0.001	0.001	4	A	1		0.000	0.000	
13:0....g									
14:0....g	0.046	0.001	4	A	1		0.002	0.007	
15:0....g	0.005	0.000	4	A	1		0.000	0.001	
16:0....g	3.016	0.042	4	A	1		0.100	0.483	
17:0....g	0.024	0.001	4	A	1		0.001	0.004	
18:0....g	2.167	0.045	4	A	1		0.072	0.347	
20:0....g	0.075	0.001	4	A	1		0.002	0.012	
22:0....g	0.069	0.001	4	A	1		0.002	0.011	
24:0....g	0.029	0.000	4	A	1		0.001	0.005	
Fatty acids, total monounsaturated....g	6.276		0	NC	4		0.207	1.004	
14:1....g	0.000	0.000	4	A	1		0.000	0.000	
15:1....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated....g	0.019	0.000	4	AS	1		0.001	0.003	
16:1 c....g	0.019	0.000	4	A	1		0.001	0.003	
16:1 t....g	0.000	0.000	4	A	1		0.000	0.000	
17:1....g	0.009	0.000	4	A	1		0.000	0.001	
18:1 undifferentiated....g	6.170	0.105	4	AS	1		0.204	0.987	
18:1 c....g	5.192	0.086	4	A	1		0.171	0.831	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.977	0.022	4	A	1		0.032	0.156	
18:1-11t (18:1t n-7)....g									
20:1....g	0.077	0.007	4	A	1		0.003	0.012	
22:1 undifferentiated....g	0.002	0.001	4	AS	1		0.000	0.000	
22:1 c....g	0.001	0.000	4	A	1		0.000	0.000	
22:1 t....g	0.001	0.000	4	A	1		0.000	0.000	
24:1 c....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	10.896		0	NC	4		0.360	1.743	
18:2 undifferentiated....g	9.650	0.149	4	AS	1		0.318	1.544	
18:2 n-6 c,c....g	9.562	0.151	4	A	1		0.316	1.530	
18:2 CLAs....g	0.015	0.001	4	A	1		0.001	0.002	
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.072	0.007	4	A	1		0.002	0.012	
18:3 undifferentiated....g	1.232	0.031	4	AS	1		0.041	0.197	
18:3 n-3 c,c,c....g	1.193	0.036	4	A	1		0.039	0.191	
18:3 n-6 c,c,c....g	0.039	0.007	4	A	1		0.001	0.006	
18:3i....g									
18:4....g	0.000	0.000	4	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.007	0.000	4	A	1		0.000	0.001	
20:3 undifferentiated....g	0.003	0.001	4	AS	1		0.000	0.000	
20:3 n-3....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-6....g	0.003	0.001	4	A	1		0.000	0.000	
20:4 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3....g	0.000	0.000	4	A	1		0.000	0.000	
21:5....g									
22:4....g	0.000	0.000	4	A	1		0.000	0.000	
22:5 n-3....g	0.004	0.000	4	A	1		0.000	0.001	
22:6 n-3....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total trans....g	1.050		0	NC	4		0.035	0.168	
Fatty acids, total trans-monoenoic....g	0.978		0	NC	4		0.032	0.156	
Fatty acids, total trans-polyenoic....g	0.072		0	NC	4		0.002	0.012	
Cholesterol....mg									
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18621
NABISCO, NABISCO RITZ Crackers

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 3.3g: 1 cracker

Measure 2 = 16g: 5 cracker (1 NLEA serving)

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18651
NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	17.65		0	MC	9		2.82		
Energy....kcal	305		0	MC	9		49		
Energy....kj	1276				9		204		
Protein....g	5.00		0	MC	9		0.80		
Total lipid (fat)....g	1.09		0	MC	9		0.17		
Ash....g	1.02		0	MC	9		0.16		
Carbohydrate, by difference....g	74.25		0	MC	9		11.88		
Fiber, total dietary....g	1.6		0	MC	9		0.3		
Sugars, total....g	43.38		0	MC	9		6.94		
Starch....g									
Minerals:									
Calcium, Ca....mg	30		0	MC	9		5		
Iron, Fe....mg	2.78		0	MC	9		0.44		
Magnesium, Mg....mg	25		0	MC	9		4		
Phosphorus, P....mg	71		0	MC	9		11		
Potassium, K....mg	111		0	MC	9		18		
Sodium, Na....mg	174		0	MC	9		28		
Zinc, Zn....mg	0.46		0	MC	9		0.07		
Copper, Cu....mg	0.168		0	MC	9		0.027		
Manganese, Mn....mg									
Selenium, Se....mcg	1.7		0	MC	9		0.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	MC	9		0.0		
Thiamin....mg	0.087		0	MC	9		0.014		
Riboflavin....mg	0.171		0	MC	9		0.027		
Niacin....mg	1.345		0	MC	9		0.215		
Pantothenic acid....mg	0.057		0	MC	9		0.009		
Vitamin B-6....mg	0.021		0	MC	9		0.003		
Folate, total....mcg	19		0	MC	9		3		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.07		0	MC	9		0.01		
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	1		0	MC	9		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.427		0	MC	9		0.068		
Fatty acids, total monounsaturated....g	0.246		0	MC	9		0.039		
Fatty acids, total polyunsaturated....g	0.196		0	MC	9		0.031		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	8		0	MC	9		1		
Theobromine....mg	95		0	MC	9		15		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 18651
NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:
Measure 1 = 16g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

NDB No. 18628

PEPPERIDGE FARM Apple Turnovers, frozen, ready to bake

Pepperridge Farm, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	41.90		1	A	1		37.29		
Energy....kcal	319		0	NC	4		284		
Energy....kj	1336				4		1189		
Protein....g	4.20		1	A	1		3.74		
Total lipid (fat)....g	18.00		1	A	1		16.02		
Ash....g	0.80		1	A	1		0.71		
Carbohydrate, by difference....g	35.10		0	NC	4		31.24		
Fiber, total dietary....g	1.8		1	A	1		1.6		
Sugars, total....g	12.10		1	A	1		10.77		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	1.37		1	A	1		1.22		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	198		1	A	1		176		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g	4.530		1	A	1		4.032		
4:0....g									
6:0....g									
8:0....g	0.009		1	A	1		0.008		
10:0....g	0.009		1	A	1		0.008		
12:0....g	0.009		1	A	1		0.008		
13:0....g									
14:0....g	0.019		1	A	1		0.017		
15:0....g	0.010		1	A	1		0.009		
16:0....g	1.973		1	A	1		1.756		
17:0....g	0.019		1	A	1		0.017		
18:0....g	2.422		1	A	1		2.156		
20:0....g	0.067		1	A	1		0.060		
22:0....g	0.058		1	A	1		0.052		
24:0....g									
Fatty acids, total monounsaturated....g									
14:1....g	0.009		1	A	1		0.008		
15:1....g									
16:1 undifferentiated....g	0.010		1	A	1		0.009		
17:1....g	0.010		1	A	1		0.009		
18:1 undifferentiated....g	9.541		1	A	1		8.491		
20:1....g	0.038		1	A	1		0.034		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g									
18:2 undifferentiated....g	0.832		1	A	1		0.740		
18:3 undifferentiated....g	0.038		1	A	1		0.034		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g	0.010		1	A	1		0.009		
20:4 undifferentiated....g	0.010		1	A	1		0.009		
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg									

NDB No. 18628
PEPPERIDGE FARM Apple Turnovers, frozen, ready to bake

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 89g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18626

PEPPERIDGE FARM Classic Style Croutons, seasoned

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.60		1	A	1		0.18		
Energy....kcal	465		0	NC	4		33		
Energy....kj	1947				4		136		
Protein....g	13.60		1	A	1		0.95		
Total lipid (fat)....g	18.50		1	A	1		1.30		
Ash....g	4.20		1	A	1		0.29		
Carbohydrate, by difference....g	61.10		0	NC	4		4.28		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	1390		1	A	1		97		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g	3.720		1	A	1		0.260		
4:0....g									
6:0....g									
8:0....g	0.018		1	A	1		0.001		
10:0....g	0.056		1	A	1		0.004		
12:0....g	0.056		1	A	1		0.004		
13:0....g									
14:0....g	0.180		1	A	1		0.013		
15:0....g	0.019		1	A	1		0.001		
16:0....g	1.677		1	A	1		0.117		
17:0....g	0.019		1	A	1		0.001		
18:0....g	1.560		1	A	1		0.109		
20:0....g	0.077		1	A	1		0.005		
22:0....g	0.058		1	A	1		0.004		
24:0....g									
Fatty acids, total monounsaturated....g									
14:1....g	0.009		1	A	1		0.001		
15:1....g									
16:1 undifferentiated....g	0.067		1	A	1		0.005		
17:1....g	0.010		1	A	1		0.001		
18:1 undifferentiated....g	9.953		1	A	1		0.697		
20:1....g	0.154		1	A	1		0.011		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g									
18:2 undifferentiated....g	1.416		1	A	1		0.099		
18:3 undifferentiated....g	0.096		1	A	1		0.007		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g	0.010		1	A	1		0.001		
20:4 undifferentiated....g	0.010		1	A	1		0.001		
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg									

NDB No. 18626
PEPPERIDGE FARM Classic Style Croutons, seasoned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 7.0g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18627

PEPPERIDGE FARM Crusty Italian Bread, Garlic

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	29.10		1	A	1		14.55		
Energy....kcal	372		0	NC	4		186		
Energy....kj	1558				4		779		
Protein....g	8.30		1	A	1		4.15		
Total lipid (fat)....g	19.20		1	A	1		9.60		
Ash....g	1.80		1	A	1		0.90		
Carbohydrate, by difference....g	41.60		0	NC	4		20.80		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	2.37		1	A	1		1.19		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	400		1	A	1		200		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g	4.822		0	NC	4		2.411		
4:0....g									
6:0....g									
8:0....g	0.046		1	A	1		0.023		
10:0....g	0.093		1	A	1		0.047		
12:0....g	0.113		1	A	1		0.057		
13:0....g									
14:0....g	0.369		1	A	1		0.185		
15:0....g	0.048		1	A	1		0.024		
16:0....g	2.554		1	A	1		1.277		
17:0....g	0.038		1	A	1		0.019		
18:0....g	1.455		1	A	1		0.728		
20:0....g	0.058		1	A	1		0.029		
22:0....g	0.048		1	A	1		0.024		
24:0....g									
Fatty acids, total monounsaturated....g	7.836			NC	4		3.918		
14:1....g	0.028		1	A	1		0.014		
15:1....g									
16:1 undifferentiated....g	0.095		1	A	1		0.048		
17:1....g	0.019		1	A	1		0.010		
18:1 undifferentiated....g	7.646		1	A	1		3.823		
20:1....g	0.048		1	A	1		0.024		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.665			NC	4		1.832		
18:2 undifferentiated....g	3.310		1	A	1		1.655		
18:3 undifferentiated....g	0.335		1	A	1		0.168		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g	0.010		1	A	1		0.005		
20:4 undifferentiated....g	0.010		1	A	1		0.005		
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	11		1	A	1		5		

NDB No. 18627
PEPPERIDGE FARM Crusty Italian Bread, Garlic

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 50g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18633

PILLSBURY GRANDS, Buttermilk Biscuits, refrigerated dough

Pillsbury Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	33.50		1	MA	12		20.44		
Energy....kcal	317		0	NC	4		194		
Energy....kj	1327		0	NC	4		810		
Protein (N x 6.25)....g	6.90		1	MA	12		4.21		
Total lipid (fat)....g	13.79		1	MA	12		8.41		
Ash....g	4.00		1	MA	12		2.44		
Carbohydrate, by difference....g	41.38		0	NC	4		25.24		
Fiber, total dietary....g	1.2		1	MA	12		0.7		
Sugars, total....g	6.90		1	MA	12		4.21		
Starch....g									
Minerals:									
Calcium, Ca....mg	34		1	MA	12		21		
Iron, Fe....mg	2.48		1	MA	12		1.51		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	1034		1	MA	12		631		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g	5.172		1	MA	12		3.155		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	5.172		1	MA	12		3.155		
Cholesterol....mg	0		1	MA	12		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 61g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18634

PILLSBURY Golden Layer Buttermilk Biscuits, Artificial Flavor, refrigerated dough

Pillsbury Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	35.50		1	MA	12		12.07		
Energy....kcal	307		0	NC	4		104		
Energy....kj	1286		0	NC	4		437		
Protein (N x 6.25)....g	5.88		1	MA	12		2.00		
Total lipid (fat)....g	13.24		1	MA	12		4.50		
Ash....g	3.50		1	MA	12		1.19		
Carbohydrate, by difference....g	41.18		0	NC	4		14.00		
Fiber, total dietary....g	1.2		1	MA	12		0.4		
Sugars, total....g	5.88		1	MA	12		2.00		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	2.12		1	MA	12		0.72		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	1059		1	MA	12		360		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g	2.941		1	MA	12		1.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	4.412		1	MA	12		1.500		
Cholesterol....mg	0		1	MA	12		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 34g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18629

PILLSBURY, Buttermilk Biscuits, Artificial Flavor, refrigerated dough

Pillsbury Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	40.60		1	MA	12		25.98		
Energy....kcal	234		0	NC	4		150		
Energy....kj	981		0	NC	4		628		
Protein (N x 6.25)....g	6.25		1	MA	12		4.00		
Total lipid (fat)....g	3.13		1	MA	12		2.00		
Ash....g	4.50		1	MA	12		2.88		
Carbohydrate, by difference....g	45.31		0	NC	4		29.00		
Fiber, total dietary....g	1.6		1	MA	12		1.0		
Sugars, total....g	6.25		1	MA	12		4.00		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	2.25		1	MA	12		1.44		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	891		1	MA	12		570		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g	0.469		1	MA	12		0.300		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.547		1	MA	12		0.350		
Cholesterol....mg	0		1	MA	12		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 64g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18630

PILLSBURY, Chocolate Chip Cookies, refrigerated dough

Pillsbury Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	8.93		1	MA	12		2.50		
Energy....kcal	482		0	NC	4		135		
Energy....kj	2017		0	NC	4		565		
Protein (N x 6.25)....g	3.57		1	MA	12		1.00		
Total lipid (fat)....g	25.00		1	MA	12		7.00		
Ash....g	1.79		1	MA	12		0.50		
Carbohydrate, by difference....g	60.71		0	NC	4		17.00		
Fiber, total dietary....g	2.1		1	MA	12		0.6		
Sugars, total....g	35.71		1	MA	12		10.00		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	2.57		1	MA	12		0.72		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	304		1	MA	12		85		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g	7.143		1	MA	12		2.000		
Fatty acids, total monounsaturated....g	9.063		0	NC	4		2.538		
Fatty acids, total polyunsaturated....g	1.828		0	NC	4		0.512		
Fatty acids, total trans....g	5.357		1	MA	12		1.500		
Cholesterol....mg	18		1	MA	12		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18635

PILLSBURY, Cinnamon Rolls with Icing, refrigerated dough

Pillsbury Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	28.00		1	MA	12		12.32		
Energy....kcal	330		0	NC	4		145		
Energy....kj	1379		0	NC	4		607		
Protein (N x 6.25)....g	4.55		1	MA	12		2.00		
Total lipid (fat)....g	11.36		1	MA	12		5.00		
Ash....g	3.50		1	MA	12		1.54		
Carbohydrate, by difference....g	52.27		0	NC	4		23.00		
Fiber, total dietary....g	1.1		1	MA	12		0.5		
Sugars, total....g	22.73		1	MA	12		10.00		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	1.64		1	MA	12		0.72		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	773		1	MA	12		340		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g	3.409		1	MA	12		1.500		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	4.545		1	MA	12		2.000		
Cholesterol....mg	0		1	MA	12		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 44g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18631

PILLSBURY, Crusty French Loaf, refrigerated dough

Pillsbury Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	40.00		1	MA	12		24.80		
Energy....kcal	241		0	NC	4		150		
Energy....kj	1010		0	NC	4		626		
Protein (N x 6.25)....g	7.69		1	MA	12		4.77		
Total lipid (fat)....g	2.89		1	MA	12		1.79		
Ash....g	2.89		1	MA	12		1.79		
Carbohydrate, by difference....g	46.15		0	NC	4		28.62		
Fiber, total dietary....g	1.7		1	MA	12		1.1		
Sugars, total....g	3.85		1	MA	12		2.38		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	2.77		1	MA	12		1.72		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	577		1	MA	12		358		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g	0.962		1	MA	12		0.596		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.577		1	MA	12		0.358		
Cholesterol....mg	0		1	MA	12		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 62g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18632

PILLSBURY, Traditional Fudge Brownie Mix, dry

Pillsbury Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.10		1	A	1		0.93		
Energy....kcal	441		0	NC	4		132		
Energy....kj	1846				4		554		
Protein....g	4.80		1	A	1		1.44		
Total lipid (fat)....g	12.10		1	A	1		3.63		
Ash....g	1.70		1	A	1		0.51		
Carbohydrate, by difference....g	78.30		0	NC	4		23.49		
Fiber, total dietary....g									
Sugars, total....g	49.60		1	A	1		14.88		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	2.81		1	A	1		0.84		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	292		1	A	1		88		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g	2.590		1	A	1		0.777		
4:0....g									
6:0....g									
8:0....g	0.005		1	A	1		0.002		
10:0....g	0.005		1	A	1		0.002		
12:0....g	0.005		1	A	1		0.002		
13:0....g									
14:0....g	0.009		1	A	1		0.003		
15:0....g	0.005		1	A	1		0.002		
16:0....g	1.258		1	A	1		0.377		
17:0....g	0.010		1	A	1		0.003		
18:0....g	1.244		1	A	1		0.373		
20:0....g	0.038		1	A	1		0.011		
22:0....g	0.029		1	A	1		0.009		
24:0....g									
Fatty acids, total monounsaturated....g									
14:1....g	0.005		1	A	1		0.002		
15:1....g									
16:1 undifferentiated....g	0.019		1	A	1		0.006		
17:1....g	0.005		1	A	1		0.002		
18:1 undifferentiated....g	5.847		1	A	1		1.754		
20:1....g	0.038		1	A	1		0.011		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g									
18:2 undifferentiated....g	0.756		1	A	1		0.227		
18:3 undifferentiated....g	0.024		1	A	1		0.007		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g	0.005		1	A	1		0.001		
20:4 undifferentiated....g	0.005		1	A	1		0.002		
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg									

NDB No. 18632
PILLSBURY, Traditional Fudge Brownie Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18288
Pancakes plain, frozen, ready-to-heat (includes buttermilk)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	48.22		2	A	1		19.77	35.20	4.87
Energy kcal	225		0	NC	4		92	164	23
Energy kj	942		0	NC	4		386	687	95
Protein g	5.33		2	A	1		2.19	3.89	0.54
Total lipid (fat) g	5.17		2	A	1		2.12	3.78	0.52
Ash g	1.98		2	A	1		0.81	1.45	0.20
Carbohydrate, by difference g	39.29		0	NC	4		16.11	28.68	3.97
Fiber, total dietary g	2.4		2	A	1		1.0	1.7	0.2
Sugars, total g	9.73		2	A	1		3.99	7.10	0.98
Starch g	28.59		2	A	1		11.72	20.87	2.89
Minerals:									
Calcium, Ca mg	71		2	A	1		29	52	7
Iron, Fe mg	2.19		2	A	1		0.90	1.60	0.22
Magnesium, Mg mg	14		2	A	1		6	10	1
Phosphorus, P mg	293		2	A	1		120	214	30
Potassium, K mg	124		2	A	1		51	90	12
Sodium, Na mg	505		2	A	1		207	368	51
Zinc, Zn mg	0.38		2	A	1		0.15	0.27	0.04
Copper, Cu mg	0.054		2	A	1		0.022	0.039	0.005
Manganese, Mn mg	0.156		2	A	1		0.064	0.114	0.016
Selenium, Se mcg	5.6		2	A	1		2.3	4.1	0.6
Vitamins:									
Vitamin C, total ascorbic acid mg	0.3		0	FLA	4		0.1	0.2	0.0
Thiamin mg	0.344		2	A	1		0.141	0.251	0.035
Riboflavin mg	0.510		2	A	1		0.209	0.372	0.052
Niacin mg	2.910		2	A	1		1.193	2.124	0.294
Pantothenic acid mg	0.150		2	A	1		0.061	0.109	0.015
Vitamin B-6 mg	0.148		2	A	1		0.061	0.108	0.015
Folate, total mcg	71		0	FLA	4		29	51	7
Folic acid mcg	57		0	O	4		23	42	6
Folate, food mcg	14		0		4		6	10	1
Folate, DFE mcg_DFE	111		0	NC	4		45	81	11
Choline, total mg	30.5		0	AS	1		12.5	22.3	3.1
Betaine mg									
Vitamin B-12 mcg	0.09		0	FLA	4		0.04	0.06	0.01
Vitamin B-12, added mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	64		0	FLA	4		26	47	6
Retinol mcg	64		0	FLA	4		26	47	6
Carotene, beta mcg	1		0	FLA	4		0	1	0
Carotene, alpha mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta mcg	0		0	FLA	4		0	0	0
Vitamin A, IU IU	216		0	FLA	4		88	158	22
Lycopene mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin mcg	20		0	FLA	4		8	15	2
Vitamin E (alpha-tocopherol) mg	0.28		2	A	1		0.11	0.20	0.03
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	6.5		1	A	1		2.7	4.7	0.7
Lipids:									
Fatty acids, total saturated g	0.810		0	NC	4		0.332	0.591	0.082
4:0 g	0.000		0	Z	7		0.000	0.000	0.000
6:0 g	0.000		0	Z	7		0.000	0.000	0.000
8:0 g	0.000		2	A	1		0.000	0.000	0.000
10:0 g	0.000		2	A	1		0.000	0.000	0.000

NDB No. 18288

Pancakes plain, frozen, ready-to-heat (includes buttermilk)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		2	A	1		0.000	0.000	0.000
13:0 g									
14:0 g	0.015		2	A	1		0.006	0.011	0.002
15:0 g									
16:0 g	0.512		2	A	1		0.210	0.374	0.052
17:0 g	0.002		2	A	1		0.001	0.002	0.000
18:0 g	0.253		2	A	1		0.104	0.185	0.026
20:0 g	0.012		2	A	1		0.005	0.009	0.001
22:0 g	0.014		2	A	1		0.006	0.010	0.001
24:0 g	0.000		0	Z	7		0.000	0.000	0.000
Fatty acids, total monounsaturated g	1.891		0	NC	4		0.775	1.380	0.191
14:1 g	0.000		2	A	1		0.000	0.000	0.000
15:1 g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated g	0.012		2	A	1		0.005	0.009	0.001
17:1 g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated g	1.865		2	A	1		0.765	1.361	0.188
20:1 g	0.013		2	A	1		0.006	0.010	0.001
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	1.081		0	NC	4		0.443	0.789	0.109
18:2 undifferentiated g	1.016		2	A	1		0.416	0.741	0.103
18:3 undifferentiated g	0.003		0	AS	1		0.001	0.002	0.000
18:3 n-3 c,c,c g									
18:3 n-6 c,c,c g	0.003		2	A	1		0.001	0.002	0.000
18:3i g									
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated g	0.000		2	A	1		0.000	0.000	0.000
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000		2	A	1		0.000	0.000	0.000
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 g	0.000		0		1		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 g	0.001		0	FLA	4		0.000	0.001	0.000
Fatty acids, total trans g									
Cholesterol mg	18		0	FLA	4		7	13	2
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.052		0	FLA	4		0.021	0.038	0.005
Threonine g	0.151		0	FLA	4		0.062	0.110	0.015
Isoleucine g	0.199		0	FLA	4		0.082	0.145	0.020
Leucine g	0.357		0	FLA	4		0.146	0.260	0.036
Lysine g	0.200		0	FLA	4		0.082	0.146	0.020
Methionine g	0.081		0	FLA	4		0.033	0.059	0.008
Cystine g	0.102		0	FLA	4		0.042	0.074	0.010
Phenylalanine g	0.214		0	FLA	4		0.088	0.156	0.022
Tyrosine g	0.097		0	FLA	4		0.040	0.071	0.010
Valine g	0.237		0	FLA	4		0.097	0.173	0.024
Arginine g	0.172		0	FLA	4		0.071	0.126	0.017
Histidine g	0.106		0	FLA	4		0.044	0.078	0.011
Alanine g	0.149		0	FLA	4		0.061	0.109	0.015
Aspartic acid g	0.243		0	FLA	4		0.100	0.178	0.025
Glutamic acid g	1.330		0	FLA	4		0.545	0.971	0.134
Glycine g	0.145		0	FLA	4		0.060	0.106	0.015
Proline g	0.496		0	FLA	4		0.204	0.362	0.050
Serine g	0.214		0	FLA	4		0.088	0.157	0.022
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	FLA	4		0.0	0.0	0.0

NDB No. 18288
Pancakes plain, frozen, ready-to-heat (includes buttermilk)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Caffeine....mg	0		0	FLA	4		0	0	0
Theobromine....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 41g: 1 pancake

Measure 2 = 73g: 1 pancake (6" dia)

Measure 3 = 10.1g: 1 mini pancake

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18294
Pancakes, blueberry, prepared from recipe

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	53.20		0		1		15.08	20.22	40.96
Energy kcal	222		0	NC	4		63	84	171
Energy kj	929		0		4		263	353	715
Protein (N x 0) g	6.10		0		1		1.73	2.32	4.70
Total lipid (fat) g	9.20		0		1		2.61	3.50	7.08
Ash g	2.50		0		1		0.71	0.95	1.93
Carbohydrate, by difference g	29.00		0	NC	4		8.22	11.02	22.33
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	206		0		1		58	78	159
Iron, Fe mg	1.72		0		1		0.49	0.65	1.32
Magnesium, Mg mg	16		0		1		5	6	12
Phosphorus, P mg	151		0		1		43	57	116
Potassium, K mg	138		0		1		39	52	106
Sodium, Na mg	412		0		1		117	157	317
Zinc, Zn mg	0.54		0		1		0.15	0.21	0.42
Copper, Cu mg	0.055		0		1		0.016	0.021	0.042
Manganese, Mn mg	0.237		0		1		0.067	0.090	0.182
Selenium, Se mcg	14.0		0	RK	4		4.0	5.3	10.8
Vitamins:									
Vitamin C, total ascorbic acid mg	2.2		0		1		0.6	0.8	1.7
Thiamin mg	0.195		0		1		0.055	0.074	0.150
Riboflavin mg	0.272		0		1		0.077	0.103	0.209
Niacin mg	1.524		0		1		0.432	0.579	1.173
Pantothenic acid mg	0.395		0		1		0.112	0.150	0.304
Vitamin B-6 mg	0.049		0		1		0.014	0.019	0.038
Folate, total mcg	36		0	RK	4		10	14	28
Folic acid mcg	24		0	NC	4		7	9	18
Folate, food mcg	12		0		1		3	5	9
Folate, DFE mcg_DFE	53		0	NC	4		15	20	41
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.20		0		1		0.06	0.08	0.15
Vitamin A, RAE mcg_RAE	50		0	NC	4		14	19	38
Retinol mcg	48		0	NC	4		14	18	37
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	199		0		1		56	76	153
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	1.986		0		1		0.563	0.755	1.529
4:0 g	0.033		0		1		0.009	0.013	0.025
6:0 g	0.020		0		1		0.006	0.008	0.015
8:0 g	0.012		0		1		0.003	0.005	0.009
10:0 g	0.026		0		1		0.007	0.010	0.020
12:0 g	0.029		0		1		0.008	0.011	0.022
13:0 g									

NDB No. 18294
Pancakes, blueberry, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.114		0		1		0.032	0.043	0.088
15:0....g									
16:0....g	1.267		0		1		0.359	0.481	0.976
17:0....g									
18:0....g	0.475		0		1		0.135	0.181	0.366
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.316		0		1		0.657	0.880	1.783
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.073		0		1		0.021	0.028	0.056
17:1....g									
18:1 undifferentiated....g	2.223		0		1		0.630	0.845	1.712
20:1....g	0.017		0		1		0.005	0.006	0.013
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.162		0		1		1.180	1.582	3.205
18:2 undifferentiated....g	3.662		0		1		1.038	1.392	2.820
18:3 undifferentiated....g	0.478		0		1		0.136	0.182	0.368
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.017		0		1		0.005	0.006	0.013
20:5 n-3....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3....g	0.004		0		1		0.001	0.002	0.003
Fatty acids, total trans....g									
Cholesterol....mg	56		0		1		16	21	43
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.076		0		1		0.022	0.029	0.059
Threonine....g	0.225		0		1		0.064	0.086	0.173
Isoleucine....g	0.281		0		1		0.080	0.107	0.216
Leucine....g	0.487		0		1		0.138	0.185	0.375
Lysine....g	0.303		0		1		0.086	0.115	0.233
Methionine....g	0.139		0		1		0.039	0.053	0.107
Cystine....g	0.110		0		1		0.031	0.042	0.085
Phenylalanine....g	0.303		0		1		0.086	0.115	0.233
Tyrosine....g	0.226		0		1		0.064	0.086	0.174
Valine....g	0.318		0		1		0.090	0.121	0.245
Arginine....g	0.268		0		1		0.076	0.102	0.206
Histidine....g	0.144		0		1		0.041	0.055	0.111
Alanine....g	0.234		0		1		0.066	0.089	0.180
Aspartic acid....g	0.403		0		1		0.114	0.153	0.310
Glutamic acid....g	1.484		0		1		0.421	0.564	1.143
Glycine....g	0.190		0		1		0.054	0.072	0.146
Proline....g	0.543		0		1		0.154	0.206	0.418
Serine....g	0.343		0		1		0.097	0.130	0.264
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 38g: 1 pancake (4" dia)

Measure 3 = 77g: 1 pancake (6" dia)

NDB No. 18294
Pancakes, blueberry, prepared from recipe

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18295
Pancakes, buckwheat, dry mix, incomplete

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	9.10	0.172	43		1		11.10	2.58	
Energy kcal	340		0	NC	4		415	96	
Energy kj	1423		0		4		1736	403	
Protein (N x 6) g	10.90	0.152	43		1		13.30	3.09	
Total lipid (fat) g	2.70	0.090	43		1		3.29	0.77	
Ash g	6.00	0.045	34		1		7.32	1.70	
Carbohydrate, by difference g	71.30		0	NC	4		86.99	20.21	
Fiber, total dietary g	8.5		0		4		10.3	2.4	
Sugars, total g	7.21		0	FLC	4		8.79	2.04	
Starch g									
Minerals:									
Calcium, Ca mg	476	4.463	33		1		581	135	
Iron, Fe mg	4.73	0.153	26		1		5.77	1.34	
Magnesium, Mg mg	190		0	FLA	4		232	54	
Phosphorus, P mg	913	19.971	33		1		1114	259	
Potassium, K mg	316	11.861	20		1		386	90	
Sodium, Na mg	1387	28.160	19		1		1692	393	
Zinc, Zn mg	2.55		0	FLA	4		3.11	0.72	
Copper, Cu mg	0.415		0	FLA	4		0.506	0.118	
Manganese, Mn mg	1.656		0	FLA	4		2.020	0.469	
Selenium, Se mcg	13.1		0	FLA	4		16.0	3.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	
Thiamin mg	0.542	0.013	26		1		0.661	0.154	
Riboflavin mg	0.249	0.021	26		1		0.304	0.071	
Niacin mg	4.095	0.112	25		1		4.996	1.161	
Pantothenic acid mg	0.415		0	FLA	4		0.506	0.118	
Vitamin B-6 mg	0.438		0	FLA	4		0.534	0.124	
Folate, total mcg	53		0	FLC	4		65	15	
Folic acid mcg	18		0		4		22	5	
Folate, food mcg	35		0		4		43	10	
Folate, DFE mcg_DFE	66		0	NC	4		80	19	
Choline, total mg	27.6		0	FLC	4		33.6	7.8	
Betaine mg									
Vitamin B-12 mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	FLC	4		0	0	
Carotene, beta mcg	2		0	FLC	4		2	1	
Carotene, alpha mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta mcg	0		0	FLC	4		0	0	
Vitamin A, IU IU	3		0	NC	4		4	1	
Lycopene mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin mcg	154		0	FLC	4		188	44	
Vitamin E (alpha-tocopherol) mg	0.48		0	FLC	4		0.58	0.14	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	3.0		0	FLC	4		3.6	0.8	
Lipids:									
Fatty acids, total saturated g	0.439		0		1		0.536	0.124	
4:0 g	0.000		0		1		0.000	0.000	
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.011		0		1		0.013	0.003	
10:0 g	0.005		0		1		0.006	0.001	

NDB No. 18295
Pancakes, buckwheat, dry mix, incomplete

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.004		0		1		0.005	0.001	
13:0 g									
14:0 g	0.010		0		1		0.012	0.003	
15:0 g									
16:0 g	0.364		0		1		0.444	0.103	
17:0 g									
18:0 g	0.029		0		1		0.035	0.008	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.581		0		1		0.709	0.165	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.014		0		1		0.017	0.004	
17:1 g									
18:1 undifferentiated g	0.564		0		1		0.688	0.160	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.003		0		1		0.004	0.001	
24:1 c g									
Fatty acids, total polyunsaturated g	1.000		0		1		1.220	0.284	
18:2 undifferentiated g	0.945		0		1		1.153	0.268	
18:3 undifferentiated g	0.054		0		1		0.066	0.015	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.001		0		1		0.001	0.000	
20:5 n-3 g	0.000		0		1		0.000	0.000	
22:5 n-3 g	0.000		0		1		0.000	0.000	
22:6 n-3 g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.159		0		1		0.194	0.045	
Threonine g	0.352		0		1		0.429	0.100	
Isoleucine g	0.408		0		1		0.498	0.116	
Leucine g	0.756		0		1		0.922	0.214	
Lysine g	0.381		0		1		0.465	0.108	
Methionine g	0.166		0		1		0.203	0.047	
Cystine g	0.228		0		1		0.278	0.065	
Phenylalanine g	0.488		0		1		0.595	0.138	
Tyrosine g	0.286		0		1		0.349	0.081	
Valine g	0.514		0		1		0.627	0.146	
Arginine g	0.605		0		1		0.738	0.172	
Histidine g	0.257		0		1		0.314	0.073	
Alanine g	0.483		0		1		0.589	0.137	
Aspartic acid g	0.689		0		1		0.841	0.195	
Glutamic acid g	2.808		0		1		3.426	0.796	
Glycine g	0.570		0		1		0.695	0.162	
Proline g	0.895		0		1		1.092	0.254	
Serine g	0.530		0		1		0.647	0.150	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLC	4		0	0	
Theobromine mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18295

Pancakes, buckwheat, dry mix, incomplete

Measure 1 = 122g: 1 cup, poured from box

Measure 2 = 28.35g: 1 oz

Calories Factors: **Protein** 3.6 **Fat** 8.4 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18390
Pancakes, buttermilk, prepared from recipe

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	52.50		0		1		14.88	19.95	40.43
Energy kcal	227		0	NC	4		64	86	175
Energy kj	950				4		269	361	731
Protein (N x 0) g	6.80		0		1		1.93	2.58	5.24
Total lipid (fat) g	9.30		0		1		2.64	3.53	7.16
Ash g	2.20		0		1		0.62	0.84	1.69
Carbohydrate, by difference g	28.70		0	NC	4		8.14	10.91	22.10
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	157		0		1		45	60	121
Iron, Fe mg	1.70		0		1		0.48	0.65	1.31
Magnesium, Mg mg	15		0		1		4	6	12
Phosphorus, P mg	139		0		1		39	53	107
Potassium, K mg	145		0		1		41	55	112
Sodium, Na mg	522		0		1		148	198	402
Zinc, Zn mg	0.62		0		1		0.18	0.24	0.48
Copper, Cu mg	0.052		0		1		0.015	0.020	0.040
Manganese, Mn mg	0.203		0		1		0.058	0.077	0.156
Selenium, Se mcg	15.1		0	RK	4		4.3	5.7	11.6
Vitamins:									
Vitamin C, total ascorbic acid mg	0.4		0		1		0.1	0.2	0.3
Thiamin mg	0.204		0		1		0.058	0.078	0.157
Riboflavin mg	0.292		0		1		0.083	0.111	0.225
Niacin mg	1.577		0		1		0.447	0.599	1.214
Pantothenic acid mg	0.408		0		1		0.116	0.155	0.314
Vitamin B-6 mg	0.045		0		1		0.013	0.017	0.035
Folate, total mcg	38		0	RK	4		11	14	29
Folic acid mcg	25		0	NC	4		7	10	19
Folate, food mcg	13		0		1		4	5	10
Folate, DFE mcg_DFE	56		0	NC	4		16	21	43
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.18		0		1		0.05	0.07	0.14
Vitamin A, RAE mcg_RAE	30		0	NC	4		8	11	23
Retinol mcg	29		0	NC	4		8	11	22
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	105		0		1		30	40	81
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	1.832		0		1		0.519	0.696	1.411
4:0 g	0.019		0		1		0.005	0.007	0.015
6:0 g	0.011		0		1		0.003	0.004	0.008
8:0 g	0.007		0		1		0.002	0.003	0.005
10:0 g	0.015		0		1		0.004	0.006	0.012
12:0 g	0.017		0		1		0.005	0.006	0.013
13:0 g									

NDB No. 18390

Pancakes, buttermilk, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0....g	0.069		0		1		0.020	0.026	0.053
15:0....g									
16:0....g	1.228		0		1		0.348	0.467	0.946
17:0....g									
18:0....g	0.448		0		1		0.127	0.170	0.345
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.361		0		1		0.669	0.897	1.818
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.067		0		1		0.019	0.025	0.052
17:1....g									
18:1 undifferentiated....g	2.268		0		1		0.643	0.862	1.746
20:1....g	0.018		0		1		0.005	0.007	0.014
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.486		0		1		1.272	1.705	3.454
18:2 undifferentiated....g	3.953		0		1		1.121	1.502	3.044
18:3 undifferentiated....g	0.509		0		1		0.144	0.193	0.392
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.019		0		1		0.005	0.007	0.015
20:5 n-3....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3....g	0.005		0		1		0.001	0.002	0.004
Fatty acids, total trans....g									
Cholesterol....mg	58		0		1		16	22	45
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.082		0		1		0.023	0.031	0.063
Threonine....g	0.254		0		1		0.072	0.097	0.196
Isoleucine....g	0.316		0		1		0.090	0.120	0.243
Leucine....g	0.545		0		1		0.155	0.207	0.420
Lysine....g	0.349		0		1		0.099	0.133	0.269
Methionine....g	0.154		0		1		0.044	0.059	0.119
Cystine....g	0.120		0		1		0.034	0.046	0.092
Phenylalanine....g	0.339		0		1		0.096	0.129	0.261
Tyrosine....g	0.248		0		1		0.070	0.094	0.191
Valine....g	0.362		0		1		0.103	0.138	0.279
Arginine....g	0.294		0		1		0.083	0.112	0.226
Histidine....g	0.162		0		1		0.046	0.062	0.125
Alanine....g	0.258		0		1		0.073	0.098	0.199
Aspartic acid....g	0.448		0		1		0.127	0.170	0.345
Glutamic acid....g	1.627		0		1		0.461	0.618	1.253
Glycine....g	0.206		0		1		0.058	0.078	0.159
Proline....g	0.611		0		1		0.173	0.232	0.470
Serine....g	0.379		0		1		0.107	0.144	0.292
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 38g: 1 pancake (4" dia)

Measure 3 = 77g: 1 pancake (6" dia)

NDB No. 18390
Pancakes, buttermilk, prepared from recipe

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18289

Pancakes, plain, dry mix, complete (includes buttermilk)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	8.80	0.103	105		1		11.44	2.49	
Energy kcal	376		0	NC	4		489	107	
Energy kj	1573				4		2045	446	
Protein (N x 6) g	10.10	0.077	104		1		13.13	2.86	
Total lipid (fat) g	4.90	0.077	102		1		6.37	1.39	
Ash g	4.90	0.068	89		1		6.37	1.39	
Carbohydrate, by difference g	71.30		0	NC	4		92.69	20.21	
Fiber, total dietary g	2.7		0		1		3.5	0.8	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	241	14.229	85		1		313	68	
Iron, Fe mg	3.01	0.074	73		1		3.91	0.85	
Magnesium, Mg mg	37	3.697	25		1		48	10	
Phosphorus, P mg	649	12.261	95		1		844	184	
Potassium, K mg	341	34.544	64		1		443	97	
Sodium, Na mg	1215	37.736	72		1		1580	344	
Zinc, Zn mg	0.71	0.051	23		1		0.92	0.20	
Copper, Cu mg	0.174	0.020	22		1		0.226	0.049	
Manganese, Mn mg	0.527	0.048	4		1		0.685	0.149	
Selenium, Se mcg	25.9		0	FLA	4		33.7	7.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.4		0	FLA	4		0.5	0.1	
Thiamin mg	0.511	0.015	74		1		0.664	0.145	
Riboflavin mg	0.467	0.019	74		1		0.607	0.132	
Niacin mg	3.690	0.097	73		1		4.797	1.046	
Pantothenic acid mg	0.727	0.048	16		1		0.945	0.206	
Vitamin B-6 mg	0.197	0.016	13		1		0.256	0.056	
Folate, total mcg	101		0	FLA	4		131	29	
Folic acid mcg	76		0	NC	4		99	22	
Folate, food mcg	25		0		4		33	7	
Folate, DFE mcg_DFE	154		0	NC	4		200	44	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.38	0.006	10		1		0.49	0.11	
Vitamin A, RAE mcg_RAE	20		0	NC	4		27	6	
Retinol mcg	20		0	NC	4		27	6	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	68	3.424	10		1		88	19	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	0.984		0		1		1.279	0.279	
4:0 g	0.009		0		1		0.012	0.003	
6:0 g	0.005		0		1		0.007	0.001	
8:0 g	0.003		0		1		0.004	0.001	
10:0 g	0.007		0		1		0.009	0.002	
12:0 g	0.009		0		1		0.012	0.003	
13:0 g									

NDB No. 18289

Pancakes, plain, dry mix, complete (includes buttermilk)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.035		0		1		0.046	0.010	
15:0....g									
16:0....g	0.669		0		1		0.870	0.190	
17:0....g									
18:0....g	0.243		0		1		0.316	0.069	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.710		0		1		2.223	0.485	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.044		0		1		0.057	0.012	
17:1....g									
18:1 undifferentiated....g	1.663		0		1		2.162	0.471	
20:1....g	0.002		0		1		0.003	0.001	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.592		0		1		2.070	0.451	
18:2 undifferentiated....g	1.484		0		1		1.929	0.421	
18:3 undifferentiated....g	0.093		0		1		0.121	0.026	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.012		0		1		0.016	0.003	
20:5 n-3....g	0.000		0		1		0.000	0.000	
22:5 n-3....g									
22:6 n-3....g	0.003		0		1		0.004	0.001	
Fatty acids, total trans....g									
Cholesterol....mg	21		0	FLA	4		27	6	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.114		0		1		0.148	0.032	
Threonine....g	0.360		0		1		0.468	0.102	
Isoleucine....g	0.419		0		1		0.545	0.119	
Leucine....g	0.863		0		1		1.122	0.245	
Lysine....g	0.407		0		1		0.529	0.115	
Methionine....g	0.204		0		1		0.265	0.058	
Cystine....g	0.186		0		1		0.242	0.053	
Phenylalanine....g	0.494		0		1		0.642	0.140	
Tyrosine....g	0.352		0		1		0.458	0.100	
Valine....g	0.501		0		1		0.651	0.142	
Arginine....g	0.427		0		1		0.555	0.121	
Histidine....g	0.245		0		1		0.319	0.069	
Alanine....g	0.434		0		1		0.564	0.123	
Aspartic acid....g	0.611		0		1		0.794	0.173	
Glutamic acid....g	2.571		0		1		3.342	0.729	
Glycine....g	0.332		0		1		0.432	0.094	
Proline....g	0.978		0		1		1.271	0.277	
Serine....g	0.516		0		1		0.671	0.146	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 130g: 1 cup, poured from box

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4.1

NDB No. 18289
Pancakes, plain, dry mix, complete (includes buttermilk)

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18290
Pancakes, plain, dry mix, complete, prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	53.00		0		1		15.03	20.14	40.81
Energy kcal	194		0	NC	4		55	74	149
Energy kj	812		0		4		230	308	625
Protein g	5.20		0		1		1.47	1.98	4.00
Total lipid (fat) g	2.50		0		1		0.71	0.95	1.93
Ash g	2.60		0		1		0.74	0.99	2.00
Carbohydrate, by difference g	36.70		0	NC	4		10.40	13.95	28.26
Fiber, total dietary g	1.3		0		1		0.4	0.5	1.0
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	126		0		1		36	48	97
Iron, Fe mg	1.56		0		1		0.44	0.59	1.20
Magnesium, Mg mg	20		0		1		6	8	15
Phosphorus, P mg	334		0		1		95	127	257
Potassium, K mg	175		0		1		50	67	135
Sodium, Na mg	628		0		1		178	239	484
Zinc, Zn mg	0.39		0		1		0.11	0.15	0.30
Copper, Cu mg	0.094		0		1		0.027	0.036	0.072
Manganese, Mn mg	0.272		0		1		0.077	0.103	0.209
Selenium, Se mcg	13.5		0	FLA	4		3.8	5.1	10.4
Vitamins:									
Vitamin C, total ascorbic acid mg	0.2		0		4		0.1	0.1	0.2
Thiamin mg	0.211		0		1		0.060	0.080	0.162
Riboflavin mg	0.217		0		1		0.062	0.082	0.167
Niacin mg	1.711		0		1		0.485	0.650	1.317
Pantothenic acid mg	0.243		0		1		0.069	0.092	0.187
Vitamin B-6 mg	0.091		0		1		0.026	0.035	0.070
Folate, total mcg	37		0	FLA	4		10	14	28
Folic acid mcg	28		0	NC	4		8	11	22
Folate, food mcg	9		0		4		3	3	7
Folate, DFE mcg_DFE	57		0	NC	4		16	22	44
Choline, total mg	19.2		0	AS	1		5.4	7.3	14.8
Betaine mg									
Vitamin B-12 mcg	0.20		0		1		0.06	0.08	0.15
Vitamin A, RAE mcg_RAE	10		0	NC	4		3	4	7
Retinol mcg	10		0	NC	4		3	4	7
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	32		0		1		9	12	25
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	0.507		0		1		0.144	0.193	0.390
4:0 g	0.005		0		1		0.001	0.002	0.004
6:0 g	0.003		0		1		0.001	0.001	0.002
8:0 g	0.002		0		1		0.001	0.001	0.002
10:0 g	0.004		0		1		0.001	0.002	0.003
12:0 g	0.005		0		1		0.001	0.002	0.004
13:0 g									

NDB No. 18290

Pancakes, plain, dry mix, complete, prepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0 g	0.018		0		1		0.005	0.007	0.014
15:0 g									
16:0 g	0.344		0		1		0.098	0.131	0.265
17:0 g									
18:0 g	0.125		0		1		0.035	0.048	0.096
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.881		0		1		0.250	0.335	0.678
14:1 g									
15:1 g									
16:1 undifferentiated g	0.023		0		1		0.007	0.009	0.018
17:1 g									
18:1 undifferentiated g	0.857		0		1		0.243	0.326	0.660
20:1 g	0.001		0		1		0.000	0.000	0.001
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.820		0		1		0.232	0.312	0.631
18:2 undifferentiated g	0.764		0		1		0.217	0.290	0.588
18:3 undifferentiated g	0.048		0		1		0.014	0.018	0.037
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.006		0		1		0.002	0.002	0.005
20:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 g									
22:6 n-3 g	0.002		0		1		0.001	0.001	0.002
Fatty acids, total trans g									
Cholesterol mg	12		0		4		3	5	9
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.059		0		1		0.017	0.022	0.045
Threonine g	0.186		0		1		0.053	0.071	0.143
Isoleucine g	0.216		0		1		0.061	0.082	0.166
Leucine g	0.444		0		1		0.126	0.169	0.342
Lysine g	0.210		0		1		0.060	0.080	0.162
Methionine g	0.105		0		1		0.030	0.040	0.081
Cystine g	0.096		0		1		0.027	0.036	0.074
Phenylalanine g	0.255		0		1		0.072	0.097	0.196
Tyrosine g	0.181		0		1		0.051	0.069	0.139
Valine g	0.258		0		1		0.073	0.098	0.199
Arginine g	0.220		0		1		0.062	0.084	0.169
Histidine g	0.126		0		1		0.036	0.048	0.097
Alanine g	0.223		0		1		0.063	0.085	0.172
Aspartic acid g	0.315		0		1		0.089	0.120	0.243
Glutamic acid g	1.325		0		1		0.376	0.504	1.020
Glycine g	0.171		0		1		0.048	0.065	0.132
Proline g	0.504		0		1		0.143	0.192	0.388
Serine g	0.266		0		1		0.075	0.101	0.205
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 38g: 1 pancake (4" dia)

Measure 3 = 77g: 1 pancake (6" dia)

NDB No. 18290
Pancakes, plain, dry mix, complete, prepared

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18291

Pancakes, plain, dry mix, incomplete (includes buttermilk)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	9.10	0.120	124		1		10.19	2.58	
Energy kcal	355		0	NC	4		398	101	
Energy kj	1485		0		4		1664	421	
Protein (N x 5.8) g	10.00	0.117	129		1		11.20	2.84	
Total lipid (fat) g	1.70	0.050	125		1		1.90	0.48	
Ash g	5.60	0.042	110		1		6.27	1.59	
Carbohydrate, by difference g	73.60		0		4		82.43	20.87	
Fiber, total dietary g	5.4		0		4		6.1	1.5	
Sugars, total g	2.21		0	FLC	4		2.48	0.63	
Starch g									
Minerals:									
Calcium, Ca mg	342	13.692	134		1		383	97	
Iron, Fe mg	3.05	0.128	104		1		3.42	0.86	
Magnesium, Mg mg	31	1.925	60		1		35	9	
Phosphorus, P mg	627	16.515	135		1		702	178	
Potassium, K mg	191	3.867	82		1		214	54	
Sodium, Na mg	1310	52.597	100		1		1467	371	
Zinc, Zn mg	0.84	0.025	58		1		0.94	0.24	
Copper, Cu mg	0.115	0.007	57		1		0.129	0.033	
Manganese, Mn mg	0.395	0.028	31		1		0.442	0.112	
Selenium, Se mcg	12.9	0.845	8	A	1		14.4	3.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		4		0.0	0.0	
Thiamin mg	0.610	0.021	61		1		0.683	0.173	
Riboflavin mg	0.371	0.019	61		1		0.416	0.105	
Niacin mg	3.758	0.137	61		1		4.209	1.065	
Pantothenic acid mg	0.426	0.032	14		1		0.477	0.121	
Vitamin B-6 mg	0.183	0.013	12		1		0.205	0.052	
Folate, total mcg	136		0	FLC	4		152	39	
Folic acid mcg	127		0		4		142	36	
Folate, food mcg	9	0.865	6		1		10	3	
Folate, DFE mcg_DFE	225		0	NC	4		252	64	
Choline, total mg	8.5		0	FLC	4		9.5	2.4	
Betaine mg									
Vitamin B-12 mcg	0.00		0		4		0.00	0.00	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	FLC	4		0	0	
Carotene, beta mcg	1		0	FLC	4		1	0	
Carotene, alpha mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta mcg	0		0	FLC	4		0	0	
Vitamin A, IU IU	1		0	NC	4		2	0	
Lycopene mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin mcg	78		0	FLC	4		87	22	
Vitamin E (alpha-tocopherol) mg	0.39		0	FLC	4		0.44	0.11	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	0.7		0	FLC	4		0.8	0.2	
Lipids:									
Fatty acids, total saturated g	0.250		0		4		0.280	0.071	
4:0 g	0.000		0		4		0.000	0.000	
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.000		0		4		0.000	0.000	

NDB No. 18291

Pancakes, plain, dry mix, incomplete (includes buttermilk)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.002		0		4		0.002	0.001	
13:0 g									
14:0 g	0.001		0		4		0.001	0.000	
15:0 g									
16:0 g	0.222		0		4		0.249	0.063	
17:0 g									
18:0 g	0.017		0		4		0.019	0.005	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.324		0		4		0.363	0.092	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.003		0		4		0.003	0.001	
17:1 g									
18:1 undifferentiated g	0.322		0		4		0.361	0.091	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.726		0		4		0.813	0.206	
18:2 undifferentiated g	0.695		0		4		0.778	0.197	
18:3 undifferentiated g	0.031		0		4		0.035	0.009	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 g	0.000		0		4		0.000	0.000	
22:5 n-3 g	0.000		0		4		0.000	0.000	
22:6 n-3 g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		1		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.112		0		4		0.125	0.032	
Threonine g	0.293		0		4		0.328	0.083	
Isoleucine g	0.372		0		4		0.417	0.105	
Leucine g	0.767		0		4		0.859	0.217	
Lysine g	0.236		0		4		0.264	0.067	
Methionine g	0.179		0		4		0.200	0.051	
Cystine g	0.219		0		4		0.245	0.062	
Phenylalanine g	0.494		0		4		0.553	0.140	
Tyrosine g	0.296		0		4		0.332	0.084	
Valine g	0.447		0		4		0.501	0.127	
Arginine g	0.411		0		4		0.460	0.117	
Histidine g	0.227		0		4		0.254	0.064	
Alanine g	0.391		0		4		0.438	0.111	
Aspartic acid g	0.502		0		4		0.562	0.142	
Glutamic acid g	3.094		0		4		3.465	0.877	
Glycine g	0.370		0		4		0.414	0.105	
Proline g	1.055		0		4		1.182	0.299	
Serine g	0.480		0		4		0.538	0.136	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLC	4		0	0	
Theobromine mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18291

Pancakes, plain, dry mix, incomplete (includes buttermilk)

Measure 1 = 112g: 1 cup, poured from box

Measure 2 = 28.35g: 1 oz

Calories Factors: **Protein** 3.9 **Fat** 8.4 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18292
Pancakes, plain, dry mix, incomplete, prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	52.90		0		1		15.00	20.10	40.73
Energy kcal	218		0	NC	4		62	83	168
Energy kj	912				4		259	347	702
Protein g	7.80		0		1		2.21	2.96	6.01
Total lipid (fat) g	7.70		0		1		2.18	2.93	5.93
Ash g	2.60		0		1		0.74	0.99	2.00
Carbohydrate, by difference g	28.90		0	NC	4		8.19	10.98	22.25
Fiber, total dietary g	1.9		0		4		0.5	0.7	1.4
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	215		0		1		61	82	166
Iron, Fe mg	1.30		0		1		0.37	0.49	1.00
Magnesium, Mg mg	22		0		1		6	8	17
Phosphorus, P mg	313		0		1		89	119	241
Potassium, K mg	199		0		1		56	76	153
Sodium, Na mg	505		0		1		143	192	389
Zinc, Zn mg	0.75		0		1		0.21	0.29	0.58
Copper, Cu mg	0.047		0		1		0.013	0.018	0.036
Manganese, Mn mg	0.140		0		1		0.040	0.053	0.108
Selenium, Se mcg	9.8	0.506	28	A	1		2.8	3.7	7.5
Vitamins:									
Vitamin C, total ascorbic acid mg	0.6		0		1		0.2	0.2	0.5
Thiamin mg	0.201		0		1		0.057	0.076	0.155
Riboflavin mg	0.311		0		1		0.088	0.118	0.239
Niacin mg	1.232		0		1		0.349	0.468	0.949
Pantothenic acid mg	0.506		0		1		0.143	0.192	0.390
Vitamin B-6 mg	0.105		0		1		0.030	0.040	0.081
Folate, total mcg	36		0	FLA	4		10	14	28
Folic acid mcg	25		0	NC	4		7	10	19
Folate, food mcg	11		0		1		3	4	8
Folate, DFE mcg_DFE	54		0	NC	4		15	20	41
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.34		0		1		0.10	0.13	0.26
Vitamin A, RAE mcg_RAE	71		0	NC	4		20	27	55
Retinol mcg	70		0	NC	4		20	27	54
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	250		0		1		71	95	193
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	2.045		0		1		0.580	0.777	1.575
4:0 g	0.048		0		1		0.014	0.018	0.037
6:0 g	0.029		0		1		0.008	0.011	0.022
8:0 g	0.017		0		1		0.005	0.006	0.013
10:0 g	0.037		0		1		0.010	0.014	0.028
12:0 g	0.043		0		1		0.012	0.016	0.033
13:0 g									

NDB No. 18292

Pancakes, plain, dry mix, incomplete, prepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.159		0		1		0.045	0.060	0.122
15:0....g									
16:0....g	1.235		0		1		0.350	0.469	0.951
17:0....g									
18:0....g	0.464		0		1		0.132	0.176	0.357
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.070		0		1		0.587	0.787	1.594
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.088		0		1		0.025	0.033	0.068
17:1....g									
18:1 undifferentiated....g	1.964		0		1		0.557	0.746	1.512
20:1....g	0.013		0		1		0.004	0.005	0.010
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.923		0		1		0.829	1.111	2.251
18:2 undifferentiated....g	2.574		0		1		0.730	0.978	1.982
18:3 undifferentiated....g	0.321		0		1		0.091	0.122	0.247
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.022		0		1		0.006	0.008	0.017
20:5 n-3....g	0.001		0		1		0.000	0.000	0.001
22:5 n-3....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3....g	0.006		0		1		0.002	0.002	0.005
Fatty acids, total trans....g									
Cholesterol....mg	71		0		1		20	27	55
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.095		0		1		0.027	0.036	0.073
Threonine....g	0.298		0		1		0.084	0.113	0.229
Isoleucine....g	0.375		0		1		0.106	0.143	0.289
Leucine....g	0.657		0		1		0.186	0.250	0.506
Lysine....g	0.405		0		1		0.115	0.154	0.312
Methionine....g	0.180		0		1		0.051	0.068	0.139
Cystine....g	0.141		0		1		0.040	0.054	0.109
Phenylalanine....g	0.384		0		1		0.109	0.146	0.296
Tyrosine....g	0.293		0		1		0.083	0.111	0.226
Valine....g	0.428		0		1		0.121	0.163	0.330
Arginine....g	0.341		0		1		0.097	0.130	0.263
Histidine....g	0.187		0		1		0.053	0.071	0.144
Alanine....g	0.321		0		1		0.091	0.122	0.247
Aspartic acid....g	0.543		0		1		0.154	0.206	0.418
Glutamic acid....g	1.803		0		1		0.511	0.685	1.388
Glycine....g	0.241		0		1		0.068	0.092	0.186
Proline....g	0.666		0		1		0.189	0.253	0.513
Serine....g	0.435		0		1		0.123	0.165	0.335
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 38g: 1 pancake (4" dia)

Measure 3 = 77g: 1 pancake (6" dia)

NDB No. 18292
Pancakes, plain, dry mix, incomplete, prepared

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18936

Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	43.80	0.732	4	A	1		16.64	63.08	12.42
Energy kcal	239		0	NC	4		91	345	68
Energy kj	1002		0	NC	4		381	1442	284
Protein g	5.88	0.459	4	A	1		2.24	8.47	1.67
Total lipid (fat) g	4.73	1.000	4	A	1		1.80	6.81	1.34
Ash g	2.26	0.098	4	A	1		0.86	3.25	0.64
Carbohydrate, by difference g	43.33		0	NC	4		16.46	62.39	12.28
Fiber, total dietary g	2.5	0.103	3	A	1		1.0	3.6	0.7
Sugars, total g	7.06	2.107	3	A	1		2.68	10.16	2.00
Sucrose g	0.16	0.049	3	A	1		0.06	0.23	0.04
Glucose (dextrose) g	3.13	1.139	3	A	1		1.19	4.51	0.89
Fructose g	2.74	0.748	3	A	1		1.04	3.94	0.78
Lactose g	0.85	0.156	3	A	1		0.32	1.23	0.24
Maltose g	0.18	0.078	3	A	1		0.07	0.25	0.05
Galactose g	0.00	0.000	3	A	1		0.00	0.00	0.00
Starch g	33.56	0.323	3	A	1		12.75	48.33	9.52
Minerals:									
Calcium, Ca mg	72	8.874	4	A	1		27	104	21
Iron, Fe mg	1.64	0.705	4	A	1		0.62	2.36	0.46
Magnesium, Mg mg	16	2.791	4	A	1		6	24	5
Phosphorus, P mg	350	51.630	4	A	1		133	504	99
Potassium, K mg	122	24.033	4	A	1		46	176	35
Sodium, Na mg	566	48.883	4	A	1		215	815	161
Zinc, Zn mg	0.44	0.131	4	A	1		0.17	0.64	0.13
Copper, Cu mg	0.035		2	A	1		0.013	0.050	0.010
Manganese, Mn mg	0.141	0.035	4	A	1		0.054	0.203	0.040
Selenium, Se mcg	7.4	1.172	3	A	1		2.8	10.7	2.1
Vitamins:									
Vitamin C, total ascorbic acid mg									
Thiamin mg	0.363	0.119	4	A	1		0.138	0.522	0.103
Riboflavin mg	0.335	0.113	4	A	1		0.127	0.482	0.095
Niacin mg	3.345	1.395	4	A	1		1.271	4.817	0.948
Pantothenic acid mg	0.177	0.033	3	A	1		0.067	0.254	0.050
Vitamin B-6 mg	0.278	0.248	3	A	1		0.105	0.400	0.079
Folate, total mcg	54		1	A	1		21	78	15
Folic acid mcg	45		1	A	1		17	65	13
Folate, food mcg	9		0	AS	1		3	13	3
Folate, DFE mcg_DFE	86		0	NC	4		32	123	24
Choline, total mg	28.1		0	AS	1		10.7	40.5	8.0
Betaine mg									
Vitamin B-12 mcg									
Vitamin A, RAE mcg_RAE	216		0	AS	1		82	311	61
Retinol mcg	216	204.607	3	A	1		82	311	61
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	719		0	AS	1		273	1036	204
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg	0.38	0.139	3	A	1		0.14	0.54	0.11
Tocopherol, beta mg	0.05	0.010	3	A	1		0.02	0.07	0.01
Tocopherol, gamma mg	2.58	1.269	3	A	1		0.98	3.71	0.73
Tocopherol, delta mg	0.75	0.369	3	A	1		0.28	1.08	0.21
Vitamin D IU									
Vitamin K (phylloquinone) mcg	7.4		1	A	1		2.8	10.7	2.1
Lipids:									
Fatty acids, total saturated g	0.949		0	NC	4		0.360	1.366	0.269

NDB No. 18936

Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
4:0 g									
6:0 g									
8:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
10:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
12:0 g	0.005	0.003	3	A	1		0.002	0.007	0.001
13:0 g									
14:0 g	0.019	0.002	3	A	1		0.007	0.027	0.005
15:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:0 g	0.615	0.134	3	A	1		0.234	0.886	0.174
17:0 g	0.003	0.002	3	A	1		0.001	0.005	0.001
18:0 g	0.275	0.082	3	A	1		0.104	0.395	0.078
20:0 g	0.014	0.005	3	A	1		0.005	0.021	0.004
22:0 g	0.018	0.004	3	A	1		0.007	0.025	0.005
24:0 g									
Fatty acids, total monounsaturated g	2.721		0	NC	4		1.034	3.918	0.771
14:1 g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:1 g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:1 undifferentiated g	0.017	0.003	3	A	1		0.006	0.024	0.005
17:1 g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:1 undifferentiated g	2.689	0.917	3	A	1		1.022	3.872	0.762
20:1 g	0.015	0.004	3	A	1		0.006	0.022	0.004
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.070		0	NC	4		0.407	1.540	0.303
18:2 undifferentiated g	1.018	0.247	3	A	1		0.387	1.465	0.288
18:3 undifferentiated g	0.042	0.008	3	A	1		0.016	0.060	0.012
18:3 n-3 c,c,c g									
18:3 n-6 c,c,c g	0.007	0.002	3	A	1		0.003	0.010	0.002
18:3i g									
18:4 g									
20:2 n-6 c,c g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.003	0.003	3	A	1		0.001	0.004	0.001
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 g									
21:5 g									
22:4 g									
22:5 n-3 g									
22:6 n-3 g									
Fatty acids, total trans g									
Cholesterol mg									
Phytosterols mg									
Others:									
Alcohol, ethyl g									
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 38g: 1 pancake

Measure 2 = 144g: 1 serving (3 pancakes)

Measure 3 = 28.35g: 1 oz

Calories Factors: Protein Fat Carbohydrate

NDB No. 18936

Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18293
Pancakes, plain, prepared from recipe

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	52.90		0		1		15.00	20.10	40.73
Energy....kcal	227		0	NC	4		64	86	175
Energy....kj	950				4		269	361	731
Protein (N x 0)....g	6.40		0		1		1.81	2.43	4.93
Total lipid (fat)....g	9.70		0		1		2.75	3.69	7.47
Ash....g	2.60		0		1		0.74	0.99	2.00
Carbohydrate, by difference....g	28.30		0	NC	4		8.02	10.75	21.79
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	219		0		1		62	83	169
Iron, Fe....mg	1.80		0		1		0.51	0.68	1.39
Magnesium, Mg....mg	16		0		1		5	6	12
Phosphorus, P....mg	159		0		1		45	60	122
Potassium, K....mg	132		0		1		37	50	102
Sodium, Na....mg	439		0		1		124	167	338
Zinc, Zn....mg	0.56		0		1		0.16	0.21	0.43
Copper, Cu....mg	0.049		0		1		0.014	0.019	0.038
Manganese, Mn....mg	0.200		0		1		0.057	0.076	0.154
Selenium, Se....mcg	14.9		0	RK	4		4.2	5.7	11.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0		1		0.1	0.1	0.2
Thiamin....mg	0.201		0		1		0.057	0.076	0.155
Riboflavin....mg	0.281		0		1		0.080	0.107	0.216
Niacin....mg	1.567		0		1		0.444	0.595	1.207
Pantothenic acid....mg	0.405		0		1		0.115	0.154	0.312
Vitamin B-6....mg	0.046		0		1		0.013	0.017	0.035
Folate, total....mcg	38		0	RK	4		11	14	29
Folic acid....mcg	26		0	NC	4		7	10	20
Folate, food....mcg	12		0		1		3	5	9
Folate, DFE....mcg_DFE	56		0	NC	4		16	21	43
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.22		0		1		0.06	0.08	0.17
Vitamin A, RAE....mcg_RAE	54		0	NC	4		15	20	41
Retinol....mcg	53		0	NC	4		15	20	41
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	196		0		1		56	74	151
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.122		0		1		0.602	0.806	1.634
4:0....g	0.036		0		1		0.010	0.014	0.028
6:0....g	0.021		0		1		0.006	0.008	0.016
8:0....g	0.012		0		1		0.003	0.005	0.009
10:0....g	0.028		0		1		0.008	0.011	0.022
12:0....g	0.031		0		1		0.009	0.012	0.024
13:0....g									

NDB No. 18293
Pancakes, plain, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.122		0		1		0.035	0.046	0.094
15:0....g									
16:0....g	1.354		0		1		0.384	0.515	1.043
17:0....g									
18:0....g	0.508		0		1		0.144	0.193	0.391
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.474		0		1		0.701	0.940	1.905
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.078		0		1		0.022	0.030	0.060
17:1....g									
18:1 undifferentiated....g	2.375		0		1		0.673	0.903	1.829
20:1....g	0.018		0		1		0.005	0.007	0.014
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.447		0		1		1.261	1.690	3.424
18:2 undifferentiated....g	3.913		0		1		1.109	1.487	3.013
18:3 undifferentiated....g	0.510		0		1		0.145	0.194	0.393
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.018		0		1		0.005	0.007	0.014
20:5 n-3....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3....g	0.005		0		1		0.001	0.002	0.004
Fatty acids, total trans....g									
Cholesterol....mg	59		0		1		17	22	45
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.080		0		1		0.023	0.030	0.062
Threonine....g	0.237		0		1		0.067	0.090	0.182
Isoleucine....g	0.297		0		1		0.084	0.113	0.229
Leucine....g	0.513		0		1		0.145	0.195	0.395
Lysine....g	0.321		0		1		0.091	0.122	0.247
Methionine....g	0.147		0		1		0.042	0.056	0.113
Cystine....g	0.116		0		1		0.033	0.044	0.089
Phenylalanine....g	0.319		0		1		0.090	0.121	0.246
Tyrosine....g	0.240		0		1		0.068	0.091	0.185
Valine....g	0.335		0		1		0.095	0.127	0.258
Arginine....g	0.280		0		1		0.079	0.106	0.216
Histidine....g	0.152		0		1		0.043	0.058	0.117
Alanine....g	0.245		0		1		0.069	0.093	0.189
Aspartic acid....g	0.420		0		1		0.119	0.160	0.323
Glutamic acid....g	1.570		0		1		0.445	0.597	1.209
Glycine....g	0.198		0		1		0.056	0.075	0.152
Proline....g	0.576		0		1		0.163	0.219	0.444
Serine....g	0.363		0		1		0.103	0.138	0.280
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 38g: 1 pancake (4" dia)

Measure 3 = 77g: 1 pancake (6" dia)

NDB No. 18293
Pancakes, plain, prepared from recipe

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18297
Pancakes, special dietary, dry mix

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	10.80		1		1		3.06	24.52	
Energy kcal	349		0	NC	4		99	792	
Energy kj	1460				4		414	3315	
Protein (N x 5.9) g	8.90		1		1		2.52	20.20	
Total lipid (fat) g	1.40		1		1		0.40	3.18	
Ash g	5.00		1		1		1.42	11.35	
Carbohydrate, by difference g	73.90		0	NC	4		20.95	167.75	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	99		1		1		28	225	
Iron, Fe mg	3.05		1		1		0.86	6.92	
Magnesium, Mg mg	47		1		1		13	107	
Phosphorus, P mg	596		1		1		169	1353	
Potassium, K mg	676		1		1		192	1535	
Sodium, Na mg	456		1		1		129	1035	
Zinc, Zn mg	1.19		1		1		0.34	2.70	
Copper, Cu mg	0.137		1		1		0.039	0.311	
Manganese, Mn mg	0.578		0	FLA	4		0.164	1.312	
Selenium, Se mcg	25.1		0	FLA	4		7.1	57.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1		1		0.0	0.0	
Thiamin mg	0.370		1		1		0.105	0.840	
Riboflavin mg	0.209		1		1		0.059	0.474	
Niacin mg	3.270		1		1		0.927	7.423	
Pantothenic acid mg	0.364		1		1		0.103	0.826	
Vitamin B-6 mg	0.037		1		1		0.010	0.084	
Folate, total mcg	107		0	FLA	4		30	243	
Folic acid mcg	93		0	NC	4		26	211	
Folate, food mcg	14		1		1		4	32	
Folate, DFE mcg_DFE	172		0	NC	4		49	391	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.00		1		1		0.00	0.00	
Vitamin A, RAE mcg_RAE	6		0	NC	4		2	14	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	126		1		1		36	286	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	0.202		0		1		0.057	0.459	
4:0 g									
6:0 g									
8:0 g									
10:0 g									
12:0 g	0.001		0		1		0.000	0.002	
13:0 g									

NDB No. 18297
Pancakes, special dietary, dry mix

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.001		0		1		0.000	0.002	
15:0....g									
16:0....g	0.177		0		1		0.050	0.402	
17:0....g									
18:0....g	0.018		0		1		0.005	0.041	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.276		0		1		0.078	0.627	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0		1		0.001	0.007	
17:1....g									
18:1 undifferentiated....g	0.273		0		1		0.077	0.620	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.611		0		1		0.173	1.387	
18:2 undifferentiated....g	0.586		0		1		0.166	1.330	
18:3 undifferentiated....g	0.025		0		1		0.007	0.057	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		1		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.090		0		1		0.026	0.204	
Threonine....g	0.271		0		1		0.077	0.615	
Isoleucine....g	0.337		0		1		0.096	0.765	
Leucine....g	0.796		0		1		0.226	1.807	
Lysine....g	0.251		0		1		0.071	0.570	
Methionine....g	0.158		0		1		0.045	0.359	
Cystine....g	0.178		0		1		0.050	0.404	
Phenylalanine....g	0.450		0		1		0.128	1.022	
Tyrosine....g	0.295		0		1		0.084	0.670	
Valine....g	0.394		0		1		0.112	0.894	
Arginine....g	0.420		0		1		0.119	0.953	
Histidine....g	0.223		0		1		0.063	0.506	
Alanine....g	0.400		0		1		0.113	0.908	
Aspartic acid....g	0.572		0		1		0.162	1.298	
Glutamic acid....g	2.415		0		1		0.685	5.482	
Glycine....g	0.322		0		1		0.091	0.731	
Proline....g	0.878		0		1		0.249	1.993	
Serine....g	0.429		0		1		0.122	0.974	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 227g: 1 package (8 oz)

Calories Factors: **Protein** 3.8 **Fat** 8.4 **Carbohydrate** 4.1

NDB No. 18297
Pancakes, special dietary, dry mix

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18299
Pancakes, whole-wheat, dry mix, incomplete

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	8.80	0.097	19		1		12.32	2.49	
Energy kcal	344		0	NC	4		482	98	
Energy kj	1439				4		2015	408	
Protein (N x 5.8) g	12.80	0.062	19		1		17.92	3.63	
Total lipid (fat) g	1.50	0.065	19		1		2.10	0.43	
Ash g	5.90	0.034	19		1		8.26	1.67	
Carbohydrate, by difference g	71.00		0	NC	4		99.40	20.13	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	449	11.622	19		1		629	127	
Iron, Fe mg	7.84	0.136	19		1		10.98	2.22	
Magnesium, Mg mg	104		0	FLA	4		146	29	
Phosphorus, P mg	782	8.358	19		1		1095	222	
Potassium, K mg	445	16.348	9		1		623	126	
Sodium, Na mg	1419	32.951	9		1		1987	402	
Zinc, Zn mg	1.96		0	FLA	4		2.74	0.56	
Copper, Cu mg	0.560		0	FLA	4		0.784	0.159	
Manganese, Mn mg	2.236		0	FLA	4		3.130	0.634	
Selenium, Se mcg	38.0		0	FLA	4		53.2	10.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	
Thiamin mg	0.569	0.021	19		1		0.797	0.161	
Riboflavin mg	1.083	0.058	19		1		1.516	0.307	
Niacin mg	6.767	0.191	19		1		9.474	1.918	
Pantothenic acid mg	0.750		0	FLA	4		1.050	0.213	
Vitamin B-6 mg	0.227		0	FLA	4		0.318	0.064	
Folate, total mcg	82		0	FLA	4		115	23	
Folic acid mcg	28		0	NC	4		39	8	
Folate, food mcg	54		0		4		76	15	
Folate, DFE mcg_DFE	102		0	NC	4		142	29	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.00		0		1		0.00	0.00	
Vitamin A, RAE mcg_RAE	2		0	NC	4		2	0	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	31	3.600	10		1		43	9	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	0.244		0		1		0.342	0.069	
4:0 g									
6:0 g									
8:0 g									
10:0 g									
12:0 g	0.002		0		1		0.003	0.001	
13:0 g									

NDB No. 18299
Pancakes, whole-wheat, dry mix, incomplete

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.002		0		1		0.003	0.001	
15:0....g									
16:0....g	0.217		0		1		0.304	0.062	
17:0....g									
18:0....g	0.012		0		1		0.017	0.003	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.279		0		1		0.391	0.079	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.007		0		1		0.010	0.002	
17:1....g									
18:1 undifferentiated....g	0.273		0		1		0.382	0.077	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.605		0		1		0.847	0.172	
18:2 undifferentiated....g	0.575		0		1		0.805	0.163	
18:3 undifferentiated....g	0.030		0		1		0.042	0.009	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0		1		0.001	0.000	
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.187		0		1		0.262	0.053	
Threonine....g	0.394		0		1		0.552	0.112	
Isoleucine....g	0.496		0		1		0.694	0.141	
Leucine....g	0.908		0		1		1.271	0.257	
Lysine....g	0.430		0		1		0.602	0.122	
Methionine....g	0.216		0		1		0.302	0.061	
Cystine....g	0.300		0		1		0.420	0.085	
Phenylalanine....g	0.634		0		1		0.888	0.180	
Tyrosine....g	0.397		0		1		0.556	0.113	
Valine....g	0.628		0		1		0.879	0.178	
Arginine....g	0.705		0		1		0.987	0.200	
Histidine....g	0.297		0		1		0.416	0.084	
Alanine....g	0.529		0		1		0.741	0.150	
Aspartic acid....g	0.813		0		1		1.138	0.230	
Glutamic acid....g	3.602		0		1		5.043	1.021	
Glycine....g	0.555		0		1		0.777	0.157	
Proline....g	1.108		0		1		1.551	0.314	
Serine....g	0.599		0		1		0.839	0.170	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, poured from box

Measure 2 = 28.35g: 1 oz

Calories Factors: **Protein** 3.7 **Fat** 8.4 **Carbohydrate** 4

NDB No. 18299
Pancakes, whole-wheat, dry mix, incomplete

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18300

Pancakes, whole-wheat, dry mix, incomplete, prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	52.80		0		1		14.97	23.23	68.11
Energy kcal	208		0	NC	4		59	92	268
Energy kj	870				4		247	383	1123
Protein g	8.50		0		1		2.41	3.74	10.97
Total lipid (fat) g	6.50		0		1		1.84	2.86	8.39
Ash g	2.80		0		1		0.79	1.23	3.61
Carbohydrate, by difference g	29.40		0	NC	4		8.33	12.94	37.93
Fiber, total dietary g	2.8		0		4		0.8	1.2	3.7
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	250		0		1		71	110	323
Iron, Fe mg	3.11		0		1		0.88	1.37	4.01
Magnesium, Mg mg	46		0		4		13	20	59
Phosphorus, P mg	373		0		1		106	164	481
Potassium, K mg	279		0		1		79	123	360
Sodium, Na mg	572		0		1		162	252	738
Zinc, Zn mg	1.04		0		4		0.29	0.46	1.34
Copper, Cu mg	0.080		0		4		0.023	0.035	0.103
Manganese, Mn mg	1.546		0		4		0.438	0.680	1.994
Selenium, Se mcg	19.4		0	FLA	4		5.5	8.5	25.0
Vitamins:									
Vitamin C, total ascorbic acid mg	0.5		0		1		0.1	0.2	0.6
Thiamin mg	0.197		0		1		0.056	0.087	0.254
Riboflavin mg	0.529		0		1		0.150	0.233	0.682
Niacin mg	2.309		0		1		0.655	1.016	2.979
Pantothenic acid mg	0.518		0		4		0.147	0.228	0.668
Vitamin B-6 mg	0.110		0		4		0.031	0.048	0.142
Folate, total mcg	29		0	FLA	4		8	13	37
Folic acid mcg	8		0	NC	4		2	4	10
Folate, food mcg	21		0		4		6	9	27
Folate, DFE mcg_DFE	35		0	NC	4		10	15	45
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.29		0		1		0.08	0.13	0.37
Vitamin A, RAE mcg_RAE	64		0	NC	4		18	28	82
Retinol mcg	63		0	NC	4		18	28	81
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	226		0		1		64	99	292
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	1.749		0		1		0.496	0.770	2.256
4:0 g	0.041		0		1		0.012	0.018	0.053
6:0 g	0.025		0		1		0.007	0.011	0.032
8:0 g	0.014		0		1		0.004	0.006	0.018
10:0 g	0.032		0		1		0.009	0.014	0.041
12:0 g	0.037		0		1		0.010	0.016	0.048
13:0 g									

NDB No. 18300

Pancakes, whole-wheat, dry mix, incomplete, prepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.137		0		1		0.039	0.060	0.177
15:0....g									
16:0....g	1.057		0		1		0.300	0.465	1.364
17:0....g									
18:0....g	0.391		0		1		0.111	0.172	0.504
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.742		0		1		0.494	0.766	2.247
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.077		0		1		0.022	0.034	0.099
17:1....g									
18:1 undifferentiated....g	1.650		0		1		0.468	0.726	2.129
20:1....g	0.010		0		1		0.003	0.004	0.013
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.406		0		1		0.682	1.059	3.104
18:2 undifferentiated....g	2.118		0		1		0.600	0.932	2.732
18:3 undifferentiated....g	0.264		0		1		0.075	0.116	0.341
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.019		0		1		0.005	0.008	0.025
20:5 n-3....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3....g	0.005		0		1		0.001	0.002	0.006
Fatty acids, total trans....g									
Cholesterol....mg	61		0		1		17	27	79
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.118		0		1		0.033	0.052	0.152
Threonine....g	0.316		0		1		0.090	0.139	0.408
Isoleucine....g	0.396		0		1		0.112	0.174	0.511
Leucine....g	0.675		0		1		0.191	0.297	0.871
Lysine....g	0.438		0		1		0.124	0.193	0.565
Methionine....g	0.182		0		1		0.052	0.080	0.235
Cystine....g	0.167		0		1		0.047	0.073	0.215
Phenylalanine....g	0.419		0		1		0.119	0.184	0.541
Tyrosine....g	0.312		0		1		0.088	0.137	0.402
Valine....g	0.468		0		1		0.133	0.206	0.604
Arginine....g	0.432		0		1		0.122	0.190	0.557
Histidine....g	0.204		0		1		0.058	0.090	0.263
Alanine....g	0.357		0		1		0.101	0.157	0.461
Aspartic acid....g	0.620		0		1		0.176	0.273	0.800
Glutamic acid....g	1.969		0		1		0.558	0.866	2.540
Glycine....g	0.303		0		1		0.086	0.133	0.391
Proline....g	0.671		0		1		0.190	0.295	0.866
Serine....g	0.454		0		1		0.129	0.200	0.586
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 44g: 1 pancake (4" dia)

Measure 3 = 129g: 1 pancake (6" dia)

NDB No. 18300
Pancakes, whole-wheat, dry mix, incomplete, prepared

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18338
Phyllo dough

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	32.60		0		1		9.24	6.19	
Energy....kcal	299		0	NC	4		85	57	
Energy....kj	1251		0		4		355	238	
Protein (N x 0)....g	7.10		0		1		2.01	1.35	
Total lipid (fat)....g	6.00		0		1		1.70	1.14	
Ash....g	1.60		0		1		0.45	0.30	
Carbohydrate, by difference....g	52.60		0	NC	4		14.91	9.99	
Fiber, total dietary....g	1.9		0		4		0.5	0.4	
Sugars, total....g	0.18		0	FLC	4		0.05	0.03	
Starch....g									
Minerals:									
Calcium, Ca....mg	11		0		1		3	2	
Iron, Fe....mg	3.21		0		1		0.91	0.61	
Magnesium, Mg....mg	15		0		1		4	3	
Phosphorus, P....mg	75		0		1		21	14	
Potassium, K....mg	74		0		1		21	14	
Sodium, Na....mg	483		0		1		137	92	
Zinc, Zn....mg	0.49		0		1		0.14	0.09	
Copper, Cu....mg	0.101		0		1		0.029	0.019	
Manganese, Mn....mg	0.476		0		1		0.135	0.090	
Selenium, Se....mcg	23.3		0	FLA	4		6.6	4.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.541		0		1		0.153	0.103	
Riboflavin....mg	0.341		0		1		0.097	0.065	
Niacin....mg	4.073		0		1		1.155	0.774	
Pantothenic acid....mg	0.302		0		1		0.086	0.057	
Vitamin B-6....mg	0.030		0		1		0.009	0.006	
Folate, total....mcg	88		0	FLC	4		25	17	
Folic acid....mcg	70		0		4		20	13	
Folate, food....mcg	18		0		1		5	3	
Folate, DFE....mcg_DFE	137		0	NC	4		39	26	
Choline, total....mg	6.9		0	FLC	4		2.0	1.3	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	FLC	4		0	0	
Carotene, beta....mcg	0		0	FLC	4		0	0	
Carotene, alpha....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	0		0	NC	4		0	0	
Lycopene....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....mcg	11		0	FLC	4		3	2	
Vitamin E (alpha-tocopherol)....mg	0.08		0	FLC	4		0.02	0.02	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	2.5		0	FLC	4		0.7	0.5	
Lipids:									
Fatty acids, total saturated....g	1.470		0	FLA	4		0.417	0.279	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	

NDB No. 18338
Phyllo dough

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0		1		0.000	0.000	
13:0 g									
14:0 g	0.027		0	FLA	4		0.008	0.005	
15:0 g									
16:0 g	0.794		0	FLA	4		0.225	0.151	
17:0 g									
18:0 g	0.649		0	FLA	4		0.184	0.123	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.149		0	FLA	4		0.893	0.598	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.011		0		1		0.003	0.002	
17:1 g									
18:1 undifferentiated g	3.149		0	FLA	4		0.893	0.598	
20:1 g	0.011		0		1		0.003	0.002	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.923		0	FLA	4		0.262	0.175	
18:2 undifferentiated g	0.876		0	FLA	4		0.248	0.166	
18:3 undifferentiated g	0.047		0	FLA	4		0.013	0.009	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 g	0.000		0		1		0.000	0.000	
22:5 n-3 g	0.000		0		1		0.000	0.000	
22:6 n-3 g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.088		0		1		0.025	0.017	
Threonine g	0.194		0		1		0.055	0.037	
Isoleucine g	0.246		0		1		0.070	0.047	
Leucine g	0.490		0		1		0.139	0.093	
Lysine g	0.158		0		1		0.045	0.030	
Methionine g	0.126		0		1		0.036	0.024	
Cystine g	0.151		0		1		0.043	0.029	
Phenylalanine g	0.359		0		1		0.102	0.068	
Tyrosine g	0.215		0		1		0.061	0.041	
Valine g	0.286		0		1		0.081	0.054	
Arginine g	0.288		0		1		0.082	0.055	
Histidine g	0.159		0		1		0.045	0.030	
Alanine g	0.229		0		1		0.065	0.044	
Aspartic acid g	0.300		0		1		0.085	0.057	
Glutamic acid g	2.400		0		1		0.680	0.456	
Glycine g	0.256		0		1		0.073	0.049	
Proline g	0.826		0		1		0.234	0.157	
Serine g	0.356		0		1		0.101	0.068	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLC	4		0	0	
Theobromine mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18338
Phyllo dough

Measure 1 = 28.35g: 1 oz
Measure 2 = 19g: 1 sheet dough

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18943
Pie Crust, Cookie-type, Chocolate, Ready Crust

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	4.99	0.605	3	A	1		9.08		
Energy kcal	484		0	NC	4		881		
Energy kj	2025		0	NC	4		3686		
Protein g	6.08	0.365	3	A	1		11.07		
Total lipid (fat) g	22.42	0.786	3	A	1		40.80		
Ash g	2.03	0.233	3	A	1		3.69		
Carbohydrate, by difference g	64.48		0	NC	4		117.35		
Fiber, total dietary g	2.7	0.260	3	A	1		5.0		
Sugars, total g	26.31		0	FLA	4		47.88		
Starch g	34.67	2.285	3	A	1		63.09		
Minerals:									
Calcium, Ca mg	32	7.839	3	A	1		58		
Iron, Fe mg	4.30		2	A	1		7.83		
Magnesium, Mg mg	40	2.848	3	A	1		73		
Phosphorus, P mg	120	10.000	3	A	1		218		
Potassium, K mg	187	8.819	3	A	1		340		
Sodium, Na mg	503	48.419	3	A	1		916		
Zinc, Zn mg	2.10	0.153	3	A	1		3.82		
Copper, Cu mg	0.770	0.112	3	A	1		1.401		
Manganese, Mn mg	1.833	0.233	3	A	1		3.337		
Selenium, Se mcg	2.5	0.262	3	A	1		4.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	FLA	4		0.0		
Thiamin mg	0.336	0.089	3	A	1		0.612		
Riboflavin mg	0.265	0.025	3	A	1		0.482		
Niacin mg	3.073	0.113	3	A	1		5.593		
Pantothenic acid mg	0.168	0.014	3	A	1		0.306		
Vitamin B-6 mg	0.043	0.009	3	A	1		0.078		
Folate, total mcg	72	7.513	3	A	1		132		
Folic acid mcg	50	7.839	3	A	1		92		
Folate, food mcg	22	0.577	3	AS	1		40		
Folate, DFE mcg_DFE	108		0	NC	4		196		
Choline, total mg	16.4		0	AS	1		29.9		
Betaine mg	21.3		1	A	1		38.8		
Vitamin B-12 mcg	0.00		0	FLA	4		0.00		
Vitamin B-12, added mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE mcg_RAE	0		0	FLA	4		0		
Retinol mcg	0		0	FLA	4		0		
Carotene, beta mcg	0		0	FLA	4		0		
Carotene, alpha mcg	0		0	FLA	4		0		
Cryptoxanthin, beta mcg	0		0	FLA	4		0		
Vitamin A, IU IU	0		0	FLA	4		0		
Lycopene mcg	0		0	FLA	4		0		
Lutein + zeaxanthin mcg	12		0	FLA	4		22		
Vitamin E (alpha-tocopherol) mg	1.79	0.285	3	A	1		3.26		
Vitamin E, added mg	0.00		0	FLA	4		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	18.2	2.240	3	A	1		33.1		
Lipids:									
Fatty acids, total saturated g	4.725		0	NC	4		8.599		
4:0 g	0.000	0.000	3	A	1		0.000		
6:0 g	0.000	0.000	3	A	1		0.000		
8:0 g	0.000	0.000	3	A	1		0.000		
10:0 g	0.000	0.000	3	A	1		0.000		

NDB No. 18943

Pie Crust, Cookie-type, Chocolate, Ready Crust

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000	0.000	3	A	1		0.000		
13:0 g									
14:0 g	0.023	0.003	3	A	1		0.042		
15:0 g	0.001	0.001	3	A	1		0.001		
16:0 g	2.587	0.107	3	A	1		4.707		
17:0 g	0.028	0.001	3	A	1		0.052		
18:0 g	1.912	0.081	3	A	1		3.480		
20:0 g	0.088	0.004	3	A	1		0.160		
22:0 g	0.086	0.004	3	A	1		0.157		
24:0 g									
Fatty acids, total monounsaturated g	14.501		0	NC	4		26.392		
14:1 g	0.000		0	FLA	4		0.000		
15:1 g									
16:1 undifferentiated g	0.019	0.002	3	AS	1		0.035		
17:1 g									
18:1 undifferentiated g	14.433	0.307	3	AS	1		26.269		
20:1 g	0.029	0.004	3	A	1		0.054		
22:1 undifferentiated g	0.000	0.000	3	A	1		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	2.035		0	NC	4		3.704		
18:2 undifferentiated g	1.972	0.395	3	AS	1		3.589		
18:3 undifferentiated g	0.063	0.012	3	AS	1		0.115		
18:4 g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000	0.000	3	A	1		0.000		
20:5 n-3 g	0.000	0.000	3	A	1		0.000		
22:5 n-3 g	0.000	0.000	3	A	1		0.000		
22:6 n-3 g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0	FLA	4		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.080		0	FLA	4		0.146		
Threonine g	0.205		0	FLA	4		0.374		
Isoleucine g	0.225		0	FLA	4		0.409		
Leucine g	0.382		0	FLA	4		0.695		
Lysine g	0.245		0	FLA	4		0.446		
Methionine g	0.073		0	FLA	4		0.133		
Cystine g	0.108		0	FLA	4		0.197		
Phenylalanine g	0.277		0	FLA	4		0.503		
Tyrosine g	0.164		0	FLA	4		0.299		
Valine g	0.316		0	FLA	4		0.575		
Arginine g	0.290		0	FLA	4		0.527		
Histidine g	0.112		0	FLA	4		0.203		
Alanine g	0.238		0	FLA	4		0.432		
Aspartic acid g	0.454		0	FLA	4		0.827		
Glutamic acid g	1.318		0	FLA	4		2.398		
Glycine g	0.243		0	FLA	4		0.443		
Proline g	0.419		0	FLA	4		0.762		
Serine g	0.260		0	FLA	4		0.473		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	FLA	4		0.0		
Caffeine mg	15		0	FLA	4		28		
Theobromine mg	100	24.427	3	A	1		181		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18943

Pie Crust, Cookie-type, Chocolate, Ready Crust

Measure 1 = 182g: 1 crust

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18942
Pie Crust, Cookie-type, Graham Cracker, Ready Crust

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	4.37	0.157	3	A	1		8.00	1.24	
Energy kcal	501		0	NC	4		917	142	
Energy kj	2097		0	NC	4		3837	594	
Protein g	5.10	0.185	3	A	1		9.34	1.45	
Total lipid (fat) g	24.83	1.616	3	A	1		45.44	7.04	
Ash g	1.39	0.172	3	A	1		2.55	0.39	
Carbohydrate, by difference g	64.30		0	NC	4		117.67	18.23	
Fiber, total dietary g	1.9	0.351	3	A	1		3.5	0.5	
Sugars, total g	18.13		0	FLA	4		33.18	5.14	
Sucrose g	18.13	1.241	3	A	1		33.18	5.14	
Glucose (dextrose) g	0.00	0.000	3	A	1		0.00	0.00	
Fructose g	0.00	0.000	3	A	1		0.00	0.00	
Lactose g	0.00	0.000	3	A	1		0.00	0.00	
Maltose g	0.00	0.000	3	A	1		0.00	0.00	
Galactose g									
Starch g	35.87	0.120	3	A	1		65.64	10.17	
Minerals:									
Calcium, Ca mg	29	5.508	3	A	1		53	8	
Iron, Fe mg	2.60	0.100	3	A	1		4.76	0.74	
Magnesium, Mg mg	23	3.756	3	A	1		41	6	
Phosphorus, P mg	117	21.333	3	A	1		215	33	
Potassium, K mg	113	12.019	3	A	1		207	32	
Sodium, Na mg	417	52.068	3	A	1		763	118	
Zinc, Zn mg	1.25	0.257	3	A	1		2.29	0.35	
Copper, Cu mg	0.223	0.039	3	A	1		0.407	0.063	
Manganese, Mn mg	1.287	0.358	3	A	1		2.354	0.365	
Selenium, Se mcg	2.6	0.362	3	A	1		4.7	0.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	FLA	4		0.0	0.0	
Thiamin mg	0.184	0.053	3	A	1		0.337	0.052	
Riboflavin mg	0.213	0.007	3	A	1		0.389	0.060	
Niacin mg	3.220	0.047	3	A	1		5.893	0.913	
Pantothenic acid mg	0.178	0.015	3	A	1		0.326	0.051	
Vitamin B-6 mg	0.076	0.013	3	A	1		0.139	0.022	
Folate, total mcg	65	8.667	3	A	1		118	18	
Folic acid mcg	46	6.489	3	A	1		84	13	
Folate, food mcg	19	2.517	3	AS	1		35	5	
Folate, DFE mcg_DFE	97		0	NC	4		177	27	
Choline, total mg	17.7		0	AS	1		32.4	5.0	
Betaine mg	38.8		1	A	1		71.1	11.0	
Vitamin B-12 mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	FLA	4		0	0	
Carotene, beta mcg	0		0	FLA	4		0	0	
Carotene, alpha mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta mcg	0		0	FLA	4		0	0	
Vitamin A, IU IU	0		0	FLA	4		0	0	
Lycopene mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin mcg	11		0	FLA	4		19	3	
Vitamin E (alpha-tocopherol) mg	1.85	0.360	3	A	1		3.39	0.52	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	21.8	3.478	3	A	1		39.9	6.2	
Lipids:									

NDB No. 18942

Pie Crust, Cookie-type, Graham Cracker, Ready Crust

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	4.999		0	NC	4		9.148	1.417	
4:0....g	0.000	0.000	3	A	1		0.000	0.000	
6:0....g	0.000	0.000	3	A	1		0.000	0.000	
8:0....g	0.000	0.000	3	A	1		0.000	0.000	
10:0....g	0.000	0.000	3	A	1		0.000	0.000	
12:0....g	0.000	0.000	3	A	1		0.000	0.000	
13:0....g									
14:0....g	0.020	0.002	3	A	1		0.037	0.006	
15:0....g	0.001	0.001	3	A	1		0.001	0.000	
16:0....g	2.775	0.276	3	A	1		5.077	0.787	
17:0....g	0.031	0.004	3	A	1		0.057	0.009	
18:0....g	1.974	0.133	3	A	1		3.613	0.560	
20:0....g	0.096	0.009	3	A	1		0.176	0.027	
22:0....g	0.102	0.010	3	A	1		0.186	0.029	
24:0....g									
Fatty acids, total monounsaturated....g	16.928		0	NC	4		30.979	4.799	
14:1....g	0.000		0	FLA	4		0.000	0.000	
15:1....g									
16:1 undifferentiated....g	0.011	0.005	3	AS	1		0.020	0.003	
17:1....g									
18:1 undifferentiated....g	16.884	0.963	3	AS	1		30.897	4.786	
20:1....g	0.034	0.002	3	A	1		0.062	0.010	
22:1 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.671		0	NC	4		3.058	0.474	
18:2 undifferentiated....g	1.611	0.107	3	AS	1		2.948	0.457	
18:3 undifferentiated....g	0.060	0.006	3	AS	1		0.109	0.017	
18:4....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3....g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	FLA	4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.056		0	FLA	4		0.102	0.016	
Threonine....g	0.133		0	FLA	4		0.242	0.038	
Isoleucine....g	0.177		0	FLA	4		0.324	0.050	
Leucine....g	0.338		0	FLA	4		0.618	0.096	
Lysine....g	0.138		0	FLA	4		0.253	0.039	
Methionine....g	0.074		0	FLA	4		0.135	0.021	
Cystine....g	0.131		0	FLA	4		0.239	0.037	
Phenylalanine....g	0.216		0	FLA	4		0.395	0.061	
Tyrosine....g	0.066		0	FLA	4		0.121	0.019	
Valine....g	0.210		0	FLA	4		0.385	0.060	
Arginine....g	0.182		0	FLA	4		0.333	0.052	
Histidine....g	0.102		0	FLA	4		0.187	0.029	
Alanine....g	0.152		0	FLA	4		0.277	0.043	
Aspartic acid....g	0.209		0	FLA	4		0.383	0.059	
Glutamic acid....g	1.582		0	FLA	4		2.894	0.448	
Glycine....g	0.172		0	FLA	4		0.314	0.049	
Proline....g	0.538		0	FLA	4		0.985	0.153	
Serine....g	0.217		0	FLA	4		0.398	0.062	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

NDB No. 18942
Pie Crust, Cookie-type, Graham Cracker, Ready Crust

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 183g: 1 crust

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18398

Pie crust, cookie-type, prepared from recipe, chocolate wafer, chilled

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	7.30		0		1		16.28	2.04	
Energy kcal	506		0	NC	4		1128	142	
Energy kj	2117		0		4		4721	593	
Protein (N x 0) g	5.10		0		1		11.37	1.43	
Total lipid (fat) g	31.10		0		1		69.35	8.71	
Ash g	2.00		0		1		4.46	0.56	
Carbohydrate, by difference g	54.40		0	NC	4		121.31	15.23	
Fiber, total dietary g	1.5		0		4		3.3	0.4	
Sugars, total g	22.10		0	FLA	4		49.29	6.19	
Starch g									
Minerals:									
Calcium, Ca mg	30		0		1		67	8	
Iron, Fe mg	3.00		0		1		6.69	0.84	
Magnesium, Mg mg	40		0		1		89	11	
Phosphorus, P mg	105		0		1		234	29	
Potassium, K mg	168		0		1		375	47	
Sodium, Na mg	672		0		1		1499	188	
Zinc, Zn mg	0.82		0		1		1.83	0.23	
Copper, Cu mg	0.346		0		1		0.772	0.097	
Manganese, Mn mg	0.519		0		1		1.157	0.145	
Selenium, Se mcg	4.3		0	RK	4		9.6	1.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	
Thiamin mg	0.154		0		1		0.343	0.043	
Riboflavin mg	0.208		0		1		0.464	0.058	
Niacin mg	2.138		0		1		4.768	0.599	
Pantothenic acid mg	0.275		0		1		0.613	0.077	
Vitamin B-6 mg	0.002		0		1		0.004	0.001	
Folate, total mcg	53		0	RK	4		118	15	
Folic acid mcg	53		0	NC	4		118	15	
Folate, food mcg	0		0		1		0	0	
Folate, DFE mcg_DFE	90		0	NC	4		201	25	
Choline, total mg	14.0		0	RK	4		31.3	3.9	
Betaine mg									
Vitamin B-12 mcg	0.02		0		1		0.04	0.01	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	211		0	NC	4		471	59	
Retinol mcg	198		0	FLA	4		442	56	
Carotene, beta mcg	156		0	FLA	4		347	44	
Carotene, alpha mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta mcg	0		0	FLA	4		0	0	
Vitamin A, IU IU	921		0	NC	4		2053	258	
Lycopene mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin mcg	8		0	FLA	4		19	2	
Vitamin E (alpha-tocopherol) mg	2.83		0	FLA	4		6.31	0.79	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	25.5		0	FLA	4		56.9	7.1	
Lipids:									
Fatty acids, total saturated g	6.732		0		1		15.012	1.885	
4:0 g	0.001		0		1		0.002	0.000	
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.001		0		1		0.002	0.000	

NDB No. 18398

Pie crust, cookie-type, prepared from recipe, chocolate wafer, chilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.001		0		1		0.002	0.000	
13:0 g									
14:0 g	0.056		0		1		0.125	0.016	
15:0 g									
16:0 g	3.835		0		1		8.552	1.074	
17:0 g									
18:0 g	2.789		0		1		6.219	0.781	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	14.729		0		1		32.846	4.124	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.018		0		1		0.040	0.005	
17:1 g									
18:1 undifferentiated g	14.711		0		1		32.806	4.119	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	7.713		0		1		17.200	2.160	
18:2 undifferentiated g	7.407		0		1		16.518	2.074	
18:3 undifferentiated g	0.304		0		1		0.678	0.085	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.002		0		1		0.004	0.001	
20:5 n-3 g	0.000		0		1		0.000	0.000	
22:5 n-3 g	0.000		0		1		0.000	0.000	
22:6 n-3 g	0.001		0		1		0.002	0.000	
Fatty acids, total trans g									
Cholesterol mg	1		0		1		2	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.075		0		1		0.167	0.021	
Threonine g	0.174		0		1		0.388	0.049	
Isoleucine g	0.208		0		1		0.464	0.058	
Leucine g	0.355		0		1		0.792	0.099	
Lysine g	0.227		0		1		0.506	0.064	
Methionine g	0.084		0		1		0.187	0.024	
Cystine g	0.097		0		1		0.216	0.027	
Phenylalanine g	0.240		0		1		0.535	0.067	
Tyrosine g	0.163		0		1		0.363	0.046	
Valine g	0.256		0		1		0.571	0.072	
Arginine g	0.221		0		1		0.493	0.062	
Histidine g	0.101		0		1		0.225	0.028	
Alanine g	0.185		0		1		0.413	0.052	
Aspartic acid g	0.320		0		1		0.714	0.090	
Glutamic acid g	1.353		0		1		3.017	0.379	
Glycine g	0.181		0		1		0.404	0.051	
Proline g	0.452		0		1		1.008	0.127	
Serine g	0.262		0		1		0.584	0.073	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	5		0	FLA	4		11	1	
Theobromine mg	166		0	FLA	4		370	46	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18398

Pie crust, cookie-type, prepared from recipe, chocolate wafer, chilled

Measure 1 = 223g: 1 crust, single 9"

Measure 2 = 28g: 1 piece (1/8 of 9" crust)

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18330

Pie crust, cookie-type, prepared from recipe, graham cracker, baked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.20		0		1		8.82	0.92	10.04
Energy....kcal	494		0	NC	4		1037	109	1181
Energy....kj	2067		0		4		4340	455	4940
Protein (N x 0)....g	4.20		0		1		8.82	0.92	10.04
Total lipid (fat)....g	24.90		0		1		52.29	5.48	59.51
Ash....g	1.50		0		1		3.15	0.33	3.59
Carbohydrate, by difference....g	65.20		0	NC	4		136.92	14.34	155.83
Fiber, total dietary....g	1.5		0		4		3.2	0.3	3.6
Sugars, total....g	38.34		0	RK	4		80.52	8.43	91.63
Starch....g									
Minerals:									
Calcium, Ca....mg	21		0		1		44	5	50
Iron, Fe....mg	2.17		0		1		4.56	0.48	5.19
Magnesium, Mg....mg	18		0		1		38	4	43
Phosphorus, P....mg	65		0		1		137	14	155
Potassium, K....mg	88		0		1		185	19	210
Sodium, Na....mg	571		0		1		1199	126	1365
Zinc, Zn....mg	0.47		0		1		0.99	0.10	1.12
Copper, Cu....mg	0.125		0		1		0.263	0.028	0.299
Manganese, Mn....mg	0.463		0		1		0.972	0.102	1.107
Selenium, Se....mcg	6.0		0	RK	4		12.6	1.3	14.3
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.104		0		1		0.218	0.023	0.249
Riboflavin....mg	0.175		0		1		0.368	0.039	0.418
Niacin....mg	2.133		0		1		4.479	0.469	5.098
Pantothenic acid....mg	0.220		0		1		0.462	0.048	0.526
Vitamin B-6....mg	0.036		0		1		0.076	0.008	0.086
Folate, total....mcg	24		0	RK	4		50	5	57
Folic acid....mcg	17		0	NC	4		36	4	41
Folate, food....mcg	7		0		1		15	2	17
Folate, DFE....mcg_DFE	36		0	NC	4		75	8	86
Choline, total....mg	14.9		0	RK	4		31.4	3.3	35.7
Betaine....mg									
Vitamin B-12....mcg	0.02		0		1		0.04	0.00	0.05
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	193		0	NC	4		406	43	462
Retinol....mcg	182		0	RK	4		383	40	436
Carotene, beta....mcg	131		0	RK	4		275	29	313
Carotene, alpha....mcg	0		0	RK	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	RK	4		0	0	0
Vitamin A, IU....IU	826		0	NC	4		1735	182	1975
Lycopene....mcg	0		0	RK	4		0	0	0
Lutein + zeaxanthin....mcg	29		0	RK	4		60	6	68
Vitamin E (alpha-tocopherol)....mg	2.32		0	RK	4		4.88	0.51	5.55
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	24.7		0	RK	4		51.9	5.4	59.1
Lipids:									
Fatty acids, total saturated....g	5.196		0		1		10.912	1.143	12.418
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.003		0		1		0.006	0.001	0.007

NDB No. 18330

Pie crust, cookie-type, prepared from recipe, graham cracker, baked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.003		0		1		0.006	0.001	0.007
13:0 g									
14:0 g	0.074		0		1		0.155	0.016	0.177
15:0 g									
16:0 g	3.157		0		1		6.630	0.695	7.545
17:0 g									
18:0 g	1.942		0		1		4.078	0.427	4.641
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	11.370		0		1		23.877	2.501	27.174
14:1 g									
15:1 g									
16:1 undifferentiated g	0.050		0		1		0.105	0.011	0.120
17:1 g									
18:1 undifferentiated g	11.320		0		1		23.772	2.490	27.055
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	6.908		0		1		14.507	1.520	16.510
18:2 undifferentiated g	6.608		0		1		13.877	1.454	15.793
18:3 undifferentiated g	0.300		0		1		0.630	0.066	0.717
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.055		0		1		0.116	0.012	0.131
Threonine g	0.119		0		1		0.250	0.026	0.284
Isoleucine g	0.152		0		1		0.319	0.033	0.363
Leucine g	0.293		0		1		0.615	0.064	0.700
Lysine g	0.109		0		1		0.229	0.024	0.261
Methionine g	0.073		0		1		0.153	0.016	0.174
Cystine g	0.088		0		1		0.185	0.019	0.210
Phenylalanine g	0.208		0		1		0.437	0.046	0.497
Tyrosine g	0.129		0		1		0.271	0.028	0.308
Valine g	0.178		0		1		0.374	0.039	0.425
Arginine g	0.175		0		1		0.368	0.039	0.418
Histidine g	0.094		0		1		0.197	0.021	0.225
Alanine g	0.137		0		1		0.288	0.030	0.327
Aspartic acid g	0.192		0		1		0.403	0.042	0.459
Glutamic acid g	1.362		0		1		2.860	0.300	3.255
Glycine g	0.151		0		1		0.317	0.033	0.361
Proline g	0.469		0		1		0.985	0.103	1.121
Serine g	0.207		0		1		0.435	0.046	0.495
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	RK	4		0	0	0
Theobromine mg	0		0	RK	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18330

Pie crust, cookie-type, prepared from recipe, graham cracker, baked

Measure 1 = 210g: 1 pie shell (9" dia)

Measure 2 = 22g: 1 tart shell

Measure 3 = 239g: 1 crust, single 9"

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18399

Pie crust, cookie-type, prepared from recipe, graham cracker, chilled

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	6.10		0		1		14.88	1.83	
Energy kcal	484		0	NC	4		1181	145	
Energy kj	2025		0		4		4941	608	
Protein (N x 0) g	4.10		0		1		10.00	1.23	
Total lipid (fat) g	24.40		0		1		59.54	7.32	
Ash g	1.50		0		1		3.66	0.45	
Carbohydrate, by difference g	63.90		0	NC	4		155.92	19.17	
Fiber, total dietary g	1.5		0		4		3.7	0.5	
Sugars, total g	37.57		0	RA	4		91.68	11.27	
Starch g									
Minerals:									
Calcium, Ca mg	20		0		1		49	6	
Iron, Fe mg	2.12		0		1		5.17	0.64	
Magnesium, Mg mg	18		0		1		44	5	
Phosphorus, P mg	64		0		1		156	19	
Potassium, K mg	86		0		1		210	26	
Sodium, Na mg	560		0		1		1366	168	
Zinc, Zn mg	0.46		0		1		1.12	0.14	
Copper, Cu mg	0.122		0		1		0.298	0.037	
Manganese, Mn mg	0.453		0		1		1.105	0.136	
Selenium, Se mcg	5.9		0	RK	4		14.4	1.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	
Thiamin mg	0.102		0		1		0.249	0.031	
Riboflavin mg	0.172		0		1		0.420	0.052	
Niacin mg	2.091		0		1		5.102	0.627	
Pantothenic acid mg	0.216		0		1		0.527	0.065	
Vitamin B-6 mg	0.035		0		1		0.085	0.011	
Folate, total mcg	34		0	RK	4		83	10	
Folic acid mcg	27		0	NC	4		66	8	
Folate, food mcg	7		0		1		17	2	
Folate, DFE mcg_DFE	53		0	NC	4		129	16	
Choline, total mg	15.4		0	RK	4		37.6	4.6	
Betaine mg									
Vitamin B-12 mcg	0.02		0		1		0.05	0.01	
Vitamin A, RAE mcg_RAE	191		0	NC	4		465	57	
Retinol mcg	179		0	RA	4		436	54	
Carotene, beta mcg	143		0	RA	4		348	43	
Carotene, alpha mcg	0		0	RA	4		0	0	
Cryptoxanthin, beta mcg	0		0	RA	4		0	0	
Vitamin A, IU IU	833		0	NC	4		2034	250	
Lycopene mcg	0		0	RA	4		0	0	
Lutein + zeaxanthin mcg	31		0	RA	4		76	9	
Vitamin E (alpha-tocopherol) mg	2.28		0	RA	4		5.56	0.68	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	24.2		0	RA	4		59.1	7.3	
Lipids:									
Fatty acids, total saturated g	5.092		0		1		12.424	1.528	
4:0 g	0.000		0		1		0.000	0.000	
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.003		0		1		0.007	0.001	
12:0 g	0.003		0		1		0.007	0.001	
13:0 g									

NDB No. 18399

Pie crust, cookie-type, prepared from recipe, graham cracker, chilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.073		0		1		0.178	0.022	
15:0....g									
16:0....g	3.094		0		1		7.549	0.928	
17:0....g									
18:0....g	1.903		0		1		4.643	0.571	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	11.142		0		1		27.186	3.343	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.049		0		1		0.120	0.015	
17:1....g									
18:1 undifferentiated....g	11.094		0		1		27.069	3.328	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	6.769		0		1		16.516	2.031	
18:2 undifferentiated....g	6.475		0		1		15.799	1.943	
18:3 undifferentiated....g	0.294		0		1		0.717	0.088	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3....g	0.000		0		1		0.000	0.000	
22:5 n-3....g	0.000		0		1		0.000	0.000	
22:6 n-3....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.054		0		1		0.132	0.016	
Threonine....g	0.117		0		1		0.285	0.035	
Isoleucine....g	0.149		0		1		0.364	0.045	
Leucine....g	0.287		0		1		0.700	0.086	
Lysine....g	0.107		0		1		0.261	0.032	
Methionine....g	0.072		0		1		0.176	0.022	
Cystine....g	0.086		0		1		0.210	0.026	
Phenylalanine....g	0.203		0		1		0.495	0.061	
Tyrosine....g	0.127		0		1		0.310	0.038	
Valine....g	0.174		0		1		0.425	0.052	
Arginine....g	0.171		0		1		0.417	0.051	
Histidine....g	0.092		0		1		0.224	0.028	
Alanine....g	0.135		0		1		0.329	0.041	
Aspartic acid....g	0.189		0		1		0.461	0.057	
Glutamic acid....g	1.335		0		1		3.257	0.401	
Glycine....g	0.148		0		1		0.361	0.044	
Proline....g	0.460		0		1		1.122	0.138	
Serine....g	0.202		0		1		0.493	0.061	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	RA	4		0	0	
Theobromine....mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 crust, single 9"

NDB No. 18399

Pie crust, cookie-type, prepared from recipe, graham cracker, chilled

Measure 2 = 30g: 1 piece (1/8 of 9" crust)

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18401

Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	8.50		0		1		10.97	14.96	1.87
Energy....kcal	531		0	NC	4		685	935	117
Energy....kj	2222		0		4		2866	3910	489
Protein (N x 0)....g	3.70		0		1		4.77	6.51	0.81
Total lipid (fat)....g	36.20		0		1		46.70	63.71	7.96
Ash....g	1.40		0		1		1.81	2.46	0.31
Carbohydrate, by difference....g	50.20		0	NC	4		64.76	88.35	11.04
Fiber, total dietary....g	0.1		0		4		0.1	0.2	0.0
Sugars, total....g	7.33		0	RC	4		9.45	12.90	1.61
Starch....g									
Minerals:									
Calcium, Ca....mg	42		0		1		54	74	9
Iron, Fe....mg	1.63		0		1		2.10	2.87	0.36
Magnesium, Mg....mg	10		0		1		13	18	2
Phosphorus, P....mg	78		0		1		101	137	17
Potassium, K....mg	79		0		1		102	139	17
Sodium, Na....mg	515		0		1		664	906	113
Zinc, Zn....mg	0.24		0		1		0.31	0.42	0.05
Copper, Cu....mg	0.068		0		1		0.088	0.120	0.015
Manganese, Mn....mg	0.178		0		1		0.230	0.313	0.039
Selenium, Se....mcg	7.7		0	RK	4		9.9	13.6	1.7
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0		1		0.1	0.2	0.0
Thiamin....mg	0.189		0		1		0.244	0.333	0.042
Riboflavin....mg	0.229		0		1		0.295	0.403	0.050
Niacin....mg	2.113		0		1		2.726	3.719	0.465
Pantothenic acid....mg	0.305		0		1		0.393	0.537	0.067
Vitamin B-6....mg	0.052		0		1		0.067	0.092	0.011
Folate, total....mcg	49		0	RK	4		63	86	11
Folic acid....mcg	43		0	NC	4		55	76	9
Folate, food....mcg	6		0		1		8	11	1
Folate, DFE....mcg_DFE	79		0	NC	4		102	139	17
Choline, total....mg	22.7		0	RK	4		29.3	40.0	5.0
Betaine....mg									
Vitamin B-12....mcg	0.09		0		1		0.12	0.16	0.02
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	269		0	NC	4		347	474	59
Retinol....mcg	253		0	RC	4		326	445	56
Carotene, beta....mcg	197		0	RC	4		254	347	43
Carotene, alpha....mcg	0		0	RC	4		0	0	0
Cryptoxanthin, beta....mcg	1		0	RC	4		1	1	0
Vitamin A, IU....IU	1172		0	NC	4		1512	2063	258
Lycopene....mcg	0		0	RC	4		0	0	0
Lutein + zeaxanthin....mcg	27		0	RC	4		35	48	6
Vitamin E (alpha-tocopherol)....mg	3.06		0	RC	4		3.94	5.38	0.67
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	34.0		0	RC	4		43.9	59.9	7.5
Lipids:									
Fatty acids, total saturated....g	7.434		0		1		9.590	13.084	1.635
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000

NDB No. 18401

Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0		1		0.000	0.000	0.000
13:0 g									
14:0 g	0.102		0		1		0.132	0.180	0.022
15:0 g									
16:0 g	4.453		0		1		5.744	7.837	0.980
17:0 g									
18:0 g	2.878		0		1		3.713	5.065	0.633
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	15.647		0		1		20.185	27.539	3.442
14:1 g									
15:1 g									
16:1 undifferentiated g	0.001		0		1		0.001	0.002	0.000
17:1 g									
18:1 undifferentiated g	15.646		0		1		20.183	27.537	3.442
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	10.682		0		1		13.780	18.800	2.350
18:2 undifferentiated g	10.175		0		1		13.126	17.908	2.239
18:3 undifferentiated g	0.508		0		1		0.655	0.894	0.112
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	39		0		1		50	69	9
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.050		0		1		0.065	0.088	0.011
Threonine g	0.127		0		1		0.164	0.224	0.028
Isoleucine g	0.161		0		1		0.208	0.283	0.035
Leucine g	0.274		0		1		0.353	0.482	0.060
Lysine g	0.178		0		1		0.230	0.313	0.039
Methionine g	0.078		0		1		0.101	0.137	0.017
Cystine g	0.077		0		1		0.099	0.136	0.017
Phenylalanine g	0.178		0		1		0.230	0.313	0.039
Tyrosine g	0.122		0		1		0.157	0.215	0.027
Valine g	0.184		0		1		0.237	0.324	0.040
Arginine g	0.160		0		1		0.206	0.282	0.035
Histidine g	0.079		0		1		0.102	0.139	0.017
Alanine g	0.137		0		1		0.177	0.241	0.030
Aspartic acid g	0.222		0		1		0.286	0.391	0.049
Glutamic acid g	0.963		0		1		1.242	1.695	0.212
Glycine g	0.119		0		1		0.154	0.209	0.026
Proline g	0.328		0		1		0.423	0.577	0.072
Serine g	0.213		0		1		0.275	0.375	0.047
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	RC	4		0	0	0
Theobromine mg	0		0	RC	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18401

Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled

Measure 1 = 129g: 1 cup

Measure 2 = 176g: 1 crust, single 9"

Measure 3 = 22g: 1 piece (1/8 of 9" crust)

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18947

Pie crust, deep dish, frozen, baked, made with enriched flour

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	8.26	0.725	3	A	1		16.68		
Energy kcal	521		0	NC	4		1052		
Energy kj	2179		0	NC	4		4402		
Protein g	6.10	0.303	3	A	1		12.33		
Total lipid (fat) g	31.84	4.157	3	A	1		64.32		
Ash g	1.33	0.093	3	A	1		2.69		
Carbohydrate, by difference g	52.47		0	NC	4		105.99		
Fiber, total dietary g	2.3		2	A	1		4.6		
Sugars, total g									
Starch g	45.67	3.011	3	A	1		92.25		
Minerals:									
Calcium, Ca mg	23	2.166	3	A	1		46		
Iron, Fe mg	2.47	0.570	3	A	1		4.99		
Magnesium, Mg mg	17	0.448	3	A	1		33		
Phosphorus, P mg	77	7.278	3	A	1		155		
Potassium, K mg	103	9.874	3	A	1		209		
Sodium, Na mg	393	37.100	3	A	1		795		
Zinc, Zn mg	0.52	0.030	3	A	1		1.05		
Copper, Cu mg	0.089	0.003	3	A	1		0.179		
Manganese, Mn mg	0.533	0.039	3	A	1		1.076		
Selenium, Se mcg	5.0	1.850	3	A	1		10.1		
Vitamins:									
Vitamin C, total ascorbic acid mg									
Thiamin mg	0.263	0.048	3	A	1		0.532		
Riboflavin mg	0.130	0.040	3	A	1		0.262		
Niacin mg	2.867	0.426	3	A	1		5.791		
Pantothenic acid mg	0.403	0.012	3	A	1		0.815		
Vitamin B-6 mg	0.040	0.000	3	A	1		0.081		
Folate, total mcg	94		1	A	1		190		
Folic acid mcg	72		1	A	1		145		
Folate, food mcg	22		0	AS	1		44		
Folate, DFE mcg_DFE	144		0	NC	4		292		
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.00	0.000	3	A	1		0.00		
Vitamin A, RAE mcg_RAE									
Retinol mcg									
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU									
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg	1.39	0.945	3	A	1		2.81		
Tocopherol, beta mg	0.13	0.048	3	A	1		0.27		
Tocopherol, gamma mg	9.41	5.534	3	A	1		19.00		
Tocopherol, delta mg	2.78	1.662	3	A	1		5.61		
Vitamin D IU									
Vitamin K (phylloquinone) mcg	16.7	13.509	3	A	1		33.7		
Lipids:									
Fatty acids, total saturated g	8.862		0	NC	4		17.901		
4:0 g									
6:0 g									
8:0 g	0.000	0.000	3	A	1		0.000		
10:0 g	0.000	0.000	3	A	1		0.000		
12:0 g	0.000	0.000	3	A	1		0.000		
13:0 g									

NDB No. 18947

Pie crust, deep dish, frozen, baked, made with enriched flour

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.180	0.108	3	A	1		0.364		
15:0....g	0.000	0.000	3	A	1		0.000		
16:0....g	4.970	0.640	3	A	1		10.039		
17:0....g	0.070	0.019	3	A	1		0.141		
18:0....g	3.480	0.205	3	A	1		7.030		
20:0....g	0.094	0.020	3	A	1		0.190		
22:0....g	0.068	0.040	3	A	1		0.138		
24:0....g									
Fatty acids, total monounsaturated....g	16.459		0	NC	4		33.246		
14:1....g	0.000	0.000	3	A	1		0.000		
15:1....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated....g	0.276	0.169	3	A	1		0.557		
17:1....g	0.000	0.000	3	A	1		0.000		
18:1 undifferentiated....g	16.049	3.664	3	A	1		32.418		
20:1....g	0.134	0.038	3	A	1		0.271		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.918		0	NC	4		7.915		
18:2 undifferentiated....g	3.714	0.372	3	A	1		7.503		
18:3 undifferentiated....g	0.130	0.010	3	AS	1		0.263		
18:3 n-3 c,c,c....g	0.130	0.010	3	A	1		0.263		
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.062	0.039	3	A	1		0.126		
20:3 undifferentiated....g	0.000	0.000	3	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.012	0.012	3	A	1		0.024		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3....g									
21:5....g									
22:4....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg									
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.057		0	A	1		0.114		
Threonine....g	0.129		0	A	1		0.261		
Isoleucine....g	0.223		0	A	1		0.451		
Leucine....g	0.422		0	A	1		0.853		
Lysine....g	0.112		0	A	1		0.226		
Methionine....g	0.093		0	A	1		0.188		
Cystine....g	0.129		0	A	1		0.260		
Phenylalanine....g	0.276		0	A	1		0.558		
Tyrosine....g	0.123		0	A	1		0.248		
Valine....g	0.280		0	A	1		0.565		
Arginine....g	0.226		0	A	1		0.457		
Histidine....g	0.106		0	A	1		0.215		
Alanine....g	0.194		0	A	1		0.391		
Aspartic acid....g	0.299		0	A	1		0.605		
Glutamic acid....g	2.062		0	A	1		4.164		
Glycine....g	0.230		0	A	1		0.464		
Proline....g	0.799		0	A	1		1.613		
Serine....g	0.305		0	A	1		0.615		
Hydroxyproline....g	0.000	0.000	3	A	1		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18947

Pie crust, deep dish, frozen, baked, made with enriched flour

Common Measures:

Measure 1 = 202g: 1 pie crust (average weight)

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18945

Pie crust, deep dish, frozen, unbaked, made with enriched flour

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	17.78	0.431	3	A	1		40.00		
Energy kcal	468		0	NC	4		1053		
Energy kj	1958		0	NC	4		4405		
Protein g	5.52	0.292	3	A	1		12.42		
Total lipid (fat) g	28.74	3.764	3	A	1		64.67		
Ash g	1.17	0.095	3	A	1		2.62		
Carbohydrate, by difference g	46.79		0	NC	4		105.28		
Fiber, total dietary g	1.4		2	A	1		3.1		
Sugars, total g									
Starch g	41.70	2.651	3	A	1		93.83		
Minerals:									
Calcium, Ca mg	20	1.922	3	A	1		46		
Iron, Fe mg	2.26	0.420	3	A	1		5.08		
Magnesium, Mg mg	15	0.384	3	A	1		33		
Phosphorus, P mg	68	6.692	3	A	1		153		
Potassium, K mg	91	7.700	3	A	1		205		
Sodium, Na mg	353	32.593	3	A	1		794		
Zinc, Zn mg	0.46	0.023	3	A	1		1.04		
Copper, Cu mg	0.079	0.003	3	A	1		0.178		
Manganese, Mn mg	0.476	0.031	3	A	1		1.071		
Selenium, Se mcg	4.5	1.690	3	A	1		10.1		
Vitamins:									
Vitamin C, total ascorbic acid mg									
Thiamin mg	0.227	0.063	3	A	1		0.510		
Riboflavin mg	0.143	0.034	3	A	1		0.322		
Niacin mg	2.500	0.436	3	A	1		5.625		
Pantothenic acid mg	0.360	0.045	3	A	1		0.810		
Vitamin B-6 mg	0.047	0.003	3	A	1		0.105		
Folate, total mcg	77		1	A	1		173		
Folic acid mcg	48		1	A	1		108		
Folate, food mcg	29		0	AS	1		65		
Folate, DFE mcg_DFE	111		0	NC	4		249		
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.00		2	A	1		0.00		
Vitamin A, RAE mcg_RAE									
Retinol mcg									
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU									
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg	1.24	0.877	3	A	1		2.79		
Tocopherol, beta mg	0.12	0.050	3	A	1		0.27		
Tocopherol, gamma mg	8.59	5.232	3	A	1		19.33		
Tocopherol, delta mg	2.54	1.530	3	A	1		5.72		
Vitamin D IU									
Vitamin K (phylloquinone) mcg	15.0	12.522	3	A	1		33.7		
Lipids:									
Fatty acids, total saturated g	8.129		0	NC	4		18.290		
4:0 g									
6:0 g									
8:0 g	0.000	0.000	3	A	1		0.000		
10:0 g	0.000	0.000	3	A	1		0.000		
12:0 g	0.000	0.000	3	A	1		0.000		
13:0 g									

NDB No. 18945

Pie crust, deep dish, frozen, unbaked, made with enriched flour

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.162	0.095	3	A	1		0.364		
15:0....g	0.000	0.000	3	A	1		0.000		
16:0....g	4.515	0.529	3	A	1		10.159		
17:0....g	0.051	0.028	3	A	1		0.114		
18:0....g	3.253	0.244	3	A	1		7.319		
20:0....g	0.087	0.019	3	A	1		0.195		
22:0....g	0.062	0.036	3	A	1		0.139		
24:0....g									
Fatty acids, total monounsaturated....g	14.489		0	NC	4		32.599		
14:1....g	0.000	0.000	3	A	1		0.000		
15:1....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated....g	0.249	0.150	3	A	1		0.560		
17:1....g	0.000	0.000	3	A	1		0.000		
18:1 undifferentiated....g	14.119	3.098	3	A	1		31.767		
20:1....g	0.121	0.034	3	A	1		0.273		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.530		0	NC	4		7.943		
18:2 undifferentiated....g	3.349	0.322	3	A	1		7.534		
18:3 undifferentiated....g	0.115	0.008	3	AS	1		0.258		
18:3 n-3 c,c,c....g	0.115	0.008	3	A	1		0.258		
18:3 n-6 c,c,c....g	0.000	0.000	3	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.056	0.035	3	A	1		0.127		
20:3 undifferentiated....g	0.000	0.000	3	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.011	0.011	3	A	1		0.024		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3....g									
21:5....g									
22:4....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg									
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.053		0	A	1		0.120		
Threonine....g	0.112		0	A	1		0.253		
Isoleucine....g	0.197		0	A	1		0.442		
Leucine....g	0.383		0	A	1		0.861		
Lysine....g	0.144		0	A	1		0.325		
Methionine....g	0.083		0	A	1		0.187		
Cystine....g	0.111		0	A	1		0.249		
Phenylalanine....g	0.246		0	A	1		0.554		
Tyrosine....g	0.103		0	A	1		0.232		
Valine....g	0.246		0	A	1		0.554		
Arginine....g	0.196		0	A	1		0.442		
Histidine....g	0.096		0	A	1		0.217		
Alanine....g	0.170		0	A	1		0.383		
Aspartic acid....g	0.263		0	A	1		0.591		
Glutamic acid....g	1.839		0	A	1		4.139		
Glycine....g	0.206		0	A	1		0.464		
Proline....g	0.710		0	A	1		1.598		
Serine....g	0.272		0	A	1		0.612		
Hydroxyproline....g	0.000	0.000	3	A	1		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18945

Pie crust, deep dish, frozen, unbaked, made with enriched flour

Common Measures:

Measure 1 = 225g: 1 pie crust (average weight)

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18946
Pie crust, refrigerated, regular, baked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	7.96		2	A	1		15.77		
Energy kcal	506		0	NC	4		1002		
Energy kj	2117		0	NC	4		4191		
Protein g	3.41		2	A	1		6.74		
Total lipid (fat) g	28.69		2	A	1		56.80		
Ash g	1.42		2	A	1		2.81		
Carbohydrate, by difference g	58.52		0	NC	4		115.88		
Fiber, total dietary g	1.4		2	A	1		2.7		
Sugars, total g									
Starch g	51.85		2	A	1		102.66		
Minerals:									
Calcium, Ca mg	12		2	A	1		24		
Iron, Fe mg	1.15		2	A	1		2.27		
Magnesium, Mg mg	9		2	A	1		17		
Phosphorus, P mg	52		2	A	1		103		
Potassium, K mg	83		2	A	1		165		
Sodium, Na mg	472		2	A	1		935		
Zinc, Zn mg	0.22		2	A	1		0.44		
Copper, Cu mg	0.051		2	A	1		0.101		
Manganese, Mn mg	0.209		2	A	1		0.415		
Selenium, Se mcg	4.5		2	A	1		8.9		
Vitamins:									
Vitamin C, total ascorbic acid mg									
Thiamin mg	0.140		2	A	1		0.277		
Riboflavin mg	0.037		2	A	1		0.074		
Niacin mg	1.285		2	A	1		2.544		
Pantothenic acid mg	0.295		2	A	1		0.584		
Vitamin B-6 mg	0.020		2	A	1		0.039		
Folate, total mcg	32		2	A	1		63		
Folic acid mcg	21		2	A	1		42		
Folate, food mcg	11		0	AS	1		22		
Folate, DFE mcg_DFE	47		0	NC	4		92		
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.00		2	A	1		0.00		
Vitamin A, RAE mcg_RAE									
Retinol mcg									
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU									
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg	0.05		2	A	1		0.10		
Tocopherol, beta mg	0.01		2	A	1		0.03		
Tocopherol, gamma mg	0.15		2	A	1		0.30		
Tocopherol, delta mg	0.03		2	A	1		0.05		
Vitamin D IU									
Vitamin K (phylloquinone) mcg	0.4		2	A	1		0.8		
Lipids:									
Fatty acids, total saturated g	11.087		0	NC	4		21.953		
4:0 g									
6:0 g									
8:0 g	0.000		2	A	1		0.000		
10:0 g	0.000		2	A	1		0.000		
12:0 g	0.000		2	A	1		0.000		
13:0 g									

NDB No. 18946
Pie crust, refrigerated, regular, baked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0 g	0.391		2	A	1		0.773		
15:0 g	0.000		2	A	1		0.000		
16:0 g	6.563		2	A	1		12.996		
17:0 g	0.109		2	A	1		0.216		
18:0 g	3.951		2	A	1		7.824		
20:0 g	0.073		2	A	1		0.144		
22:0 g	0.000		2	A	1		0.000		
24:0 g									
Fatty acids, total monounsaturated g	11.815		0	NC	4		23.393		
14:1 g	0.000		2	A	1		0.000		
15:1 g	0.000		2	A	1		0.000		
16:1 undifferentiated g	0.604		2	A	1		1.196		
17:1 g	0.000		2	A	1		0.000		
18:1 undifferentiated g	11.002		2	A	1		21.785		
20:1 g	0.209		2	A	1		0.413		
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	3.756		0	NC	4		7.437		
18:2 undifferentiated g	3.423		2	A	1		6.777		
18:3 undifferentiated g	0.148		0	AS	1		0.293		
18:3 n-3 c,c,c g	0.148		2	A	1		0.293		
18:3 n-6 c,c,c g	0.000		2	A	1		0.000		
18:3i g									
18:4 g									
20:2 n-6 c,c g	0.139		2	A	1		0.275		
20:3 undifferentiated g	0.000		2	A	1		0.000		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.047		2	A	1		0.093		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 g									
21:5 g									
22:4 g									
22:5 n-3 g									
22:6 n-3 g									
Fatty acids, total trans g									
Cholesterol mg									
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.035		0	A	1		0.069		
Threonine g	0.066		0	A	1		0.131		
Isoleucine g	0.120		0	A	1		0.238		
Leucine g	0.220		0	A	1		0.435		
Lysine g	0.070		0	A	1		0.139		
Methionine g	0.050		0	A	1		0.098		
Cystine g	0.066		0	A	1		0.131		
Phenylalanine g	0.145		0	A	1		0.287		
Tyrosine g	0.070		0	A	1		0.139		
Valine g	0.145		0	A	1		0.287		
Arginine g	0.110		0	A	1		0.217		
Histidine g	0.060		0	A	1		0.119		
Alanine g	0.099		0	A	1		0.197		
Aspartic acid g	0.163		0	A	1		0.323		
Glutamic acid g	1.094		0	A	1		2.166		
Glycine g	0.126		0	A	1		0.250		
Proline g	0.440		0	A	1		0.871		
Serine g	0.166		0	A	1		0.328		
Hydroxyproline g	0.000		2	A	1		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18946

Pie crust, refrigerated, regular, baked

Common Measures:

Measure 1 = 198g: 1 pie crust

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18948
Pie crust, refrigerated, regular, unbaked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	19.25		2	A	1		44.08		
Energy....kcal	445		0	NC	4		1020		
Energy....kj	1864		0	NC	4		4267		
Protein....g	2.97		2	A	1		6.80		
Total lipid (fat)....g	25.46		2	A	1		58.29		
Ash....g	1.22		2	A	1		2.79		
Carbohydrate, by difference....g	51.11		0	NC	4		117.03		
Fiber, total dietary....g	1.8		2	A	1		4.1		
Sugars, total....g									
Starch....g	44.90		2	A	1		102.82		
Minerals:									
Calcium, Ca....mg	10		2	A	1		24		
Iron, Fe....mg	1.02		2	A	1		2.33		
Magnesium, Mg....mg	8		2	A	1		17		
Phosphorus, P....mg	45		2	A	1		104		
Potassium, K....mg	73		2	A	1		168		
Sodium, Na....mg	409		2	A	1		935		
Zinc, Zn....mg	0.20		2	A	1		0.47		
Copper, Cu....mg	0.045		2	A	1		0.103		
Manganese, Mn....mg	0.181		2	A	1		0.414		
Selenium, Se....mcg	4.0		2	A	1		9.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.067		2	A	1		0.154		
Riboflavin....mg	0.052		2	A	1		0.120		
Niacin....mg	1.145		2	A	1		2.622		
Pantothenic acid....mg	0.310		2	A	1		0.710		
Vitamin B-6....mg	0.020		2	A	1		0.046		
Folate, total....mcg	25		2	A	1		56		
Folic acid....mcg	18		2	A	1		41		
Folate, food....mcg	7		0	AS	1		15		
Folate, DFE....mcg_DFE	37		0	NC	4		85		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		2	A	1		0.00		
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.05		2	A	1		0.11		
Tocopherol, beta....mg	0.01		2	A	1		0.02		
Tocopherol, gamma....mg	0.14		2	A	1		0.32		
Tocopherol, delta....mg	0.02		2	A	1		0.05		
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		2	A	1		0.0		
Lipids:									
Fatty acids, total saturated....g	9.596		0	NC	4		21.975		
4:0....g									
6:0....g									
8:0....g	0.000		2	A	1		0.000		
10:0....g	0.000		2	A	1		0.000		
12:0....g	0.000		2	A	1		0.000		
13:0....g									

NDB No. 18948
Pie crust, refrigerated, regular, unbaked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.342		2	A	1		0.784		
15:0....g	0.000		2	A	1		0.000		
16:0....g	5.683		2	A	1		13.013		
17:0....g	0.096		2	A	1		0.220		
18:0....g	3.412		2	A	1		7.813		
20:0....g	0.063		2	A	1		0.144		
22:0....g	0.000		2	A	1		0.000		
24:0....g									
Fatty acids, total monounsaturated....g	10.206		0	NC	4		23.372		
14:1....g	0.000		2	A	1		0.000		
15:1....g	0.000		2	A	1		0.000		
16:1 undifferentiated....g	0.532		2	A	1		1.218		
17:1....g									
18:1 undifferentiated....g	9.493		2	A	1		21.739		
20:1....g	0.181		2	A	1		0.414		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.292		0	NC	4		7.538		
18:2 undifferentiated....g	2.998		2	A	1		6.865		
18:3 undifferentiated....g	0.131		0	AS	1		0.300		
18:3 n-3 c,c,c....g	0.131		2	A	1		0.300		
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.122		2	A	1		0.278		
20:3 undifferentiated....g	0.000		2	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.041		2	A	1		0.095		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3....g									
21:5....g									
22:4....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg									
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.025		0	A	1		0.057		
Threonine....g	0.050		0	A	1		0.114		
Isoleucine....g	0.100		0	A	1		0.228		
Leucine....g	0.185		0	A	1		0.423		
Lysine....g	0.077		0	A	1		0.175		
Methionine....g	0.039		0	A	1		0.090		
Cystine....g	0.041		0	A	1		0.094		
Phenylalanine....g	0.120		0	A	1		0.275		
Tyrosine....g	0.050		0	A	1		0.114		
Valine....g	0.125		0	A	1		0.285		
Arginine....g	0.089		0	A	1		0.204		
Histidine....g	0.050		0	A	1		0.114		
Alanine....g	0.085		0	A	1		0.195		
Aspartic acid....g	0.137		0	A	1		0.313		
Glutamic acid....g	0.921		0	A	1		2.110		
Glycine....g	0.106		0	A	1		0.242		
Proline....g	0.378		0	A	1		0.865		
Serine....g	0.131		0	A	1		0.299		
Hydroxyproline....g	0.000		2	A	1		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18948

Pie crust, refrigerated, regular, unbaked

Common Measures:

Measure 1 = 229g: 1 pie crust (average weight)

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18332
Pie crust, standard-type, dry mix

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	7.60	0.302	28		1		2.15	21.58	
Energy kcal	518		0	NC	4		147	1471	
Energy kj	2167				4		614	6155	
Protein (N x 5.7) g	6.90	0.152	30		1		1.96	19.60	
Total lipid (fat) g	31.40	0.442	34		1		8.90	89.18	
Ash g	2.00	0.044	28		1		0.57	5.68	
Carbohydrate, by difference g	52.10		0	NC	4		14.77	147.96	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	61	12.445	20		1		17	173	
Iron, Fe mg	2.22	0.094	20		1		0.63	6.30	
Magnesium, Mg mg	15	1.364	15		1		4	43	
Phosphorus, P mg	86	6.061	21		1		24	244	
Potassium, K mg	64	2.769	8		1		18	182	
Sodium, Na mg	753	22.024	16		1		213	2139	
Zinc, Zn mg	0.40	0.049	10		1		0.11	1.14	
Copper, Cu mg	0.075	0.007	10		1		0.021	0.213	
Manganese, Mn mg	0.315		2		1		0.089	0.895	
Selenium, Se mcg	22.9		0	FLA	4		6.5	65.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	
Thiamin mg	0.392	0.010	20		1		0.111	1.113	
Riboflavin mg	0.213	0.017	20		1		0.060	0.605	
Niacin mg	2.727	0.099	20		1		0.773	7.745	
Pantothenic acid mg	0.268	0.087	3		1		0.076	0.761	
Vitamin B-6 mg	0.064		2		1		0.018	0.182	
Folate, total mcg	104		0	FLA	4		29	295	
Folic acid mcg	86		0	NC	4		24	244	
Folate, food mcg	18		0		4		5	51	
Folate, DFE mcg_DFE	164		0	NC	4		47	466	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.00		0		1		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	0		0		1		0	0	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	7.974		0	FLA	4		2.261	22.646	
4:0 g	0.000		0	FLA	4		0.000	0.000	
6:0 g	0.000		0	FLA	4		0.000	0.000	
8:0 g	0.000		0	FLA	4		0.000	0.000	
10:0 g	0.000		0	FLA	4		0.000	0.000	
12:0 g	0.000		0	FLA	4		0.000	0.000	
13:0 g									

NDB No. 18332
Pie crust, standard-type, dry mix

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0 g	0.154		0	FLA	4		0.044	0.437	
15:0 g									
16:0 g	4.096		0	FLA	4		1.161	11.633	
17:0 g									
18:0 g	3.724		0	FLA	4		1.056	10.576	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	17.887		0	FLA	4		5.071	50.799	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
17:1 g									
18:1 undifferentiated g	17.887		0	FLA	4		5.071	50.799	
20:1 g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	3.968		0	FLA	4		1.125	11.269	
18:2 undifferentiated g	3.768		0	FLA	4		1.068	10.701	
18:3 undifferentiated g	0.199		0	FLA	4		0.056	0.565	
18:4 g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		1		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.080		0		1		0.023	0.227	
Threonine g	0.184		0		1		0.052	0.523	
Isoleucine g	0.255		0		1		0.072	0.724	
Leucine g	0.476		0		1		0.135	1.352	
Lysine g	0.133		0		1		0.038	0.378	
Methionine g	0.121		0		1		0.034	0.344	
Cystine g	0.155		0		1		0.044	0.440	
Phenylalanine g	0.339		0		1		0.096	0.963	
Tyrosine g	0.188		0		1		0.053	0.534	
Valine g	0.289		0		1		0.082	0.821	
Arginine g	0.239		0		1		0.068	0.679	
Histidine g	0.146		0		1		0.041	0.415	
Alanine g	0.210		0		1		0.060	0.596	
Aspartic acid g	0.278		0		1		0.079	0.790	
Glutamic acid g	2.412		0		1		0.684	6.850	
Glycine g	0.236		0		1		0.067	0.670	
Proline g	0.809		0		1		0.229	2.298	
Serine g	0.333		0		1		0.094	0.946	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 284g: 1 package (10 oz)

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4.1

NDB No. 18332
Pie crust, standard-type, dry mix

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18333

Pie crust, standard-type, dry mix, prepared, baked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	10.60		0		1		16.96	2.12	
Energy kcal	501		0	NC	4		802	100	
Energy kj	2096				4		3354	419	
Protein g	6.70		0		1		10.72	1.34	
Total lipid (fat) g	30.40		0		1		48.64	6.08	
Ash g	2.00		0		1		3.20	0.40	
Carbohydrate, by difference g	50.40		0	NC	4		80.64	10.08	
Fiber, total dietary g	1.8		0		4		2.8	0.4	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	60		0		1		96	12	
Iron, Fe mg	2.15		0		1		3.44	0.43	
Magnesium, Mg mg	15		0		1		24	3	
Phosphorus, P mg	84		0		1		134	17	
Potassium, K mg	62		0		1		99	12	
Sodium, Na mg	729		0		1		1166	146	
Zinc, Zn mg	0.39		0		1		0.62	0.08	
Copper, Cu mg	0.074		0		1		0.118	0.015	
Manganese, Mn mg	0.305		0		1		0.488	0.061	
Selenium, Se mcg	22.1		0	RP	4		35.4	4.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	
Thiamin mg	0.303		0		1		0.485	0.061	
Riboflavin mg	0.186		0		1		0.298	0.037	
Niacin mg	2.373		0		1		3.797	0.475	
Pantothenic acid mg	0.168		0		1		0.269	0.034	
Vitamin B-6 mg	0.056		0		1		0.090	0.011	
Folate, total mcg	70		0	RP	4		112	14	
Folic acid mcg	58		0	NC	4		93	12	
Folate, food mcg	12		0		4		19	2	
Folate, DFE mcg_DFE	111		0	NC	4		177	22	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.00		0		1		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	0		0		1		0	0	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	7.711		0		1		12.338	1.542	
4:0 g									
6:0 g									
8:0 g									
10:0 g									
12:0 g									
13:0 g									

NDB No. 18333

Pie crust, standard-type, dry mix, prepared, baked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.149		0		1		0.238	0.030	
15:0....g									
16:0....g	3.963		0		1		6.341	0.793	
17:0....g									
18:0....g	3.599		0		1		5.758	0.720	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	17.289		0		1		27.662	3.458	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	17.289		0		1		27.662	3.458	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.847		0		1		6.155	0.769	
18:2 undifferentiated....g	3.654		0		1		5.846	0.731	
18:3 undifferentiated....g	0.193		0		1		0.309	0.039	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.077		0		1		0.123	0.015	
Threonine....g	0.178		0		1		0.285	0.036	
Isoleucine....g	0.247		0		1		0.395	0.049	
Leucine....g	0.460		0		1		0.736	0.092	
Lysine....g	0.129		0		1		0.206	0.026	
Methionine....g	0.117		0		1		0.187	0.023	
Cystine....g	0.150		0		1		0.240	0.030	
Phenylalanine....g	0.328		0		1		0.525	0.066	
Tyrosine....g	0.182		0		1		0.291	0.036	
Valine....g	0.279		0		1		0.446	0.056	
Arginine....g	0.231		0		1		0.370	0.046	
Histidine....g	0.141		0		1		0.226	0.028	
Alanine....g	0.203		0		1		0.325	0.041	
Aspartic acid....g	0.269		0		1		0.430	0.054	
Glutamic acid....g	2.333		0		1		3.733	0.467	
Glycine....g	0.228		0		1		0.365	0.046	
Proline....g	0.783		0		1		1.253	0.157	
Serine....g	0.322		0		1		0.515	0.064	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 160g: 1 crust, single 9"

Measure 2 = 20g: 1 piece (1/8 of 9" crust)

Calories Factors: Protein Fat Carbohydrate

NDB No. 18333
Pie crust, standard-type, dry mix, prepared, baked

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18334
Pie crust, standard-type, frozen, ready-to-bake, enriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	17.82		2	A	1		30.84		
Energy kcal	457		0	NC	4		790		
Energy kj	1910		0	NC	4		3305		
Protein (N x 5.7) g	6.16		2	A	1		10.65		
Total lipid (fat) g	26.07		2	A	1		45.10		
Ash g	1.33		2	A	1		2.30		
Carbohydrate, by difference g	48.62		0	NC	4		84.11		
Fiber, total dietary g	2.5		2	A	1		4.3		
Sugars, total g									
Starch g	44.10		2	A	1		76.29		
Minerals:									
Calcium, Ca mg	19		2	A	1		32		
Iron, Fe mg	2.60		2	A	1		4.49		
Magnesium, Mg mg	15		2	A	1		26		
Phosphorus, P mg	72		2	A	1		125		
Potassium, K mg	97		2	A	1		168		
Sodium, Na mg	409		2	A	1		708		
Zinc, Zn mg	0.45		2	A	1		0.78		
Copper, Cu mg	0.075		2	A	1		0.130		
Manganese, Mn mg	0.442		2	A	1		0.765		
Selenium, Se mcg	5.7		2	A	1		9.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		4		0.0		
Thiamin mg	0.275		2	A	1		0.476		
Riboflavin mg	0.170		2	A	1		0.294		
Niacin mg	2.700		2	A	1		4.671		
Pantothenic acid mg	0.405		2	A	1		0.701		
Vitamin B-6 mg	0.050		2	A	1		0.087		
Folate, total mcg	70		2	A	1		121		
Folic acid mcg	46		2	A	1		79		
Folate, food mcg	25		0	AS	1		42		
Folate, DFE mcg_DFE	102		0	NC	4		176		
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.00		2	A	1		0.00		
Vitamin A, RAE mcg_RAE	0		0	NC	4		0		
Retinol mcg	0		0	Z	7		0		
Carotene, beta mcg	0		0	FLA	4		0		
Carotene, alpha mcg	0		0	FLA	4		0		
Cryptoxanthin, beta mcg	0		0	Z	7		0		
Vitamin A, IU IU	1		0	FLA	4		2		
Lycopene mcg	0		0	FLA	4		0		
Lutein + zeaxanthin mcg	1		0	FLA	4		2		
Vitamin E (alpha-tocopherol) mg	0.46		2	A	1		0.79		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.07		2	A	1		0.13		
Tocopherol, gamma mg	4.51		2	A	1		7.80		
Tocopherol, delta mg	1.50		2	A	1		2.60		
Vitamin D IU									
Vitamin K (phylloquinone) mcg	7.3		0	FLA	4		12.6		
Lipids:									
Fatty acids, total saturated g	8.159		0	NC	4		14.115		
4:0 g	0.001		0	FLA	4		0.002		
6:0 g	0.000		0	FLA	4		0.000		
8:0 g	0.000		2	A	1		0.000		
10:0 g	0.000		2	A	1		0.000		
12:0 g	0.000		2	A	1		0.000		

NDB No. 18334

Pie crust, standard-type, frozen, ready-to-bake, enriched

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
13:0 g									
14:0 g	0.232		2	A	1		0.402		
15:0 g	0.000		2	A	1		0.000		
16:0 g	4.705		2	A	1		8.140		
17:0 g	0.075		2	A	1		0.130		
18:0 g	3.044		2	A	1		5.265		
20:0 g	0.070		2	A	1		0.121		
22:0 g	0.033		2	A	1		0.057		
24:0 g									
Fatty acids, total monounsaturated g	12.167		0	NC	4		21.050		
14:1 g	0.000		2	A	1		0.000		
15:1 g	0.000		2	A	1		0.000		
16:1 undifferentiated g	0.357		2	A	1		0.618		
17:1 g	0.000		2	A	1		0.000		
18:1 undifferentiated g	11.676		2	A	1		20.199		
20:1 g	0.134		2	A	1		0.233		
22:1 undifferentiated g	0.000		0	FLA	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	3.176		0	NC	4		5.495		
18:2 undifferentiated g	2.957		2	A	1		5.116		
18:3 undifferentiated g	0.122		0	AS	1		0.212		
18:3 n-3 c,c,c g	0.122		2	A	1		0.212		
18:3 n-6 c,c,c g	0.000		2	A	1		0.000		
18:3i g									
18:4 g									
20:2 n-6 c,c g	0.078		2	A	1		0.136		
20:3 undifferentiated g	0.000		2	A	1		0.000		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.018		2	A	1		0.031		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 g	0.000		0	FLA	4		0.000		
21:5 g									
22:4 g									
22:5 n-3 g	0.000		0	FLA	4		0.000		
22:6 n-3 g	0.000		0	FLA	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0	FLA	4		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.055		0	A	1		0.095		
Threonine g	0.115		0	A	1		0.198		
Isoleucine g	0.216		0	A	1		0.373		
Leucine g	0.407		0	A	1		0.704		
Lysine g	0.167		0	A	1		0.290		
Methionine g	0.091		0	A	1		0.157		
Cystine g	0.112		0	A	1		0.195		
Phenylalanine g	0.255		0	A	1		0.442		
Tyrosine g	0.116		0	A	1		0.200		
Valine g	0.266		0	A	1		0.461		
Arginine g	0.211		0	A	1		0.366		
Histidine g	0.100		0	A	1		0.173		
Alanine g	0.187		0	A	1		0.323		
Aspartic acid g	0.265		0	A	1		0.459		
Glutamic acid g	1.900		0	A	1		3.287		
Glycine g	0.216		0	A	1		0.373		
Proline g	0.790		0	A	1		1.367		
Serine g	0.279		0	A	1		0.482		
Hydroxyproline g	0.000		2	A	1		0.000		
Others:									
Alcohol, ethyl g	0.0		0	FLA	4		0.0		
Caffeine mg	0		0	FLA	4		0		

NDB No. 18334
Pie crust, standard-type, frozen, ready-to-bake, enriched

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 173g: 1 pie crust (average weight of 1 frozen crust)

Calories Factors: **Protein** 4.1 **Fat** 8.9 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18335

Pie crust, standard-type, frozen, ready-to-bake, enriched, baked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	7.18		2	A	1		11.06		
Energy kcal	508		0	NC	4		783		
Energy kj	2127		0	NC	4		3275		
Protein (N x 0) g	6.50		2	A	1		10.01		
Total lipid (fat) g	28.59		2	A	1		44.04		
Ash g	1.49		2	A	1		2.29		
Carbohydrate, by difference g	56.24		0	NC	4		86.60		
Fiber, total dietary g	3.3		2	A	1		5.1		
Sugars, total g	4.23		0	RK	4		6.51		
Starch g	48.30		2	A	1		74.38		
Minerals:									
Calcium, Ca mg	21		2	A	1		32		
Iron, Fe mg	2.80		2	A	1		4.31		
Magnesium, Mg mg	17		2	A	1		26		
Phosphorus, P mg	82		2	A	1		127		
Potassium, K mg	114		2	A	1		176		
Sodium, Na mg	467		2	A	1		718		
Zinc, Zn mg	0.51		0	BFSN	4		0.79		
Copper, Cu mg	0.097		2	A	1		0.149		
Manganese, Mn mg									
Selenium, Se mcg	6.8		2	A	1		10.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.300		2	A	1		0.462		
Riboflavin mg	0.155		2	A	1		0.239		
Niacin mg	3.450		2	A	1		5.313		
Pantothenic acid mg	0.455		2	A	1		0.701		
Vitamin B-6 mg	0.045		2	A	1		0.069		
Folate, total mcg	68		2	A	1		104		
Folic acid mcg	49		2	A	1		75		
Folate, food mcg	19		0	AS	1		28		
Folate, DFE mcg_DFE	102		0	NC	4		157		
Choline, total mg	13.4		0	AS	1		20.7		
Betaine mg	42.0		1	A	1		64.7		
Vitamin B-12 mcg	0.00		2	A	1		0.00		
Vitamin B-12, added mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE mcg_RAE	0		0	NC	4		0		
Retinol mcg	0		0	RK	4		0		
Carotene, beta mcg	0		0	RK	4		0		
Carotene, alpha mcg	0		0	NR	4		0		
Cryptoxanthin, beta mcg	0		0	RK	4		0		
Vitamin A, IU IU	0		0	NC	4		0		
Lycopene mcg	0		0	RK	4		0		
Lutein + zeaxanthin mcg	1		0	RK	4		2		
Vitamin E (alpha-tocopherol) mg	0.54		2	A	1		0.84		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.09		2	A	1		0.13		
Tocopherol, gamma mg	5.31		2	A	1		8.19		
Tocopherol, delta mg	1.64		2	A	1		2.52		
Vitamin D IU									
Vitamin K (phylloquinone) mcg	7.8		2	A	1		12.0		
Lipids:									
Fatty acids, total saturated g	9.277		0	NC	4		14.286		
4:0 g	0.000		0		1		0.000		
6:0 g	0.000		0		1		0.000		
8:0 g	0.000		2	A	1		0.000		
10:0 g	0.000		2	A	1		0.000		

NDB No. 18335

Pie crust, standard-type, frozen, ready-to-bake, enriched, baked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		2	A	1		0.000		
13:0 g									
14:0 g	0.269		2	A	1		0.413		
15:0 g	0.000		2	A	1		0.000		
16:0 g	5.375		2	A	1		8.277		
17:0 g	0.085		2	A	1		0.131		
18:0 g	3.437		2	A	1		5.292		
20:0 g	0.077		2	A	1		0.118		
22:0 g	0.036		2	A	1		0.055		
24:0 g									
Fatty acids, total monounsaturated g	13.562		0	NC	4		20.885		
14:1 g	0.000		2	A	1		0.000		
15:1 g	0.000		2	A	1		0.000		
16:1 undifferentiated g	0.409		2	A	1		0.629		
17:1 g	0.000		2	A	1		0.000		
18:1 undifferentiated g	12.996		2	A	1		20.015		
20:1 g	0.157		2	A	1		0.242		
22:1 undifferentiated g	0.000		0	RK	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	3.568		0	NC	4		5.495		
18:2 undifferentiated g	3.321		2	A	1		5.115		
18:3 undifferentiated g	0.138		0	AS	1		0.212		
18:3 n-3 c,c,c g	0.138		2	A	1		0.212		
18:3 n-6 c,c,c g	0.000		2	A	1		0.000		
18:3i g									
18:4 g	0.000		0	RK	4		0.000		
20:2 n-6 c,c g	0.089		2	A	1		0.137		
20:3 undifferentiated g	0.000		2	A	1		0.000		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.020		2	A	1		0.031		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 g	0.000		0	RK	4		0.000		
21:5 g									
22:4 g									
22:5 n-3 g	0.000		0	RK	4		0.000		
22:6 n-3 g	0.000		0	RK	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.065		0	A	1		0.100		
Threonine g	0.129		0	A	1		0.199		
Isoleucine g	0.230		0	A	1		0.354		
Leucine g	0.460		0	A	1		0.708		
Lysine g	0.141		0	A	1		0.217		
Methionine g	0.105		0	A	1		0.162		
Cystine g	0.134		0	A	1		0.206		
Phenylalanine g	0.294		0	A	1		0.453		
Tyrosine g	0.145		0	A	1		0.223		
Valine g	0.290		0	A	1		0.446		
Arginine g	0.235		0	A	1		0.362		
Histidine g	0.114		0	A	1		0.176		
Alanine g	0.200		0	A	1		0.308		
Aspartic acid g	0.304		0	A	1		0.468		
Glutamic acid g	2.158		0	A	1		3.324		
Glycine g	0.244		0	A	1		0.376		
Proline g	0.798		0	A	1		1.230		
Serine g	0.329		0	A	1		0.506		
Hydroxyproline g	0.000		2	A	1		0.000		
Others:									
Alcohol, ethyl g	0.0		0	RK	4		0.0		

NDB No. 18335

Pie crust, standard-type, frozen, ready-to-bake, enriched, baked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Caffeine....mg	0		0	RK	4		0		
Theobromine....mg	0		0	RK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 154g: 1 pie crust (average weight of 1 baked crust)

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18446

Pie crust, standard-type, frozen, ready-to-bake, unenriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	21.00	0.166	7		1		29.82	3.36	
Energy kcal	457		0	NC	4		649	73	
Energy kj	1912				4		2715	306	
Protein (N x 5.7) g	3.90	0.505	7		1		5.54	0.62	
Total lipid (fat) g	29.20	0.270	4		1		41.46	4.67	
Ash g	1.80	0.274	7		1		2.56	0.29	
Carbohydrate, by difference g	44.10		0		4		62.62	7.06	
Fiber, total dietary g	0.9		0		4		1.3	0.1	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	18	5.004	7		1		26	3	
Iron, Fe mg	0.38		0		4		0.54	0.06	
Magnesium, Mg mg	16	4.416	7		1		23	3	
Phosphorus, P mg	53	7.776	7		1		75	8	
Potassium, K mg	98	18.739	7		1		139	16	
Sodium, Na mg	576	60.193	7		1		818	92	
Zinc, Zn mg	0.30	0.055	7		1		0.43	0.05	
Copper, Cu mg	0.068	0.017	7		1		0.097	0.011	
Manganese, Mn mg	0.547	0.065	3		1		0.777	0.088	
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		4		0.0	0.0	
Thiamin mg	0.050		0		4		0.071	0.008	
Riboflavin mg	0.010		0		4		0.014	0.002	
Niacin mg	0.550		0		4		0.781	0.088	
Pantothenic acid mg	0.231	0.036	6		1		0.328	0.037	
Vitamin B-6 mg	0.071	0.005	3		1		0.101	0.011	
Folate, total mcg	10		0		4		14	2	
Folic acid mcg	0		0	Z	7		0	0	
Folate, food mcg	10		0		4		14	2	
Folate, DFE mcg_DFE	10		0	NC	4		14	2	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.03		0	BFZN	4		0.04	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	0		0		4		0	0	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	4.357		0	BFZN	4		6.187	0.697	
4:0 g	0.001		0	BFZN	4		0.001	0.000	
6:0 g									
8:0 g									
10:0 g	0.000		0	BFZN	4		0.000	0.000	
12:0 g	0.000		0	BFZN	4		0.000	0.000	
13:0 g									

NDB No. 18446

Pie crust, standard-type, frozen, ready-to-bake, unenriched

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.031		0	BFZN	4		0.044	0.005	
15:0....g									
16:0....g	2.878		0	BFZN	4		4.087	0.460	
17:0....g									
18:0....g	1.443		0	BFZN	4		2.049	0.231	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	12.414		0	BFZN	4		17.628	1.986	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.117		0	BFZN	4		0.166	0.019	
17:1....g									
18:1 undifferentiated....g	12.273		0	BFZN	4		17.428	1.964	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	11.000		0	BFZN	4		15.620	1.760	
18:2 undifferentiated....g	10.212		0	BFZN	4		14.501	1.634	
18:3 undifferentiated....g	0.759		0	BFZN	4		1.078	0.121	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.056		0		4		0.080	0.009	
Threonine....g	0.112		0		4		0.159	0.018	
Isoleucine....g	0.150		0		4		0.213	0.024	
Leucine....g	0.267		0		4		0.379	0.043	
Lysine....g	0.140		0		4		0.199	0.022	
Methionine....g	0.065		0		4		0.092	0.010	
Cystine....g	0.085		0		4		0.121	0.014	
Phenylalanine....g	0.182		0		4		0.258	0.029	
Tyrosine....g	0.111		0		4		0.158	0.018	
Valine....g	0.172		0		4		0.244	0.028	
Arginine....g	0.148		0		4		0.210	0.024	
Histidine....g	0.079		0		4		0.112	0.013	
Alanine....g	0.119		0		4		0.169	0.019	
Aspartic acid....g	0.169		0		4		0.240	0.027	
Glutamic acid....g	1.266		0		4		1.798	0.203	
Glycine....g	0.131		0		4		0.186	0.021	
Proline....g	0.427		0		4		0.606	0.068	
Serine....g	0.205		0		4		0.291	0.033	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 142g: 1 crust, single 9"

Measure 2 = 16g: 1 piece (1/8 of 9" crust)

Calories Factors: **Protein** 4.1 **Fat** 8.9 **Carbohydrate** 4.1

NDB No. 18446
Pie crust, standard-type, frozen, ready-to-bake, unenriched

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18336

Pie crust, standard-type, prepared from recipe, baked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	9.80		0		1		17.64	2.25	
Energy....kcal	527		0	NC	4		949	121	
Energy....kj	2205		0		4		3969	507	
Protein (N x 0)....g	6.40		0		1		11.52	1.47	
Total lipid (fat)....g	34.60		0		1		62.28	7.96	
Ash....g	1.70		0		1		3.06	0.39	
Carbohydrate, by difference....g	47.50		0	NC	4		85.50	10.93	
Fiber, total dietary....g	1.7		0		4		3.0	0.4	
Sugars, total....g	0.17		0	RA	4		0.30	0.04	
Starch....g									
Minerals:									
Calcium, Ca....mg	10		0		1		18	2	
Iron, Fe....mg	2.89		0		1		5.20	0.66	
Magnesium, Mg....mg	14		0		1		25	3	
Phosphorus, P....mg	67		0		1		121	15	
Potassium, K....mg	67		0		1		121	15	
Sodium, Na....mg	542		0		1		976	125	
Zinc, Zn....mg	0.44		0		1		0.79	0.10	
Copper, Cu....mg	0.091		0		1		0.164	0.021	
Manganese, Mn....mg	0.430		0		1		0.774	0.099	
Selenium, Se....mcg	21.1		0	RK	4		38.0	4.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.391		0		1		0.704	0.090	
Riboflavin....mg	0.277		0		1		0.499	0.064	
Niacin....mg	3.307		0		1		5.953	0.761	
Pantothenic acid....mg	0.177		0		1		0.319	0.041	
Vitamin B-6....mg	0.025		0		1		0.045	0.006	
Folate, total....mcg	67		0	RK	4		121	15	
Folic acid....mcg	56		0	NC	4		101	13	
Folate, food....mcg	11		0		1		20	3	
Folate, DFE....mcg_DFE	106		0	NC	4		191	24	
Choline, total....mg	6.2		0	RA	4		11.2	1.4	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	RA	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg	0		0	RA	4		0	0	
Lutein + zeaxanthin....mcg	10		0	RA	4		18	2	
Vitamin E (alpha-tocopherol)....mg	0.31		0	RA	4		0.56	0.07	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	14.8		0	RA	4		26.7	3.4	
Lipids:									
Fatty acids, total saturated....g	8.622		0		1		15.520	1.983	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									

NDB No. 18336

Pie crust, standard-type, prepared from recipe, baked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.136		0		1		0.245	0.031	
15:0....g									
16:0....g	4.882		0		1		8.788	1.123	
17:0....g									
18:0....g	3.605		0		1		6.489	0.829	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	15.169		0		1		27.304	3.489	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	15.169		0		1		27.304	3.489	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	9.122		0		1		16.420	2.098	
18:2 undifferentiated....g	8.565		0		1		15.417	1.970	
18:3 undifferentiated....g	0.557		0		1		1.003	0.128	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3....g	0.000		0		1		0.000	0.000	
22:5 n-3....g	0.000		0		1		0.000	0.000	
22:6 n-3....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.079		0		1		0.142	0.018	
Threonine....g	0.175		0		1		0.315	0.040	
Isoleucine....g	0.222		0		1		0.400	0.051	
Leucine....g	0.442		0		1		0.796	0.102	
Lysine....g	0.142		0		1		0.256	0.033	
Methionine....g	0.114		0		1		0.205	0.026	
Cystine....g	0.136		0		1		0.245	0.031	
Phenylalanine....g	0.324		0		1		0.583	0.075	
Tyrosine....g	0.194		0		1		0.349	0.045	
Valine....g	0.258		0		1		0.464	0.059	
Arginine....g	0.259		0		1		0.466	0.060	
Histidine....g	0.143		0		1		0.257	0.033	
Alanine....g	0.206		0		1		0.371	0.047	
Aspartic acid....g	0.271		0		1		0.488	0.062	
Glutamic acid....g	2.165		0		1		3.897	0.498	
Glycine....g	0.231		0		1		0.416	0.053	
Proline....g	0.745		0		1		1.341	0.171	
Serine....g	0.321		0		1		0.578	0.074	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	RA	4		0	0	
Theobromine....mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 180g: 1 crust, single 9"

NDB No. 18336

Pie crust, standard-type, prepared from recipe, baked

Measure 2 = 23g: 1 piece (1/8 of 9" crust)

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18402
Pie crust, standard-type, prepared from recipe, unbaked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	19.70		0		1		38.22	4.73	
Energy kcal	469		0	NC	4		910	113	
Energy kj	1962		0		4		3807	471	
Protein (N x 0) g	5.70		0		1		11.06	1.37	
Total lipid (fat) g	30.80		0		1		59.75	7.39	
Ash g	1.50		0		1		2.91	0.36	
Carbohydrate, by difference g	42.30		0	NC	4		82.06	10.15	
Fiber, total dietary g	3.4		0		4		6.6	0.8	
Sugars, total g	0.15		0	RC	4		0.29	0.04	
Starch g									
Minerals:									
Calcium, Ca mg	9		0		1		17	2	
Iron, Fe mg	2.57		0		1		4.99	0.62	
Magnesium, Mg mg	12		0		1		23	3	
Phosphorus, P mg	60		0		1		116	14	
Potassium, K mg	59		0		1		114	14	
Sodium, Na mg	482		0		1		935	116	
Zinc, Zn mg	0.39		0		1		0.76	0.09	
Copper, Cu mg	0.081		0		1		0.157	0.019	
Manganese, Mn mg	0.383		0		1		0.743	0.092	
Selenium, Se mcg	18.8		0	RK	4		36.5	4.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	
Thiamin mg	0.348		0		1		0.675	0.084	
Riboflavin mg	0.246		0		1		0.477	0.059	
Niacin mg	2.943		0		1		5.709	0.706	
Pantothenic acid mg	0.158		0		1		0.307	0.038	
Vitamin B-6 mg	0.022		0		1		0.043	0.005	
Folate, total mcg	71		0	RC	4		138	17	
Folic acid mcg	61		0		4		118	15	
Folate, food mcg	10		0		1		19	2	
Folate, DFE mcg_DFE	114		0	NC	4		221	27	
Choline, total mg	5.8		0	RK	4		11.3	1.4	
Betaine mg									
Vitamin B-12 mcg	0.00		0		1		0.00	0.00	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	RC	4		0	0	
Carotene, beta mcg	0		0	Z	7		0	0	
Carotene, alpha mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta mcg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0		1		0	0	
Lycopene mcg	0		0	RC	4		0	0	
Lutein + zeaxanthin mcg	9		0	RC	4		18	2	
Vitamin E (alpha-tocopherol) mg	0.28		0	RC	4		0.53	0.07	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	13.2		0	RC	4		25.6	3.2	
Lipids:									
Fatty acids, total saturated g	7.674		0		1		14.888	1.842	
4:0 g	0.000		0		1		0.000	0.000	
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	

NDB No. 18402

Pie crust, standard-type, prepared from recipe, unbaked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0		1		0.000	0.000	
13:0 g									
14:0 g	0.121		0		1		0.235	0.029	
15:0 g									
16:0 g	4.345		0		1		8.429	1.043	
17:0 g									
18:0 g	3.208		0		1		6.224	0.770	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	13.500		0		1		26.190	3.240	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		1		0.000	0.000	
17:1 g									
18:1 undifferentiated g	13.500		0		1		26.190	3.240	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	8.119		0		1		15.751	1.949	
18:2 undifferentiated g	7.623		0		1		14.789	1.830	
18:3 undifferentiated g	0.496		0		1		0.962	0.119	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 g	0.000		0		1		0.000	0.000	
22:5 n-3 g	0.000		0		1		0.000	0.000	
22:6 n-3 g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.070		0		1		0.136	0.017	
Threonine g	0.156		0		1		0.303	0.037	
Isoleucine g	0.198		0		1		0.384	0.048	
Leucine g	0.393		0		1		0.762	0.094	
Lysine g	0.126		0		1		0.244	0.030	
Methionine g	0.101		0		1		0.196	0.024	
Cystine g	0.121		0		1		0.235	0.029	
Phenylalanine g	0.288		0		1		0.559	0.069	
Tyrosine g	0.173		0		1		0.336	0.042	
Valine g	0.230		0		1		0.446	0.055	
Arginine g	0.231		0		1		0.448	0.055	
Histidine g	0.127		0		1		0.246	0.030	
Alanine g	0.184		0		1		0.357	0.044	
Aspartic acid g	0.241		0		1		0.468	0.058	
Glutamic acid g	1.927		0		1		3.738	0.462	
Glycine g	0.206		0		1		0.400	0.049	
Proline g	0.663		0		1		1.286	0.159	
Serine g	0.286		0		1		0.555	0.069	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	RC	4		0	0	
Theobromine mg	0		0	RC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18402

Pie crust, standard-type, prepared from recipe, unbaked

Measure 1 = 194g: 1 crust, single 9"

Measure 2 = 24g: 1 piece (1/8 of 9" crust)

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18944
Pie, Dutch Apple, Commercially Prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	41.09	1.253	3	A	1		53.82	56.29	467.15
Energy kcal	290		0	NC	4		380	398	3301
Energy kj	1215		0	NC	4		1591	1664	13812
Protein g	2.17	0.386	3	A	1		2.84	2.97	24.63
Total lipid (fat) g	11.50	0.405	3	A	1		15.06	15.75	130.75
Ash g	0.70	0.038	3	A	1		0.92	0.96	8.00
Carbohydrate, by difference g	44.54		0	NC	4		58.35	61.02	506.46
Fiber, total dietary g	1.6	0.058	3	A	1		2.1	2.2	18.2
Sugars, total g	22.02		0	FLA	4		28.84	30.16	250.33
Sucrose g	11.03	4.186	3	A	1		14.45	15.11	125.41
Glucose (dextrose) g	4.89	1.218	3	A	1		6.40	6.69	55.56
Fructose g	4.57	0.383	3	A	1		5.98	6.26	51.92
Lactose g	0.00	0.000	3	A	1		0.00	0.00	0.00
Maltose g	1.53	0.500	3	A	1		2.01	2.10	17.43
Galactose g									
Starch g	15.40	2.603	3	A	1		20.17	21.10	175.10
Minerals:									
Calcium, Ca mg	14	3.355	3	A	1		18	19	154
Iron, Fe mg	0.91	0.245	3	A	1		1.19	1.24	10.31
Magnesium, Mg mg	8	0.328	3	A	1		10	10	86
Phosphorus, P mg	29	2.887	3	A	1		38	40	330
Potassium, K mg	76	6.009	3	A	1		99	104	860
Sodium, Na mg	200	30.000	3	A	1		262	274	2274
Zinc, Zn mg	0.19		2	A	1		0.25	0.26	2.16
Copper, Cu mg	0.148	0.000	3	A	1		0.193	0.202	1.677
Manganese, Mn mg	0.233	0.041	3	A	1		0.306	0.320	2.652
Selenium, Se mcg	2.2	0.000	3	A	1		2.9	3.0	25.1
Vitamins:									
Vitamin C, total ascorbic acid mg	5.7	5.547	3	A	1		7.5	7.8	64.9
Thiamin mg	0.193	0.052	3	A	1		0.253	0.264	2.194
Riboflavin mg	0.067	0.024	3	A	1		0.088	0.092	0.766
Niacin mg	1.094	0.377	3	A	1		1.433	1.498	12.434
Pantothenic acid mg	0.096	0.005	3	A	1		0.126	0.132	1.093
Vitamin B-6 mg	0.039	0.003	3	A	1		0.051	0.053	0.441
Folate, total mcg	21	11.846	3	A	1		28	29	239
Folic acid mcg	15	8.007	3	A	1		20	21	174
Folate, food mcg	6	4.256	3	AS	1		7	8	64
Folate, DFE mcg_DFE	32		0	NC	4		42	43	361
Choline, total mg	17.0		0	AS	1		22.3	23.3	193.1
Betaine mg	8.4		1	A	1		10.9	11.4	94.9
Vitamin B-12 mcg	0.00		0	FLA	4		0.01	0.01	0.06
Vitamin B-12, added mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	18		0	FLC	4		24	25	207
Retinol mcg	17		0	FLC	4		22	23	193
Carotene, beta mcg	10		0	FLC	4		13	14	113
Carotene, alpha mcg	0		0	FLC	4		0	0	1
Cryptoxanthin, beta mcg	11		0	FLC	4		14	15	122
Vitamin A, IU IU	82		0	FLC	4		107	112	933
Lycopene mcg	1		0	FLC	4		1	1	12
Lutein + zeaxanthin mcg	42		0	FLC	4		55	58	479
Vitamin E (alpha-tocopherol) mg	0.96	0.152	3	A	1		1.26	1.32	10.95
Vitamin E, added mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta mg	0.07	0.009	3	A	1		0.10	0.10	0.83
Tocopherol, gamma mg	4.89	0.439	3	A	1		6.40	6.69	55.56
Tocopherol, delta mg	1.55	0.137	3	A	1		2.03	2.13	17.66
Vitamin D IU									
Vitamin K (phylloquinone) mcg	16.4	1.308	3	A	1		21.5	22.4	186.2

NDB No. 18944
Pie, Dutch Apple, Commercially Prepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.313		0	NC	4		3.030	3.169	26.299
4:0....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
10:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
12:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:0....g	1.227	0.034	3	A	1		1.607	1.680	13.946
17:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:0....g	1.037	0.064	3	A	1		1.358	1.420	11.786
20:0....g	0.020	0.000	3	A	1		0.026	0.027	0.226
22:0....g	0.030	0.000	3	A	1		0.039	0.041	0.340
24:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	5.797		0	NC	4		7.594	7.941	65.907
14:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	0.000
17:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	5.797	0.338	3	A	1		7.594	7.941	65.907
20:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:1 c....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	2.117		0	NC	4		2.773	2.900	24.066
18:2 undifferentiated....g	2.000	0.264	3	A	1		2.620	2.740	22.740
18:3 undifferentiated....g	0.117	0.045	3	A	1		0.153	0.160	1.326
18:4....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:5 n-3....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:5 n-3....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:6 n-3....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0	0.000	3	LC	8		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.027		0	A	1		0.036	0.037	0.309
Threonine....g	0.063		0	A	1		0.082	0.086	0.715
Isoleucine....g	0.081		0	A	1		0.107	0.111	0.924
Leucine....g	0.158		0	A	1		0.207	0.217	1.798
Lysine....g	0.043		0	A	1		0.057	0.059	0.491
Methionine....g	0.051		0	A	1		0.066	0.069	0.577
Cystine....g	0.057		0	A	1		0.075	0.078	0.648
Phenylalanine....g	0.104		0	A	1		0.136	0.142	1.178
Tyrosine....g	0.052		0	A	1		0.068	0.071	0.593
Valine....g	0.101		0	A	1		0.132	0.138	1.148
Arginine....g	0.084		0	A	1		0.111	0.116	0.960
Histidine....g	0.054		0	A	1		0.071	0.075	0.619
Alanine....g	0.074		0	A	1		0.097	0.101	0.838
Aspartic acid....g	0.122		0	A	1		0.160	0.167	1.388
Glutamic acid....g	0.743		0	A	1		0.973	1.018	8.446
Glycine....g	0.084		0	A	1		0.111	0.116	0.960
Proline....g	0.251		0	A	1		0.329	0.344	2.852
Serine....g	0.104		0	A	1		0.136	0.143	1.184
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0
Theobromine....mg	0		0	FLA	4		0	0	0

NDB No. 18944
Pie, Dutch Apple, Commercially Prepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 131g: .125 pie 1 pie (1/8 of 9" pie)

Measure 2 = 137g: 1 slice

Measure 3 = 1137g: 1 pie

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18301
Pie, apple, commercially prepared, enriched flour

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	52.20	1.308	21		1		14.80	65.25	61.07
Energy kcal	237		0	NC	4		67	296	277
Energy kj	992		0	NC	4		281	1240	1160
Protein (N x 5.7) g	1.90	0.103	17		1		0.54	2.38	2.22
Total lipid (fat) g	11.00	0.514	21		1		3.12	13.75	12.87
Ash g	0.90	0.097	23		1		0.26	1.13	1.05
Carbohydrate, by difference g	34.00		0	NC	4		9.64	42.50	39.78
Fiber, total dietary g	1.6		0		1		0.5	2.0	1.9
Sugars, total g	15.65		0	FLC	4		4.44	19.56	18.30
Starch g									
Minerals:									
Calcium, Ca mg	11	0.328	40		1		3	14	13
Iron, Fe mg	0.45	0.029	36		1		0.13	0.56	0.53
Magnesium, Mg mg	7	0.289	36		1		2	9	8
Phosphorus, P mg	24	0.530	35		1		7	30	28
Potassium, K mg	65	1.999	39		1		18	81	76
Sodium, Na mg	266	7.937	41		1		75	333	311
Zinc, Zn mg	0.16	0.008	36		1		0.05	0.20	0.19
Copper, Cu mg	0.046	0.002	36		1		0.013	0.058	0.054
Manganese, Mn mg	0.182	0.006	36		1		0.052	0.228	0.213
Selenium, Se mcg	1.0	0.374	13	A	1		0.3	1.3	1.2
Vitamins:									
Vitamin C, total ascorbic acid mg	3.2	0.680	15		1		0.9	4.0	3.7
Thiamin mg	0.028	0.006	16		1		0.008	0.035	0.033
Riboflavin mg	0.027	0.003	15		1		0.008	0.034	0.032
Niacin mg	0.263	0.053	15		1		0.075	0.329	0.308
Pantothenic acid mg	0.119	0.008	5		1		0.034	0.149	0.139
Vitamin B-6 mg	0.038	0.004	5		1		0.011	0.048	0.044
Folate, total mcg	27		0	FLC	4		8	34	32
Folic acid mcg	23		0		4		7	29	27
Folate, food mcg	4	0.246	11		1		1	5	5
Folate, DFE mcg_DFE	43		0	NC	4		12	54	50
Choline, total mg	7.2		0	AS	1		2.0	9.0	8.4
Betaine mg	16.4		1	A	1		4.6	20.5	19.2
Vitamin B-12 mcg	0.01		0	FLA	4		0.00	0.01	0.01
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	32		0	NC	4		9	41	38
Retinol mcg	31		0	FLC	4		9	39	37
Carotene, beta mcg	9		0	FLC	4		3	11	11
Carotene, alpha mcg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta mcg	6		0	FLC	4		2	7	7
Vitamin A, IU IU	124	24.922	7		1		35	155	145
Lycopene mcg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin mcg	9		0	FLC	4		3	12	11
Vitamin E (alpha-tocopherol) mg	1.52		0	FLC	4		0.43	1.90	1.78
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	3.5		0	FLC	4		1.0	4.3	4.1
Lipids:									
Fatty acids, total saturated g	3.797		0	FLA	4		1.076	4.746	4.442
4:0 g	0.000		0	FLA	4		0.000	0.000	0.000
6:0 g	0.000		0	FLA	4		0.000	0.000	0.000
8:0 g	0.000		0	FLA	4		0.000	0.000	0.000
10:0 g	0.000		0	FLA	4		0.000	0.000	0.000

NDB No. 18301

Pie, apple, commercially prepared, enriched flour

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.021		0	FLA	4		0.006	0.026	0.025
13:0 g									
14:0 g	0.126		0	FLA	4		0.036	0.158	0.147
15:0 g									
16:0 g	2.062		0	FLA	4		0.585	2.578	2.413
17:0 g									
18:0 g	1.534		0	FLA	4		0.435	1.918	1.795
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.388		0	FLA	4		1.244	5.485	5.134
14:1 g									
15:1 g									
16:1 undifferentiated g	0.146		0	FLA	4		0.041	0.183	0.171
17:1 g									
18:1 undifferentiated g	4.109		0	FLA	4		1.165	5.136	4.808
20:1 g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	2.198		0	FLA	4		0.623	2.748	2.572
18:2 undifferentiated g	2.066		0	FLA	4		0.586	2.583	2.417
18:3 undifferentiated g	0.123		0	FLA	4		0.035	0.154	0.144
18:4 g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.026		0		1		0.007	0.033	0.030
Threonine g	0.054		0		1		0.015	0.068	0.063
Isoleucine g	0.073		0		1		0.021	0.091	0.085
Leucine g	0.129		0		1		0.037	0.161	0.151
Lysine g	0.070		0		1		0.020	0.088	0.082
Methionine g	0.032		0		1		0.009	0.040	0.037
Cystine g	0.040		0		1		0.011	0.050	0.047
Phenylalanine g	0.088		0		1		0.025	0.110	0.103
Tyrosine g	0.054		0		1		0.015	0.068	0.063
Valine g	0.084		0		1		0.024	0.105	0.098
Arginine g	0.074		0		1		0.021	0.093	0.087
Histidine g	0.038		0		1		0.011	0.048	0.044
Alanine g	0.060		0		1		0.017	0.075	0.070
Aspartic acid g	0.095		0		1		0.027	0.119	0.111
Glutamic acid g	0.587		0		1		0.166	0.734	0.687
Glycine g	0.065		0		1		0.018	0.081	0.076
Proline g	0.199		0		1		0.056	0.249	0.233
Serine g	0.099		0		1		0.028	0.124	0.116
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	FLC	4		0	0	0
Theobromine mg	0		0	FLC	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18301

Pie, apple, commercially prepared, enriched flour

Measure 1 = 28.35g: 1 oz

Measure 2 = 125g: 1 piece (1/8 of 9" dia)

Measure 3 = 117g: 1 piece (1/6 of 8" pie)

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18443

Pie, apple, commercially prepared, unenriched flour

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	52.20	1.308	21		1		14.80	65.25	61.07
Energy....kcal	237		0	NC	4		67	296	277
Energy....kj	992				4		281	1240	1160
Protein (N x 5.7)....g	1.90	0.103	17		1		0.54	2.38	2.22
Total lipid (fat)....g	11.00	0.514	21		1		3.12	13.75	12.87
Ash....g	0.90	0.097	23		1		0.26	1.13	1.05
Carbohydrate, by difference....g	34.00		0		4		9.64	42.50	39.78
Fiber, total dietary....g	1.6		0	BFZN	4		0.5	2.0	1.9
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	11	0.328	40		1		3	14	13
Iron, Fe....mg	1.21		0		4		0.34	1.51	1.42
Magnesium, Mg....mg	7	0.289	36		1		2	9	8
Phosphorus, P....mg	24	0.530	35		1		7	30	28
Potassium, K....mg	65	1.999	39		1		18	81	76
Sodium, Na....mg	266	7.937	41		1		75	333	311
Zinc, Zn....mg	0.16	0.008	36		1		0.05	0.20	0.19
Copper, Cu....mg	0.046	0.002	36		1		0.013	0.058	0.054
Manganese, Mn....mg	0.182	0.006	36		1		0.052	0.228	0.213
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.2	0.680	15		1		0.9	4.0	3.7
Thiamin....mg	0.134		0		4		0.038	0.168	0.157
Riboflavin....mg	0.158		0		4		0.045	0.198	0.185
Niacin....mg	1.123		0		4		0.318	1.404	1.314
Pantothenic acid....mg	0.119	0.008	5		1		0.034	0.149	0.139
Vitamin B-6....mg	0.038	0.004	5		1		0.011	0.048	0.044
Folate, total....mcg	4	0.246	11		1		1	5	5
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	4	0.246	11		1		1	5	5
Folate, DFE....mcg_DFE	4		0	NC	4		1	5	5
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.01		0	BFZN	4		0.00	0.01	0.01
Vitamin A, RAE....mcg_RAE	29		0	NC	4		8	36	34
Retinol....mcg	28		0	NC	4		8	35	33
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	124	24.922	7		1		35	155	145
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.797		0	BFZN	4		1.076	4.746	4.442
4:0....g	0.000		0		4		0.000	0.000	0.000
6:0....g	0.000		0		4		0.000	0.000	0.000
8:0....g	0.000		0		4		0.000	0.000	0.000
10:0....g	0.000		0		4		0.000	0.000	0.000
12:0....g	0.021		0	BFZN	4		0.006	0.026	0.025
13:0....g									

NDB No. 18443

Pie, apple, commercially prepared, unenriched flour

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0 g	0.126		0	BFZN	4		0.036	0.158	0.147
15:0 g									
16:0 g	2.062		0	BFZN	4		0.585	2.578	2.413
17:0 g									
18:0 g	1.534		0	BFZN	4		0.435	1.918	1.795
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.388		0	BFZN	4		1.244	5.485	5.134
14:1 g									
15:1 g									
16:1 undifferentiated g	0.146		0	BFZN	4		0.041	0.183	0.171
17:1 g									
18:1 undifferentiated g	4.109		0	BFZN	4		1.165	5.136	4.808
20:1 g	0.061		0	BFZN	4		0.017	0.076	0.071
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	2.198		0	BFZN	4		0.623	2.748	2.572
18:2 undifferentiated g	2.066		0	BFZN	4		0.586	2.583	2.417
18:3 undifferentiated g	0.123		0	BFZN	4		0.035	0.154	0.144
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 g									
22:5 n-3 g									
22:6 n-3 g									
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.026		0		4		0.007	0.033	0.030
Threonine g	0.054		0		4		0.015	0.068	0.063
Isoleucine g	0.073		0		4		0.021	0.091	0.085
Leucine g	0.129		0		4		0.037	0.161	0.151
Lysine g	0.070		0		4		0.020	0.088	0.082
Methionine g	0.032		0		4		0.009	0.040	0.037
Cystine g	0.040		0		4		0.011	0.050	0.047
Phenylalanine g	0.088		0		4		0.025	0.110	0.103
Tyrosine g	0.054		0		4		0.015	0.068	0.063
Valine g	0.084		0		4		0.024	0.105	0.098
Arginine g	0.074		0		4		0.021	0.093	0.087
Histidine g	0.038		0		4		0.011	0.048	0.044
Alanine g	0.060		0		4		0.017	0.075	0.070
Aspartic acid g	0.095		0		4		0.027	0.119	0.111
Glutamic acid g	0.587		0		4		0.166	0.734	0.687
Glycine g	0.065		0		4		0.018	0.081	0.076
Proline g	0.199		0		4		0.056	0.249	0.233
Serine g	0.099		0		4		0.028	0.124	0.116
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 125g: 1 piece (1/8 of 9" dia)

Measure 3 = 117g: 1 piece (1/6 of 8" pie)

NDB No. 18443
Pie, apple, commercially prepared, unenriched flour

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18302
Pie, apple, prepared from recipe

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	47.30		0		1		13.41	73.32	
Energy kcal	265		0	NC	4		75	411	
Energy kj	1109				4		314	1719	
Protein (N x 0) g	2.40		0		1		0.68	3.72	
Total lipid (fat) g	12.50		0		1		3.54	19.38	
Ash g	0.80		0		1		0.23	1.24	
Carbohydrate, by difference g	37.10		0	NC	4		10.52	57.51	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	7		0		1		2	11	
Iron, Fe mg	1.12		0		1		0.32	1.74	
Magnesium, Mg mg	7		0		1		2	11	
Phosphorus, P mg	28		0		1		8	43	
Potassium, K mg	79		0		1		22	122	
Sodium, Na mg	211		0		1		60	327	
Zinc, Zn mg	0.19		0		1		0.05	0.29	
Copper, Cu mg	0.053		0		1		0.015	0.082	
Manganese, Mn mg	0.185		0		1		0.052	0.287	
Selenium, Se mcg	7.8		0	RK	4		2.2	12.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	1.7		0		1		0.5	2.6	
Thiamin mg	0.148		0		1		0.042	0.229	
Riboflavin mg	0.107		0		1		0.030	0.166	
Niacin mg	1.230		0		1		0.349	1.907	
Pantothenic acid mg	0.093		0		1		0.026	0.144	
Vitamin B-6 mg	0.032		0		1		0.009	0.050	
Folate, total mcg	24		0	RK	4		7	37	
Folic acid mcg	20		0	NC	4		6	31	
Folate, food mcg	4		0		1		1	6	
Folate, DFE mcg_DFE	38		0	NC	4		11	59	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.00		0		1		0.00	0.00	
Vitamin A, RAE mcg_RAE	11		0	NC	4		3	16	
Retinol mcg	9		0	NC	4		3	14	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	58		0		1		16	90	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	3.050		0		1		0.865	4.728	
4:0 g	0.000		0		1		0.000	0.000	
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.001		0		1		0.000	0.002	
13:0 g									

NDB No. 18302
Pie, apple, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.058		0		1		0.016	0.090	
15:0....g									
16:0....g	1.738		0		1		0.493	2.694	
17:0....g									
18:0....g	1.253		0		1		0.355	1.942	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.393		0		1		1.529	8.359	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.000	0.002	
17:1....g									
18:1 undifferentiated....g	5.392		0		1		1.529	8.358	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.338		0		1		0.946	5.174	
18:2 undifferentiated....g	3.134		0		1		0.888	4.858	
18:3 undifferentiated....g	0.204		0		1		0.058	0.316	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3....g	0.000		0		1		0.000	0.000	
22:5 n-3....g	0.000		0		1		0.000	0.000	
22:6 n-3....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.029		0		1		0.008	0.045	
Threonine....g	0.066		0		1		0.019	0.102	
Isoleucine....g	0.083		0		1		0.024	0.129	
Leucine....g	0.164		0		1		0.046	0.254	
Lysine....g	0.056		0		1		0.016	0.087	
Methionine....g	0.042		0		1		0.012	0.065	
Cystine....g	0.050		0		1		0.014	0.078	
Phenylalanine....g	0.118		0		1		0.033	0.183	
Tyrosine....g	0.072		0		1		0.020	0.112	
Valine....g	0.097		0		1		0.027	0.150	
Arginine....g	0.096		0		1		0.027	0.149	
Histidine....g	0.053		0		1		0.015	0.082	
Alanine....g	0.077		0		1		0.022	0.119	
Aspartic acid....g	0.111		0		1		0.031	0.172	
Glutamic acid....g	0.786		0		1		0.223	1.218	
Glycine....g	0.086		0		1		0.024	0.133	
Proline....g	0.271		0		1		0.077	0.420	
Serine....g	0.119		0		1		0.034	0.184	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 155g: 1 piece (1/8 of 9" dia)

Calories Factors: Protein Fat Carbohydrate

NDB No. 18302
Pie, apple, prepared from recipe

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18303

Pie, banana cream, prepared from mix, no-bake type

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	50.90		1		1		14.43	46.83	62.61
Energy kcal	251		0	NC	4		71	231	309
Energy kj	1050				4		298	966	1292
Protein (N x 6) g	3.40		1		1		0.96	3.13	4.18
Total lipid (fat) g	12.90		1		1		3.66	11.87	15.87
Ash g	1.10		1		1		0.31	1.01	1.35
Carbohydrate, by difference g	31.60		0	NC	4		8.96	29.07	38.87
Fiber, total dietary g	0.6		0		4		0.2	0.6	0.8
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	73		1		1		21	67	90
Iron, Fe mg	0.46		1		1		0.13	0.42	0.57
Magnesium, Mg mg	12		1		1		3	11	15
Phosphorus, P mg	167		1		1		47	154	205
Potassium, K mg	113		1		1		32	104	139
Sodium, Na mg	290		1		1		82	267	357
Zinc, Zn mg	0.33		1		1		0.09	0.30	0.41
Copper, Cu mg	0.043		1		1		0.012	0.040	0.053
Manganese, Mn mg	0.107		0	FLA	4		0.030	0.098	0.132
Selenium, Se mcg	4.9		0	FLA	4		1.4	4.5	6.0
Vitamins:									
Vitamin C, total ascorbic acid mg	0.5		1		1		0.1	0.5	0.6
Thiamin mg	0.102		1		1		0.029	0.094	0.125
Riboflavin mg	0.146		1		1		0.041	0.134	0.180
Niacin mg	0.709		1		1		0.201	0.652	0.872
Pantothenic acid mg	0.259		1		1		0.073	0.238	0.319
Vitamin B-6 mg	0.035		1		1		0.010	0.032	0.043
Folate, total mcg	21		0	FLA	4		6	19	26
Folic acid mcg	14		0	NC	4		4	13	17
Folate, food mcg	7		1		1		2	6	9
Folate, DFE mcg_DFE	31		0	NC	4		9	28	38
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.21		1		1		0.06	0.19	0.26
Vitamin A, RAE mcg_RAE	95		0	NC	4		27	87	117
Retinol mcg	90		0	NC	4		26	83	111
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	408		1		1		116	375	502
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	6.904		0	FLA	4		1.957	6.352	8.492
4:0 g	0.320		0	FLA	4		0.091	0.294	0.394
6:0 g	0.189		0	FLA	4		0.054	0.174	0.232
8:0 g	0.110		0	FLA	4		0.031	0.101	0.135
10:0 g	0.247		0	FLA	4		0.070	0.227	0.304
12:0 g	0.277		0	FLA	4		0.079	0.255	0.341
13:0 g									

NDB No. 18303

Pie, banana cream, prepared from mix, no-bake type

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0 g	1.006		0	FLA	4		0.285	0.926	1.237
15:0 g									
16:0 g	2.991		0	FLA	4		0.848	2.752	3.679
17:0 g									
18:0 g	1.550		0	FLA	4		0.439	1.426	1.907
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.559		0	FLA	4		1.292	4.194	5.608
14:1 g									
15:1 g									
16:1 undifferentiated g	0.221		0	FLA	4		0.063	0.203	0.272
17:1 g									
18:1 undifferentiated g	4.191		0	FLA	4		1.188	3.856	5.155
20:1 g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.764		0	FLA	4		0.217	0.703	0.940
18:2 undifferentiated g	0.600		0	FLA	4		0.170	0.552	0.738
18:3 undifferentiated g	0.164		0	FLA	4		0.046	0.151	0.202
18:4 g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	29		0	FLA	4		8	27	36
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.046		0		1		0.013	0.042	0.057
Threonine g	0.137		0		1		0.039	0.126	0.169
Isoleucine g	0.168		0		1		0.048	0.155	0.207
Leucine g	0.285		0		1		0.081	0.262	0.351
Lysine g	0.202		0		1		0.057	0.186	0.248
Methionine g	0.066		0		1		0.019	0.061	0.081
Cystine g	0.050		0		1		0.014	0.046	0.062
Phenylalanine g	0.161		0		1		0.046	0.148	0.198
Tyrosine g	0.132		0		1		0.037	0.121	0.162
Valine g	0.181		0		1		0.051	0.167	0.223
Arginine g	0.156		0		1		0.044	0.144	0.192
Histidine g	0.084		0		1		0.024	0.077	0.103
Alanine g	0.125		0		1		0.035	0.115	0.154
Aspartic acid g	0.265		0		1		0.075	0.244	0.326
Glutamic acid g	0.792		0		1		0.225	0.729	0.974
Glycine g	0.104		0		1		0.029	0.096	0.128
Proline g	0.301		0		1		0.085	0.277	0.370
Serine g	0.178		0		1		0.050	0.164	0.219
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 92g: 1 piece (1/8 of 9" dia)

Measure 3 = 123g: 1 piece (1/6 of 8" pie)

NDB No. 18303
Pie, banana cream, prepared from mix, no-bake type

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18304
Pie, banana cream, prepared from recipe

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	47.90		0		1		13.58	568.09	68.98
Energy....kcal	269		0	NC	4		76	3190	387
Energy....kj	1125		0		4		319	13348	1621
Protein (N x 0)....g	4.40		0		1		1.25	52.18	6.34
Total lipid (fat)....g	13.60		0		1		3.86	161.30	19.58
Ash....g	1.20		0		1		0.34	14.23	1.73
Carbohydrate, by difference....g	32.90		0	NC	4		9.33	390.19	47.38
Fiber, total dietary....g	0.7		0		4		0.2	8.3	1.0
Sugars, total....g	12.06		0	RKI	6		3.42	142.98	17.36
Starch....g									
Minerals:									
Calcium, Ca....mg	75		0		1		21	890	108
Iron, Fe....mg	1.04		0		1		0.29	12.33	1.50
Magnesium, Mg....mg	16		0		1		5	190	23
Phosphorus, P....mg	92		0		1		26	1091	132
Potassium, K....mg	165		0		1		47	1957	238
Sodium, Na....mg	240		0		1		68	2846	346
Zinc, Zn....mg	0.48		0		1		0.14	5.69	0.69
Copper, Cu....mg	0.052		0		1		0.015	0.617	0.075
Manganese, Mn....mg	0.152		0		1		0.043	1.803	0.219
Selenium, Se....mcg	9.1		0	RK	4		2.6	107.9	13.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.6		0		1		0.5	19.0	2.3
Thiamin....mg	0.139		0		1		0.039	1.649	0.200
Riboflavin....mg	0.207		0		1		0.059	2.455	0.298
Niacin....mg	1.054		0		1		0.299	12.500	1.518
Pantothenic acid....mg	0.388		0		1		0.110	4.602	0.559
Vitamin B-6....mg	0.133		0		1		0.038	1.577	0.192
Folate, total....mcg	27		0	RK	4		8	320	39
Folic acid....mcg	16		0	NC	4		5	190	23
Folate, food....mcg	11		0		1		3	130	16
Folate, DFE....mcg_DFE	38		0	NC	4		11	453	55
Choline, total....mg	28.7		0	RK	4		8.1	340.0	41.3
Betaine....mg									
Vitamin B-12....mcg	0.25		0		1		0.07	2.97	0.36
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	61		0	NC	4		17	722	88
Retinol....mcg	59		0	RKI	6		17	698	85
Carotene, beta....mcg	21		0	RKI	6		6	252	31
Carotene, alpha....mcg	5		0	RKI	6		1	58	7
Cryptoxanthin, beta....mcg	1		0	RKI	6		0	14	2
Vitamin A, IU....IU	237		0	NC	4		67	2808	341
Lycopene....mcg	0		0	RKI	6		0	0	0
Lutein + zeaxanthin....mcg	46		0	RKI	6		13	542	66
Vitamin E (alpha-tocopherol)....mg	0.40		0	RKI	6		0.11	4.76	0.58
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	6.3		0	RKI	6		1.8	74.6	9.1
Lipids:									
Fatty acids, total saturated....g	3.758		0		1		1.065	44.570	5.412
4:0....g	0.034		0		1		0.010	0.403	0.049
6:0....g	0.020		0		1		0.006	0.237	0.029
8:0....g	0.012		0		1		0.003	0.142	0.017
10:0....g	0.027		0		1		0.008	0.320	0.039

NDB No. 18304

Pie, banana cream, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.031		0		1		0.009	0.368	0.045
13:0 g									
14:0 g	0.153		0		1		0.043	1.815	0.220
15:0 g									
16:0 g	2.122		0		1		0.602	25.167	3.056
17:0 g									
18:0 g	1.350		0		1		0.383	16.011	1.944
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.719		0		1		1.621	67.827	8.235
14:1 g									
15:1 g									
16:1 undifferentiated g	0.060		0		1		0.017	0.712	0.086
17:1 g									
18:1 undifferentiated g	5.652		0		1		1.602	67.033	8.139
20:1 g	0.003		0		1		0.001	0.036	0.004
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	3.292		0		1		0.933	39.043	4.740
18:2 undifferentiated g	3.067		0		1		0.869	36.375	4.416
18:3 undifferentiated g	0.205		0		1		0.058	2.431	0.295
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.016		0		1		0.005	0.190	0.023
20:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 g	0.004		0		1		0.001	0.047	0.006
Fatty acids, total trans g									
Cholesterol mg	51		0		1		14	605	73
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.055		0		1		0.016	0.652	0.079
Threonine g	0.165		0		1		0.047	1.957	0.238
Isoleucine g	0.203		0		1		0.058	2.408	0.292
Leucine g	0.358		0		1		0.101	4.246	0.516
Lysine g	0.232		0		1		0.066	2.752	0.334
Methionine g	0.092		0		1		0.026	1.091	0.132
Cystine g	0.068		0		1		0.019	0.806	0.098
Phenylalanine g	0.206		0		1		0.058	2.443	0.297
Tyrosine g	0.168		0		1		0.048	1.992	0.242
Valine g	0.229		0		1		0.065	2.716	0.330
Arginine g	0.186		0		1		0.053	2.206	0.268
Histidine g	0.116		0		1		0.033	1.376	0.167
Alanine g	0.155		0		1		0.044	1.838	0.223
Aspartic acid g	0.285		0		1		0.081	3.380	0.410
Glutamic acid g	1.062		0		1		0.301	12.595	1.529
Glycine g	0.126		0		1		0.036	1.494	0.181
Proline g	0.407		0		1		0.115	4.827	0.586
Serine g	0.243		0		1		0.069	2.882	0.350
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	RKI	6		0	0	0
Theobromine mg	0		0	RKI	6		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18304

Pie, banana cream, prepared from recipe

Measure 1 = 28.35g: 1 oz

Measure 2 = 1186g: 1 pie (9" dia)

Measure 3 = 144g: 1 piece (1/8 of 9" dia)

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18305
Pie, blueberry, commercially prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	52.50		1		1		14.88	65.63	61.43
Energy....kcal	232		0	NC	4		66	290	271
Energy....kj	971		0		4		275	1213	1136
Protein (N x 5.7)....g	1.80		1		1		0.51	2.25	2.11
Total lipid (fat)....g	10.00		1		1		2.84	12.50	11.70
Ash....g	0.80		1		1		0.23	1.00	0.94
Carbohydrate, by difference....g	34.90		0	NC	4		9.89	43.63	40.83
Fiber, total dietary....g	1.0		0		4		0.3	1.3	1.2
Sugars, total....g	9.89		0	FLC	4		2.80	12.36	11.57
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1		1		2	10	9
Iron, Fe....mg	0.30		1		1		0.09	0.38	0.35
Magnesium, Mg....mg	5		0	FLA	4		1	6	6
Phosphorus, P....mg	23		0	FLA	4		7	29	27
Potassium, K....mg	50		1		1		14	63	59
Sodium, Na....mg	325		1		1		92	406	380
Zinc, Zn....mg	0.16		0	FLA	4		0.05	0.20	0.19
Copper, Cu....mg	0.046		0	FLA	4		0.013	0.058	0.054
Manganese, Mn....mg	0.176		0	FLA	4		0.050	0.220	0.206
Selenium, Se....mcg	1.4		0	FLA	4		0.4	1.8	1.6
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.7		0		4		0.8	3.4	3.2
Thiamin....mg	0.010		1		1		0.003	0.013	0.012
Riboflavin....mg	0.030		1		1		0.009	0.038	0.035
Niacin....mg	0.300		1		1		0.085	0.375	0.351
Pantothenic acid....mg	0.136		0	FLA	4		0.039	0.170	0.159
Vitamin B-6....mg	0.037	0.006	3		1		0.010	0.046	0.043
Folate, total....mcg	27		0	FLC	4		8	34	31
Folic acid....mcg	23		0		4		7	29	27
Folate, food....mcg	4		0		4		1	5	5
Folate, DFE....mcg_DFE	43		0	NC	4		12	54	50
Choline, total....mg	7.2		0	BFZN	4		2.0	9.0	8.4
Betaine....mg									
Vitamin B-12....mcg	0.01		0	FLA	4		0.00	0.01	0.01
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	44		0	NC	4		13	55	52
Retinol....mcg	41		0	FLC	4		12	51	48
Carotene, beta....mcg	39		0	FLC	4		11	48	45
Carotene, alpha....mcg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	FLC	4		0	0	0
Vitamin A, IU....IU	201		0	NC	4		57	252	236
Lycopene....mcg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin....mcg	15		0	FLC	4		4	19	18
Vitamin E (alpha-tocopherol)....mg	1.04		0	FLC	4		0.30	1.30	1.22
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	10.5		0	FLC	4		3.0	13.2	12.3
Lipids:									
Fatty acids, total saturated....g	1.679		0	FLA	4		0.476	2.099	1.964
4:0....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0....g	0.000		0	FLA	4		0.000	0.000	0.000

NDB No. 18305
Pie, blueberry, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0	FLA	4		0.000	0.000	0.000
13:0 g									
14:0 g	0.016		0	FLA	4		0.005	0.020	0.019
15:0 g									
16:0 g	1.072		0	FLA	4		0.304	1.340	1.254
17:0 g									
18:0 g	0.585		0	FLA	4		0.166	0.731	0.684
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.244		0	FLA	4		1.203	5.305	4.965
14:1 g									
15:1 g									
16:1 undifferentiated g	0.023		0	FLA	4		0.007	0.029	0.027
17:1 g									
18:1 undifferentiated g	4.215		0	FLA	4		1.195	5.269	4.932
20:1 g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	3.524		0	FLA	4		0.999	4.405	4.123
18:2 undifferentiated g	3.281		0	FLA	4		0.930	4.101	3.839
18:3 undifferentiated g	0.239		0	FLA	4		0.068	0.299	0.280
18:4 g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.025		0		1		0.007	0.031	0.029
Threonine g	0.051		0		1		0.014	0.064	0.060
Isoleucine g	0.069		0		1		0.020	0.086	0.081
Leucine g	0.125		0		1		0.035	0.156	0.146
Lysine g	0.062		0		1		0.018	0.078	0.073
Methionine g	0.031		0		1		0.009	0.039	0.036
Cystine g	0.039		0		1		0.011	0.049	0.046
Phenylalanine g	0.086		0		1		0.024	0.108	0.101
Tyrosine g	0.051		0		1		0.014	0.064	0.060
Valine g	0.080		0		1		0.023	0.100	0.094
Arginine g	0.072		0		1		0.020	0.090	0.084
Histidine g	0.037		0		1		0.010	0.046	0.043
Alanine g	0.057		0		1		0.016	0.071	0.067
Aspartic acid g	0.082		0		1		0.023	0.103	0.096
Glutamic acid g	0.580		0		1		0.164	0.725	0.679
Glycine g	0.063		0		1		0.018	0.079	0.074
Proline g	0.195		0		1		0.055	0.244	0.228
Serine g	0.094		0		1		0.027	0.118	0.110
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	FLC	4		0	0	0
Theobromine mg	0		0	FLC	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18305
Pie, blueberry, commercially prepared

Measure 1 = 28.35g: 1 oz
Measure 2 = 125g: 1 piece (1/8 of 9" dia)
Measure 3 = 117g: 1 piece (1/6 of 8" pie)

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18306
Pie, blueberry, prepared from recipe

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	51.20		0		1		14.52	75.26	
Energy kcal	245		0	NC	4		69	360	
Energy kj	1025				4		291	1507	
Protein (N x 0) g	2.70		0		1		0.77	3.97	
Total lipid (fat) g	11.90		0		1		3.37	17.49	
Ash g	0.70		0		1		0.20	1.03	
Carbohydrate, by difference g	33.50		0	NC	4		9.50	49.25	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	7		0		1		2	10	
Iron, Fe mg	1.23		0		1		0.35	1.81	
Magnesium, Mg mg	8		0		1		2	12	
Phosphorus, P mg	30		0		1		9	44	
Potassium, K mg	50		0		1		14	74	
Sodium, Na mg	185		0		1		52	272	
Zinc, Zn mg	0.20		0		1		0.06	0.29	
Copper, Cu mg	0.067		0		1		0.019	0.098	
Manganese, Mn mg	0.300		0		1		0.085	0.441	
Selenium, Se mcg	7.4		0	RK	4		2.1	10.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.7		0		1		0.2	1.0	
Thiamin mg	0.153		0		1		0.043	0.225	
Riboflavin mg	0.132		0		1		0.037	0.194	
Niacin mg	1.194		0		1		0.338	1.755	
Pantothenic acid mg	0.124		0		1		0.035	0.182	
Vitamin B-6 mg	0.034		0		1		0.010	0.050	
Folate, total mcg	23		0	RK	4		7	34	
Folic acid mcg	18		0	NC	4		5	26	
Folate, food mcg	5		0		1		1	7	
Folate, DFE mcg_DFE	36		0	NC	4		10	52	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.00		0		1		0.00	0.00	
Vitamin A, RAE mcg_RAE	2		0	NC	4		1	3	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	42		0		1		12	62	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	2.911		0		1		0.825	4.279	
4:0 g	0.000		0		1		0.000	0.000	
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.000		0		1		0.000	0.000	
13:0 g									

NDB No. 18306
Pie, blueberry, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.046		0		1		0.013	0.068	
15:0....g									
16:0....g	1.648		0		1		0.467	2.423	
17:0....g									
18:0....g	1.217		0		1		0.345	1.789	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.121		0		1		1.452	7.528	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	5.121		0		1		1.452	7.528	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.080		0		1		0.873	4.528	
18:2 undifferentiated....g	2.892		0		1		0.820	4.251	
18:3 undifferentiated....g	0.188		0		1		0.053	0.276	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3....g	0.000		0		1		0.000	0.000	
22:5 n-3....g	0.000		0		1		0.000	0.000	
22:6 n-3....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.029		0		1		0.008	0.043	
Threonine....g	0.073		0		1		0.021	0.107	
Isoleucine....g	0.090		0		1		0.026	0.132	
Leucine....g	0.179		0		1		0.051	0.263	
Lysine....g	0.057		0		1		0.016	0.084	
Methionine....g	0.046		0		1		0.013	0.068	
Cystine....g	0.051		0		1		0.014	0.075	
Phenylalanine....g	0.127		0		1		0.036	0.187	
Tyrosine....g	0.072		0		1		0.020	0.106	
Valine....g	0.108		0		1		0.031	0.159	
Arginine....g	0.113		0		1		0.032	0.166	
Histidine....g	0.056		0		1		0.016	0.082	
Alanine....g	0.091		0		1		0.026	0.134	
Aspartic acid....g	0.130		0		1		0.037	0.191	
Glutamic acid....g	0.793		0		1		0.225	1.166	
Glycine....g	0.099		0		1		0.028	0.146	
Proline....g	0.270		0		1		0.077	0.397	
Serine....g	0.124		0		1		0.035	0.182	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 147g: 1 piece (1/8 of 9" dia)

Calories Factors: Protein Fat Carbohydrate

NDB No. 18306
Pie, blueberry, prepared from recipe

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18308
Pie, cherry, commercially prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	46.20	1.634	5		1		13.10	57.75	54.05
Energy kcal	260		0	NC	4		74	325	304
Energy kj	1088		0		4		308	1360	1273
Protein (N x 5.8) g	2.00	0.188	5		1		0.57	2.50	2.34
Total lipid (fat) g	11.00	0.555	6		1		3.12	13.75	12.87
Ash g	0.90	0.042	7		1		0.26	1.13	1.05
Carbohydrate, by difference g	39.80		0		4		11.28	49.75	46.57
Fiber, total dietary g	0.8		0		4		0.2	1.0	0.9
Sugars, total g	14.29		0	FLC	4		4.05	17.87	16.72
Starch g									
Minerals:									
Calcium, Ca mg	12	2.275	5		1		3	15	14
Iron, Fe mg	0.48	0.099	5		1		0.14	0.60	0.56
Magnesium, Mg mg	8		2		1		2	10	9
Phosphorus, P mg	29		2		1		8	36	34
Potassium, K mg	81	8.946	5		1		23	101	95
Sodium, Na mg	246	43.379	5		1		70	308	288
Zinc, Zn mg	0.18	0.102	3		1		0.05	0.23	0.21
Copper, Cu mg	0.040		2		1		0.011	0.050	0.047
Manganese, Mn mg	0.140		2		1		0.040	0.175	0.164
Selenium, Se mcg	1.2		0	FLA	4		0.3	1.5	1.4
Vitamins:									
Vitamin C, total ascorbic acid mg	0.9		0	FLA	4		0.3	1.1	1.1
Thiamin mg	0.023	0.002	11		1		0.007	0.029	0.027
Riboflavin mg	0.029	0.008	11		1		0.008	0.036	0.034
Niacin mg	0.200	0.028	11		1		0.057	0.250	0.234
Pantothenic acid mg	0.319	0.019	8		1		0.090	0.399	0.373
Vitamin B-6 mg	0.041	0.000	8		1		0.012	0.051	0.048
Folate, total mcg	27		0	FLC	4		8	34	31
Folic acid mcg	19		0		4		5	24	22
Folate, food mcg	8	0.498	8		1		2	10	9
Folate, DFE mcg_DFE	40		0	NC	4		11	50	47
Choline, total mg	7.2		0	BFZN	4		2.0	9.0	8.4
Betaine mg									
Vitamin B-12 mcg	0.01		0	FLA	4		0.00	0.01	0.01
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	52		0	NC	4		15	64	60
Retinol mcg	46		0	FLC	4		13	57	54
Carotene, beta mcg	69		0	FLC	4		19	86	80
Carotene, alpha mcg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta mcg	0		0	FLC	4		0	0	0
Vitamin A, IU IU	267		0	NC	4		76	334	313
Lycopene mcg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin mcg	20		0	FLC	4		6	24	23
Vitamin E (alpha-tocopherol) mg	0.76		0	FLC	4		0.22	0.95	0.89
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	7.6		0	FLC	4		2.2	9.6	8.9
Lipids:									
Fatty acids, total saturated g	2.562		0	FLA	4		0.726	3.203	2.998
4:0 g	0.000		0	FLA	4		0.000	0.000	0.000
6:0 g	0.000		0	FLA	4		0.000	0.000	0.000
8:0 g	0.000		0	FLA	4		0.000	0.000	0.000
10:0 g	0.000		0	FLA	4		0.000	0.000	0.000

NDB No. 18308
Pie, cherry, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0	FLA	4		0.000	0.000	0.000
13:0 g									
14:0 g	0.042		0	FLA	4		0.012	0.053	0.049
15:0 g									
16:0 g	1.380		0	FLA	4		0.391	1.725	1.615
17:0 g									
18:0 g	1.138		0	FLA	4		0.323	1.423	1.331
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.837		0	FLA	4		1.655	7.296	6.829
14:1 g									
15:1 g									
16:1 undifferentiated g	0.013		0	FLA	4		0.004	0.016	0.015
17:1 g									
18:1 undifferentiated g	5.825		0	FLA	4		1.651	7.281	6.815
20:1 g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	2.055		0	FLA	4		0.583	2.569	2.404
18:2 undifferentiated g	1.917		0	FLA	4		0.543	2.396	2.243
18:3 undifferentiated g	0.138		0	FLA	4		0.039	0.173	0.161
18:4 g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.028		0		4		0.008	0.035	0.033
Threonine g	0.078		0		4		0.022	0.098	0.091
Isoleucine g	0.103		0		4		0.029	0.129	0.121
Leucine g	0.173		0		4		0.049	0.216	0.202
Lysine g	0.120		0		4		0.034	0.150	0.140
Methionine g	0.043		0		4		0.012	0.054	0.050
Cystine g	0.031		0		4		0.009	0.039	0.036
Phenylalanine g	0.099		0		4		0.028	0.124	0.116
Tyrosine g	0.080		0		4		0.023	0.100	0.094
Valine g	0.119		0		4		0.034	0.149	0.139
Arginine g	0.102		0		4		0.029	0.128	0.119
Histidine g	0.050		0		4		0.014	0.063	0.059
Alanine g	0.072		0		4		0.020	0.090	0.084
Aspartic acid g	0.136		0		4		0.039	0.170	0.159
Glutamic acid g	0.518		0		4		0.147	0.648	0.606
Glycine g	0.059		0		4		0.017	0.074	0.069
Proline g	0.196		0		4		0.056	0.245	0.229
Serine g	0.108		0		4		0.031	0.135	0.126
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	FLC	4		0	0	0
Theobromine mg	0		0	FLC	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18308
Pie, cherry, commercially prepared

Measure 1 = 28.35g: 1 oz
Measure 2 = 125g: 1 piece (1/8 of 9" dia)
Measure 3 = 117g: 1 piece (1/6 of 8" pie)

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18309
Pie, cherry, prepared from recipe

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	45.80		0		1		12.98	82.44	
Energy kcal	270		0	NC	4		77	486	
Energy kj	1130				4		320	2033	
Protein (N x 0) g	2.80		0		1		0.79	5.04	
Total lipid (fat) g	12.20		0		1		3.46	21.96	
Ash g	0.70		0		1		0.20	1.26	
Carbohydrate, by difference g	38.50		0	NC	4		10.91	69.30	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	10		0		1		3	18	
Iron, Fe mg	1.85		0		1		0.52	3.33	
Magnesium, Mg mg	9		0		1		3	16	
Phosphorus, P mg	30		0		1		9	54	
Potassium, K mg	77		0		1		22	139	
Sodium, Na mg	191		0		1		54	344	
Zinc, Zn mg	0.20		0		1		0.06	0.36	
Copper, Cu mg	0.077		0		1		0.022	0.139	
Manganese, Mn mg	0.200		0		1		0.057	0.360	
Selenium, Se mcg	7.8		0	RK	4		2.2	14.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	1.0		0		1		0.3	1.8	
Thiamin mg	0.148		0		1		0.042	0.266	
Riboflavin mg	0.125		0		1		0.035	0.225	
Niacin mg	1.276		0		1		0.362	2.297	
Pantothenic acid mg	0.123		0		1		0.035	0.221	
Vitamin B-6 mg	0.034		0		1		0.010	0.061	
Folate, total mcg	27		0	RK	4		8	49	
Folic acid mcg	20		0	NC	4		6	36	
Folate, food mcg	7		0		1		2	13	
Folate, DFE mcg_DFE	41		0	NC	4		12	74	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.00		0		1		0.00	0.00	
Vitamin A, RAE mcg_RAE	29		0	NC	4		8	51	
Retinol mcg	9		0	NC	4		3	16	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	409		0		1		116	736	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	2.985		0		1		0.846	5.373	
4:0 g	0.000		0		1		0.000	0.000	
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.000		0		1		0.000	0.000	
13:0 g									

NDB No. 18309
Pie, cherry, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.047		0		1		0.013	0.085	
15:0....g									
16:0....g	1.700		0		1		0.482	3.060	
17:0....g									
18:0....g	1.238		0		1		0.351	2.228	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.314		0		1		1.507	9.565	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	5.314		0		1		1.507	9.565	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.247		0		1		0.921	5.845	
18:2 undifferentiated....g	3.045		0		1		0.863	5.481	
18:3 undifferentiated....g	0.202		0		1		0.057	0.364	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3....g	0.000		0		1		0.000	0.000	
22:5 n-3....g	0.000		0		1		0.000	0.000	
22:6 n-3....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.031		0		1		0.009	0.056	
Threonine....g	0.072		0		1		0.020	0.130	
Isoleucine....g	0.088		0		1		0.025	0.158	
Leucine....g	0.170		0		1		0.048	0.306	
Lysine....g	0.067		0		1		0.019	0.121	
Methionine....g	0.043		0		1		0.012	0.077	
Cystine....g	0.050		0		1		0.014	0.090	
Phenylalanine....g	0.124		0		1		0.035	0.223	
Tyrosine....g	0.075		0		1		0.021	0.135	
Valine....g	0.104		0		1		0.029	0.187	
Arginine....g	0.100		0		1		0.028	0.180	
Histidine....g	0.057		0		1		0.016	0.103	
Alanine....g	0.086		0		1		0.024	0.155	
Aspartic acid....g	0.341		0		1		0.097	0.614	
Glutamic acid....g	0.791		0		1		0.224	1.424	
Glycine....g	0.092		0		1		0.026	0.166	
Proline....g	0.280		0		1		0.079	0.504	
Serine....g	0.128		0		1		0.036	0.230	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 180g: 1 piece (1/8 of 9" dia)

Calories Factors: Protein Fat Carbohydrate

NDB No. 18309
Pie, cherry, prepared from recipe

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18310
Pie, chocolate creme, commercially prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	43.50	1.656	5		1		12.33	43.07	49.16
Energy kcal	304		0	NC	4		86	301	344
Energy kj	1272				4		361	1259	1437
Protein (N x 5.7) g	2.60	0.276	5		1		0.74	2.57	2.94
Total lipid (fat) g	19.40	1.816	6		1		5.50	19.21	21.92
Ash g	0.80	0.032	7		1		0.23	0.79	0.90
Carbohydrate, by difference g	33.60		0		4		9.53	33.26	37.97
Fiber, total dietary g	2.0		0		4		0.6	2.0	2.3
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	36	9.208	5		1		10	36	41
Iron, Fe mg	1.07	0.129	5		1		0.30	1.06	1.21
Magnesium, Mg mg	21	3.096	4		1		6	21	24
Phosphorus, P mg	68	5.831	4		1		19	67	77
Potassium, K mg	127	26.951	5		1		36	126	144
Sodium, Na mg	136	36.259	5		1		39	135	154
Zinc, Zn mg	0.23		2		1		0.07	0.23	0.26
Copper, Cu mg	0.050		2		1		0.014	0.050	0.057
Manganese, Mn mg	0.200		2		1		0.057	0.198	0.226
Selenium, Se mcg	7.5		0	FLA	4		2.1	7.4	8.5
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin mg	0.036	0.002	11		1		0.010	0.036	0.041
Riboflavin mg	0.107	0.008	11		1		0.030	0.106	0.121
Niacin mg	0.678	0.055	11		1		0.192	0.671	0.766
Pantothenic acid mg	0.393	0.019	8		1		0.111	0.389	0.444
Vitamin B-6 mg	0.020	0.000	8		1		0.006	0.020	0.023
Folate, total mcg	13		0	FLA	4		4	13	15
Folic acid mcg	6		0	NC	4		2	6	7
Folate, food mcg	7	0.346	8		1		2	7	8
Folate, DFE mcg_DFE	17		0	NC	4		5	17	19
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.01		0	FLA	4		0.00	0.01	0.01
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	0
Retinol mcg	0		0	Z	7		0	0	0
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	0		0	FLA	4		0	0	0
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	4.968		0	FLA	4		1.408	4.918	5.614
4:0 g	0.000		0	FLA	4		0.000	0.000	0.000
6:0 g	0.000		0	FLA	4		0.000	0.000	0.000
8:0 g	0.002		0	FLA	4		0.001	0.002	0.002
10:0 g	0.000		0	FLA	4		0.000	0.000	0.000
12:0 g	0.000		0	FLA	4		0.000	0.000	0.000
13:0 g									

NDB No. 18310

Pie, chocolate creme, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.096		0	FLA	4		0.027	0.095	0.108
15:0....g									
16:0....g	2.535		0	FLA	4		0.719	2.510	2.865
17:0....g									
18:0....g	2.331		0	FLA	4		0.661	2.308	2.634
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	11.117		0	FLA	4		3.152	11.006	12.562
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0	FLA	4		0.001	0.002	0.002
17:1....g									
18:1 undifferentiated....g	1.116		0	FLA	4		0.316	1.105	1.261
20:1....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.398		0	FLA	4		0.680	2.374	2.710
18:2 undifferentiated....g	2.278		0	FLA	4		0.646	2.255	2.574
18:3 undifferentiated....g	0.120		0	FLA	4		0.034	0.119	0.136
18:4....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	5		2		1		1	5	6
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.034		0		4		0.010	0.034	0.038
Threonine....g	0.088		0		4		0.025	0.087	0.099
Isoleucine....g	0.095		0		4		0.027	0.094	0.107
Leucine....g	0.165		0		4		0.047	0.163	0.186
Lysine....g	0.113		0		4		0.032	0.112	0.128
Methionine....g	0.035		0		4		0.010	0.035	0.040
Cystine....g	0.042		0		4		0.012	0.042	0.047
Phenylalanine....g	0.113		0		4		0.032	0.112	0.128
Tyrosine....g	0.072		0		4		0.020	0.071	0.081
Valine....g	0.125		0		4		0.035	0.124	0.141
Arginine....g	0.137		0		4		0.039	0.136	0.155
Histidine....g	0.048		0		4		0.014	0.048	0.054
Alanine....g	0.127		0		4		0.036	0.126	0.144
Aspartic acid....g	0.184		0		4		0.052	0.182	0.208
Glutamic acid....g	0.605		0		4		0.172	0.599	0.684
Glycine....g	0.180		0		4		0.051	0.178	0.203
Proline....g	0.245		0		4		0.069	0.243	0.277
Serine....g	0.120		0		4		0.034	0.119	0.136
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0
Theobromine....mg	13		0	FLA	4		4	13	15

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18310

Pie, chocolate creme, commercially prepared

Measure 2 = 99g: 1 piece (1/4 of 6" pie)

Measure 3 = 113g: 1 piece (1/6 of 8" pie)

Calories Factors: **Protein** 3.3 **Fat** 8.8 **Carbohydrate** 3.7

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18312

Pie, chocolate mousse, prepared from mix, no-bake type

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	49.70		1		1		14.09	47.22	
Energy kcal	260		0		4		74	247	
Energy kj	1088				4		308	1033	
Protein (N x 6) g	3.50		1		1		0.99	3.33	
Total lipid (fat) g	15.40		1		1		4.37	14.63	
Ash g	1.70		1		1		0.48	1.62	
Carbohydrate, by difference g	29.60		0	NC	4		8.39	28.12	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	77		1		1		22	73	
Iron, Fe mg	1.08		1		1		0.31	1.03	
Magnesium, Mg mg	32		1		1		9	30	
Phosphorus, P mg	231		1		1		65	219	
Potassium, K mg	285		1		1		81	271	
Sodium, Na mg	460		1		1		130	437	
Zinc, Zn mg	0.60		1		1		0.17	0.57	
Copper, Cu mg	0.203		1		1		0.058	0.193	
Manganese, Mn mg	0.125		0	FLA	4		0.035	0.119	
Selenium, Se mcg	6.1		0	FLA	4		1.7	5.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.5		1		1		0.1	0.5	
Thiamin mg	0.051		1		1		0.014	0.048	
Riboflavin mg	0.147		1		1		0.042	0.140	
Niacin mg	0.595		1		1		0.169	0.565	
Pantothenic acid mg	0.202		1		1		0.057	0.192	
Vitamin B-6 mg	0.029		1		1		0.008	0.028	
Folate, total mcg	26		0	FLA	4		7	25	
Folic acid mcg	23		0	NC	4		7	22	
Folate, food mcg	3		1		1		1	3	
Folate, DFE mcg_DFE	42		0	NC	4		12	40	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.21		1		1		0.06	0.20	
Vitamin A, RAE mcg_RAE	124		0	NC	4		35	118	
Retinol mcg	124		0	NC	4		35	118	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	413		1		1		117	392	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	8.195		0		1		2.323	7.785	
4:0 g	0.387		0	FLA	4		0.110	0.368	
6:0 g	0.229		0	FLA	4		0.065	0.218	
8:0 g	0.133		0	FLA	4		0.038	0.126	
10:0 g	0.299		0	FLA	4		0.085	0.284	
12:0 g	0.335		0	FLA	4		0.095	0.318	
13:0 g									

NDB No. 18312

Pie, chocolate mousse, prepared from mix, no-bake type

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0 g	1.214		0	FLA	4		0.344	1.153	
15:0 g									
16:0 g	3.697		0	FLA	4		1.048	3.512	
17:0 g									
18:0 g	1.996		0	FLA	4		0.566	1.896	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.084		0		1		1.441	4.830	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.267		0	FLA	4		0.076	0.254	
17:1 g									
18:1 undifferentiated g	4.732		0	FLA	4		1.342	4.495	
20:1 g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.814		0		1		0.231	0.773	
18:2 undifferentiated g	0.633		0	FLA	4		0.179	0.601	
18:3 undifferentiated g	0.192		0	FLA	4		0.054	0.182	
18:4 g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	35		0	FLA	4		10	33	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.048		0		1		0.014	0.046	
Threonine g	0.139		0		1		0.039	0.132	
Isoleucine g	0.165		0		1		0.047	0.157	
Leucine g	0.278		0		1		0.079	0.264	
Lysine g	0.201		0		1		0.057	0.191	
Methionine g	0.062		0		1		0.018	0.059	
Cystine g	0.050		0		1		0.014	0.048	
Phenylalanine g	0.166		0		1		0.047	0.158	
Tyrosine g	0.133		0		1		0.038	0.126	
Valine g	0.190		0		1		0.054	0.181	
Arginine g	0.167		0		1		0.047	0.159	
Histidine g	0.082		0		1		0.023	0.078	
Alanine g	0.133		0		1		0.038	0.126	
Aspartic acid g	0.284		0		1		0.081	0.270	
Glutamic acid g	0.769		0		1		0.218	0.731	
Glycine g	0.115		0		1		0.033	0.109	
Proline g	0.283		0		1		0.080	0.269	
Serine g	0.178		0		1		0.050	0.169	
Hydroxyproline g									
Others:									
Alcohol, ethyl g									
Caffeine mg	1		0	FLA	4		0	1	
Theobromine mg	8		0	FLA	4		2	8	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18312

Pie, chocolate mousse, prepared from mix, no-bake type

Measure 2 = 95g: 1 piece (1/8 of 9" dia)

Calories Factors: **Protein** 3.7 **Fat** 8.7 **Carbohydrate** 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18314

Pie, coconut cream, prepared from mix, no-bake type

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	49.70		1		1		14.09	46.72	
Energy kcal	276		0	NC	4		78	259	
Energy kj	1155				4		327	1085	
Protein (N x 6.1) g	2.80		1		1		0.79	2.63	
Total lipid (fat) g	17.60		1		1		4.99	16.54	
Ash g	1.30		1		1		0.37	1.22	
Carbohydrate, by difference g	28.50		0	NC	4		8.08	26.79	
Fiber, total dietary g	0.5		0		4		0.1	0.5	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	72		1		1		20	68	
Iron, Fe mg	0.40		1		1		0.11	0.38	
Magnesium, Mg mg	17		1		1		5	16	
Phosphorus, P mg	169		1		1		48	159	
Potassium, K mg	141		1		1		40	133	
Sodium, Na mg	329		1		1		93	309	
Zinc, Zn mg	0.38		1		1		0.11	0.36	
Copper, Cu mg	0.080		1		1		0.023	0.075	
Manganese, Mn mg	0.190		0		4		0.054	0.179	
Selenium, Se mcg	5.0		0	FLA	4		1.4	4.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.6		1		1		0.2	0.6	
Thiamin mg	0.028		1		1		0.008	0.026	
Riboflavin mg	0.104		1		1		0.029	0.098	
Niacin mg	0.132		1		1		0.037	0.124	
Pantothenic acid mg	0.257		1		1		0.073	0.242	
Vitamin B-6 mg	0.045		1		1		0.013	0.042	
Folate, total mcg	15		0	FLA	4		4	14	
Folic acid mcg	11		0	NC	4		3	10	
Folate, food mcg	4		1		1		1	4	
Folate, DFE mcg_DFE	23		0	NC	4		6	21	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.21		1		1		0.06	0.20	
Vitamin A, RAE mcg_RAE	95		0	NC	4		27	89	
Retinol mcg	90		0	NC	4		26	85	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	405		1		1		115	381	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	8.934		0	FLA	4		2.533	8.398	
4:0 g	0.248		0	FLA	4		0.070	0.233	
6:0 g	0.162		0	FLA	4		0.046	0.152	
8:0 g	0.266		0	FLA	4		0.075	0.250	
10:0 g	0.336		0	FLA	4		0.095	0.316	
12:0 g	1.362		0	FLA	4		0.386	1.280	
13:0 g									

NDB No. 18314

Pie, coconut cream, prepared from mix, no-bake type

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	1.259		0	FLA	4		0.357	1.183	
15:0....g									
16:0....g	3.191		0	FLA	4		0.905	3.000	
17:0....g									
18:0....g	1.944		0	FLA	4		0.551	1.827	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.554		0	FLA	4		1.858	6.161	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.171		0	FLA	4		0.048	0.161	
17:1....g									
18:1 undifferentiated....g	6.269		0	FLA	4		1.777	5.893	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.217		0	FLA	4		0.345	1.144	
18:2 undifferentiated....g	1.060		0	FLA	4		0.301	0.996	
18:3 undifferentiated....g	0.157		0	FLA	4		0.045	0.148	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	23		0	FLA	4		7	22	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.037		0		1		0.010	0.035	
Threonine....g	0.110		0		1		0.031	0.103	
Isoleucine....g	0.137		0		1		0.039	0.129	
Leucine....g	0.236		0		1		0.067	0.222	
Lysine....g	0.159		0		1		0.045	0.149	
Methionine....g	0.059		0		1		0.017	0.055	
Cystine....g	0.041		0		1		0.012	0.039	
Phenylalanine....g	0.130		0		1		0.037	0.122	
Tyrosine....g	0.108		0		1		0.031	0.102	
Valine....g	0.154		0		1		0.044	0.145	
Arginine....g	0.119		0		1		0.034	0.112	
Histidine....g	0.067		0		1		0.019	0.063	
Alanine....g	0.097		0		1		0.027	0.091	
Aspartic acid....g	0.184		0		1		0.052	0.173	
Glutamic acid....g	0.690		0		1		0.196	0.649	
Glycine....g	0.076		0		1		0.022	0.071	
Proline....g	0.268		0		1		0.076	0.252	
Serine....g	0.143		0		1		0.041	0.134	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 94g: 1 piece (1/8 of 9" dia)

Calories Factors: **Protein** 4.1 **Fat** 8.7 **Carbohydrate** 3.9

NDB No. 18314

Pie, coconut cream, prepared from mix, no-bake type

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18313
Pie, coconut creme, commercially prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	43.20		1		1		12.25	27.65	20.74
Energy kcal	298		0	NC	4		84	191	143
Energy kj	1247		0		4		353	798	598
Protein (N x 6) g	2.10		1		1		0.60	1.34	1.01
Total lipid (fat) g	16.60		1		1		4.71	10.62	7.97
Ash g	0.80		1		1		0.23	0.51	0.38
Carbohydrate, by difference g	37.20		0		4		10.55	23.81	17.86
Fiber, total dietary g	1.3		0		4		0.4	0.8	0.6
Sugars, total g	36.27		0	FLC	4		10.28	23.21	17.41
Starch g									
Minerals:									
Calcium, Ca mg	29		1		1		8	19	14
Iron, Fe mg	0.80		1		1		0.23	0.51	0.38
Magnesium, Mg mg	20		0		4		6	13	10
Phosphorus, P mg	85		0		4		24	54	41
Potassium, K mg	65		1		1		18	42	31
Sodium, Na mg	255		1		1		72	163	122
Zinc, Zn mg	0.47		0	FLA	4		0.13	0.30	0.23
Copper, Cu mg	0.068		0	FLA	4		0.019	0.044	0.033
Manganese, Mn mg	0.438		0	FLA	4		0.124	0.280	0.210
Selenium, Se mcg	5.3		0	FLA	4		1.5	3.4	2.5
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1		1		0.0	0.0	0.0
Thiamin mg	0.050		1		1		0.014	0.032	0.024
Riboflavin mg	0.080		1		1		0.023	0.051	0.038
Niacin mg	0.200		1		1		0.057	0.128	0.096
Pantothenic acid mg	0.240		0	FLA	4		0.068	0.154	0.115
Vitamin B-6 mg	0.068		0		4		0.019	0.044	0.033
Folate, total mcg	7		0	FLA	4		2	4	3
Folic acid mcg	2		0	NC	4		1	1	1
Folate, food mcg	5		0		4		1	3	2
Folate, DFE mcg_DFE	8		0	NC	4		2	5	4
Choline, total mg	8.5		0	FLC	4		2.4	5.4	4.1
Betaine mg									
Vitamin B-12 mcg	0.12		0	FLA	4		0.03	0.08	0.06
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	27		0	NC	4		8	17	13
Retinol mcg	27		0	FLC	4		8	17	13
Carotene, beta mcg	0		0	FLC	4		0	0	0
Carotene, alpha mcg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta mcg	0		0	FLC	4		0	0	0
Vitamin A, IU IU	90		0	NC	4		26	58	43
Lycopene mcg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin mcg	0		0	FLC	4		0	0	0
Vitamin E (alpha-tocopherol) mg	0.15		0	FLC	4		0.04	0.09	0.07
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	5.3		0	FLC	4		1.5	3.4	2.5
Lipids:									
Fatty acids, total saturated g	6.976		0	FLA	4		1.978	4.465	3.348
4:0 g	0.001		0	FLA	4		0.000	0.001	0.000
6:0 g	0.025		0	FLA	4		0.007	0.016	0.012
8:0 g	0.303		0	FLA	4		0.086	0.194	0.145
10:0 g	0.241		0	FLA	4		0.068	0.154	0.116

NDB No. 18313

Pie, coconut creme, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	1.917		0	FLA	4		0.543	1.227	0.920
13:0 g									
14:0 g	0.820		0	FLA	4		0.232	0.525	0.394
15:0 g									
16:0 g	1.967		0	FLA	4		0.558	1.259	0.944
17:0 g									
18:0 g	1.700		0	FLA	4		0.482	1.088	0.816
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.260		0	FLA	4		2.058	4.646	3.485
14:1 g									
15:1 g									
16:1 undifferentiated g	0.001		0	FLA	4		0.000	0.001	0.000
17:1 g									
18:1 undifferentiated g	7.258		0	FLA	4		2.058	4.645	3.484
20:1 g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	1.544		0	FLA	4		0.438	0.988	0.741
18:2 undifferentiated g	1.469		0	FLA	4		0.416	0.940	0.705
18:3 undifferentiated g	0.075		0	FLA	4		0.021	0.048	0.036
18:4 g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		1		1		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.029		0		4		0.008	0.019	0.014
Threonine g	0.078		0		4		0.022	0.050	0.037
Isoleucine g	0.103		0		4		0.029	0.066	0.049
Leucine g	0.174		0		4		0.049	0.111	0.084
Lysine g	0.119		0		4		0.034	0.076	0.057
Methionine g	0.043		0		4		0.012	0.028	0.021
Cystine g	0.030		0		4		0.009	0.019	0.014
Phenylalanine g	0.098		0		4		0.028	0.063	0.047
Tyrosine g	0.081		0		4		0.023	0.052	0.039
Valine g	0.120		0		4		0.034	0.077	0.058
Arginine g	0.108		0		4		0.031	0.069	0.052
Histidine g	0.051		0		4		0.014	0.033	0.024
Alanine g	0.074		0		4		0.021	0.047	0.036
Aspartic acid g	0.140		0		4		0.040	0.090	0.067
Glutamic acid g	0.507		0		4		0.144	0.324	0.243
Glycine g	0.060		0		4		0.017	0.038	0.029
Proline g	0.191		0		4		0.054	0.122	0.092
Serine g	0.107		0		4		0.030	0.068	0.051
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	FLC	4		0	0	0
Theobromine mg	0		0	FLC	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18313

Pie, coconut creme, commercially prepared

Measure 1 = 28.35g: 1 oz

Measure 2 = 64g: 1 piece (1/6 of 7" pie)

Measure 3 = 48g: 1 piece (1/8 of 7" pie)

Calories Factors: **Protein** 4 **Fat** 8.7 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18316
Pie, coconut custard, commercially prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	49.20	3.683	3		1		13.95	51.17	
Energy kcal	260		0	NC	4		74	270	
Energy kj	1088				4		308	1131	
Protein (N x 6) g	5.90	0.055	3		1		1.67	6.14	
Total lipid (fat) g	13.20	1.617	3		1		3.74	13.73	
Ash g	1.40	0.030	3		1		0.40	1.46	
Carbohydrate, by difference g	30.20		0	NC	4		8.56	31.41	
Fiber, total dietary g	1.8		0		1		0.5	1.9	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	81	0.000	3		1		23	84	
Iron, Fe mg	0.80	0.049	3		1		0.23	0.83	
Magnesium, Mg mg	18		2		1		5	19	
Phosphorus, P mg	122		2		1		35	127	
Potassium, K mg	175		1		1		50	182	
Sodium, Na mg	335	12.583	3		1		95	348	
Zinc, Zn mg	0.68		2		1		0.19	0.71	
Copper, Cu mg	0.063		2		1		0.018	0.066	
Manganese, Mn mg	0.210		2		1		0.060	0.218	
Selenium, Se mcg	6.4		0	FLA	4		1.8	6.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.6		0	FLA	4		0.2	0.6	
Thiamin mg	0.088	0.043	4		1		0.025	0.092	
Riboflavin mg	0.148	0.026	4		1		0.042	0.154	
Niacin mg	0.403	0.048	3		1		0.114	0.419	
Pantothenic acid mg	0.238		0		4		0.067	0.248	
Vitamin B-6 mg	0.011		1		1		0.003	0.011	
Folate, total mcg	13		0	FLA	4		4	14	
Folic acid mcg	9		0	NC	4		3	9	
Folate, food mcg	4		0		4		1	4	
Folate, DFE mcg_DFE	19		0	NC	4		5	20	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.09		0		4		0.03	0.09	
Vitamin A, RAE mcg_RAE	26		0	NC	4		7	27	
Retinol mcg	24		0	NC	4		7	25	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	110		1		1		31	114	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	5.854		0	FLA	4		1.660	6.088	
4:0 g	0.054		0	FLA	4		0.015	0.056	
6:0 g	0.049		0	FLA	4		0.014	0.051	
8:0 g	0.228		0	FLA	4		0.065	0.237	
10:0 g	0.208		0	FLA	4		0.059	0.216	
12:0 g	1.368		0	FLA	4		0.388	1.423	
13:0 g									

NDB No. 18316

Pie, coconut custard, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.732		0	FLA	4		0.208	0.761	
15:0....g									
16:0....g	1.805		0	FLA	4		0.512	1.877	
17:0....g									
18:0....g	1.373		0	FLA	4		0.389	1.428	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.495		0	FLA	4		1.558	5.715	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.038		0	FLA	4		0.011	0.040	
17:1....g									
18:1 undifferentiated....g	5.431		0	FLA	4		1.540	5.648	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.170		0	FLA	4		0.332	1.217	
18:2 undifferentiated....g	1.092		0	FLA	4		0.310	1.136	
18:3 undifferentiated....g	0.078		0	FLA	4		0.022	0.081	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	35		2		1		10	36	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.079		0		1		0.022	0.082	
Threonine....g	0.216		0		1		0.061	0.225	
Isoleucine....g	0.286		0		1		0.081	0.297	
Leucine....g	0.482		0		1		0.137	0.501	
Lysine....g	0.335		0		1		0.095	0.348	
Methionine....g	0.121		0		1		0.034	0.126	
Cystine....g	0.085		0		1		0.024	0.088	
Phenylalanine....g	0.274		0		1		0.078	0.285	
Tyrosine....g	0.224		0		1		0.064	0.233	
Valine....g	0.330		0		1		0.094	0.343	
Arginine....g	0.284		0		1		0.081	0.295	
Histidine....g	0.140		0		1		0.040	0.146	
Alanine....g	0.199		0		1		0.056	0.207	
Aspartic acid....g	0.378		0		1		0.107	0.393	
Glutamic acid....g	1.441		0		1		0.409	1.499	
Glycine....g	0.164		0		1		0.046	0.171	
Proline....g	0.546		0		1		0.155	0.568	
Serine....g	0.301		0		1		0.085	0.313	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 104g: 1 piece (1/6 of 8" pie)

Calories Factors: **Protein** 4.1 **Fat** 8.7 **Carbohydrate** 4

NDB No. 18316
Pie, coconut custard, commercially prepared

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18317
Pie, egg custard, commercially prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.90	1.930	4		1		17.27	63.95	
Energy....kcal	210		0	NC	4		60	221	
Energy....kj	879		0		4		249	923	
Protein (N x 6.2)....g	5.50	0.196	6		1		1.56	5.78	
Total lipid (fat)....g	11.60	0.241	6		1		3.29	12.18	
Ash....g	1.30	0.090	8		1		0.37	1.37	
Carbohydrate, by difference....g	20.80		0	NC	4		5.90	21.84	
Fiber, total dietary....g	1.6		0		1		0.5	1.7	
Sugars, total....g	11.58		0	FLC	4		3.28	12.16	
Starch....g									
Minerals:									
Calcium, Ca....mg	80	12.917	4		1		23	84	
Iron, Fe....mg	0.58	0.134	4		1		0.16	0.61	
Magnesium, Mg....mg	11	1.997	3		1		3	12	
Phosphorus, P....mg	112	4.648	3		1		32	118	
Potassium, K....mg	106	23.552	4		1		30	111	
Sodium, Na....mg	240	42.840	4		1		68	252	
Zinc, Zn....mg	0.52	0.098	3		1		0.15	0.55	
Copper, Cu....mg	0.024	0.024	3		1		0.007	0.025	
Manganese, Mn....mg	0.060	0.010	3		1		0.017	0.063	
Selenium, Se....mcg	7.1		0	FLA	4		2.0	7.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6		0	FLA	4		0.2	0.6	
Thiamin....mg	0.039	0.008	11		1		0.011	0.041	
Riboflavin....mg	0.208	0.008	11		1		0.059	0.218	
Niacin....mg	0.292	0.099	11		1		0.083	0.307	
Pantothenic acid....mg	0.662	0.039	11		1		0.188	0.695	
Vitamin B-6....mg	0.048	0.001	10		1		0.014	0.050	
Folate, total....mcg	20	0.407	8		1		6	21	
Folic acid....mcg	0		0		4		0	0	
Folate, food....mcg	20	0.407	8		1		6	21	
Folate, DFE....mcg_DFE	20		0	NC	4		6	21	
Choline, total....mg	38.0		0	FLC	4		10.8	39.9	
Betaine....mg									
Vitamin B-12....mcg	0.43	0.034	9		1		0.12	0.45	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	57		0	NC	4		16	60	
Retinol....mcg	57		0	FLC	4		16	59	
Carotene, beta....mcg	9		0	FLC	4		2	9	
Carotene, alpha....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....mcg	1		0	FLC	4		0	1	
Vitamin A, IU....IU	204		0	NC	4		58	215	
Lycopene....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....mcg	50		0	FLC	4		14	52	
Vitamin E (alpha-tocopherol)....mg	0.94		0	FLC	4		0.27	0.99	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	3.2		0	FLC	4		0.9	3.3	
Lipids:									
Fatty acids, total saturated....g	2.349		0	FLA	4		0.666	2.466	
4:0....g	0.024		0	FLA	4		0.007	0.025	
6:0....g	0.011		0	FLA	4		0.003	0.012	
8:0....g	0.008		0	FLA	4		0.002	0.008	
10:0....g	0.018		0	FLA	4		0.005	0.019	

NDB No. 18317

Pie, egg custard, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.019		0	FLA	4		0.005	0.020	
13:0 g									
14:0 g	0.088		0	FLA	4		0.025	0.092	
15:0 g									
16:0 g	1.469		0	FLA	4		0.416	1.542	
17:0 g									
18:0 g	0.685		0	FLA	4		0.194	0.719	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.797		0	FLA	4		1.360	5.037	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.099		0	FLA	4		0.028	0.104	
17:1 g									
18:1 undifferentiated g	4.673		0	FLA	4		1.325	4.907	
20:1 g	0.004		0	FLA	4		0.001	0.004	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	3.723		0	FLA	4		1.055	3.909	
18:2 undifferentiated g	3.438		0	FLA	4		0.975	3.610	
18:3 undifferentiated g	0.249		0	FLA	4		0.071	0.261	
18:4 g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.021		0	FLA	4		0.006	0.022	
20:5 n-3 g	0.001		0	FLA	4		0.000	0.001	
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 g	0.006		0	FLA	4		0.002	0.006	
Fatty acids, total trans g									
Cholesterol mg	33	5.933	6		1		9	35	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.071		0		1		0.020	0.075	
Threonine g	0.225		0		1		0.064	0.236	
Isoleucine g	0.281		0		1		0.080	0.295	
Leucine g	0.455		0		1		0.129	0.478	
Lysine g	0.348		0		1		0.099	0.365	
Methionine g	0.138		0		1		0.039	0.145	
Cystine g	0.099		0		1		0.028	0.104	
Phenylalanine g	0.269		0		1		0.076	0.282	
Tyrosine g	0.214		0		1		0.061	0.225	
Valine g	0.315		0		1		0.089	0.331	
Arginine g	0.251		0		1		0.071	0.264	
Histidine g	0.127		0		1		0.036	0.133	
Alanine g	0.229		0		1		0.065	0.240	
Aspartic acid g	0.421		0		1		0.119	0.442	
Glutamic acid g	1.085		0		1		0.308	1.139	
Glycine g	0.159		0		1		0.045	0.167	
Proline g	0.400		0		1		0.113	0.420	
Serine g	0.334		0		1		0.095	0.351	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLC	4		0	0	
Theobromine mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18317

Pie, egg custard, commercially prepared

Measure 1 = 28.35g: 1 oz

Measure 2 = 105g: 1 piece (1/6 of 8" pie)

Calories Factors: **Protein** 4.3 **Fat** 8.9 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18444
Pie, fried pies, cherry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	37.60	0.542	28		1		10.66	48.13	
Energy kcal	316		0	NC	4		90	404	
Energy kj	1322				4		375	1692	
Protein (N x 5.8) g	3.00	0.165	23		1		0.85	3.84	
Total lipid (fat) g	16.10	0.484	30		1		4.56	20.61	
Ash g	1.10	0.064	15		1		0.31	1.41	
Carbohydrate, by difference g	42.60		0		4		12.08	54.53	
Fiber, total dietary g	2.6		0		4		0.7	3.3	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	22	2.244	23		1		6	28	
Iron, Fe mg	1.22	0.129	22		1		0.35	1.56	
Magnesium, Mg mg	10	0.912	8		1		3	13	
Phosphorus, P mg	43	6.343	11		1		12	55	
Potassium, K mg	65	11.540	6		1		18	83	
Sodium, Na mg	374	12.764	23		1		106	479	
Zinc, Zn mg	0.23	0.026	8		1		0.07	0.29	
Copper, Cu mg	0.047	0.003	8		1		0.013	0.060	
Manganese, Mn mg	0.224	0.036	8		1		0.064	0.287	
Selenium, Se mcg	2.4		0	FLA	4		0.7	3.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	1.3	0.163	6		1		0.4	1.7	
Thiamin mg	0.141	0.020	22		1		0.040	0.180	
Riboflavin mg	0.106	0.013	22		1		0.030	0.136	
Niacin mg	1.425	0.171	22		1		0.404	1.824	
Pantothenic acid mg	0.110	0.014	5		1		0.031	0.141	
Vitamin B-6 mg	0.030	0.010	7		1		0.009	0.038	
Folate, total mcg	18		0	FLA	4		5	23	
Folic acid mcg	15		0	NC	4		4	19	
Folate, food mcg	3		2		1		1	4	
Folate, DFE mcg_DFE	29		0	NC	4		8	36	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.08	0.044	4		1		0.02	0.10	
Vitamin A, RAE mcg_RAE	9		0	NC	4		2	11	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	172		0		4		49	220	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	2.457		0	FLA	4		0.697	3.145	
4:0 g	0.001		0	FLA	4		0.000	0.001	
6:0 g									
8:0 g									
10:0 g	0.001		0	FLA	4		0.000	0.001	
12:0 g	0.001		0		4		0.000	0.001	
13:0 g									

NDB No. 18444
Pie, fried pies, cherry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.032		0	FLA	4		0.009	0.041	
15:0....g									
16:0....g	1.516		0	FLA	4		0.430	1.940	
17:0....g									
18:0....g	0.834		0	FLA	4		0.236	1.068	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.449		0	FLA	4		2.112	9.535	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.012		0		4		0.003	0.015	
17:1....g									
18:1 undifferentiated....g	7.299		0	FLA	4		2.069	9.343	
20:1....g	0.089		0	FLA	4		0.025	0.114	
22:1 undifferentiated....g	0.032		0		4		0.009	0.041	
24:1 c....g									
Fatty acids, total polyunsaturated....g	5.376		0	FLA	4		1.524	6.881	
18:2 undifferentiated....g	4.808		0	FLA	4		1.363	6.154	
18:3 undifferentiated....g	0.568		0	FLA	4		0.161	0.727	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.042		0		4		0.012	0.054	
Threonine....g	0.089		0		4		0.025	0.114	
Isoleucine....g	0.120		0		4		0.034	0.154	
Leucine....g	0.211		0		4		0.060	0.270	
Lysine....g	0.121		0		4		0.034	0.155	
Methionine....g	0.052		0		4		0.015	0.067	
Cystine....g	0.059		0		4		0.017	0.076	
Phenylalanine....g	0.138		0		4		0.039	0.177	
Tyrosine....g	0.090		0		4		0.026	0.115	
Valine....g	0.138		0		4		0.039	0.177	
Arginine....g	0.112		0		4		0.032	0.143	
Histidine....g	0.062		0		4		0.018	0.079	
Alanine....g	0.093		0		4		0.026	0.119	
Aspartic acid....g	0.156		0		4		0.044	0.200	
Glutamic acid....g	0.906		0		4		0.257	1.160	
Glycine....g	0.098		0		4		0.028	0.125	
Proline....g	0.314		0		4		0.089	0.402	
Serine....g	0.154		0		4		0.044	0.197	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 128g: 1 pie (5" x 3-3/4")

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 3.8

NDB No. 18444
Pie, fried pies, cherry

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18319
Pie, fried pies, fruit

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	37.60	0.542	28		1		10.66	48.13	
Energy kcal	316		0	NC	4		90	404	
Energy kj	1322		0		4		375	1692	
Protein (N x 5.8) g	3.00	0.165	23		1		0.85	3.84	
Total lipid (fat) g	16.10	0.484	30		1		4.56	20.61	
Ash g	1.10	0.064	15		1		0.31	1.41	
Carbohydrate, by difference g	42.60		0	NC	4		12.08	54.53	
Fiber, total dietary g	2.6		0	A	1		0.7	3.3	
Sugars, total g	21.40		0	FLC	4		6.07	27.39	
Starch g									
Minerals:									
Calcium, Ca mg	22	2.244	23		1		6	28	
Iron, Fe mg	1.22	0.129	22		1		0.35	1.56	
Magnesium, Mg mg	10	0.912	8		1		3	13	
Phosphorus, P mg	43	6.343	11		1		12	55	
Potassium, K mg	65	11.540	6		1		18	83	
Sodium, Na mg	374	12.764	23		1		106	479	
Zinc, Zn mg	0.23	0.026	8		1		0.07	0.29	
Copper, Cu mg	0.047	0.003	8		1		0.013	0.060	
Manganese, Mn mg	0.224	0.036	8		1		0.064	0.287	
Selenium, Se mcg	2.4		0	FLA	4		0.7	3.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	1.3	0.163	6		1		0.4	1.7	
Thiamin mg	0.141	0.020	22		1		0.040	0.180	
Riboflavin mg	0.106	0.013	22		1		0.030	0.136	
Niacin mg	1.425	0.171	22		1		0.404	1.824	
Pantothenic acid mg	0.110	0.014	5		1		0.031	0.141	
Vitamin B-6 mg	0.030	0.010	7		1		0.009	0.038	
Folate, total mcg	18		0	FLA	4		5	23	
Folic acid mcg	15		0	NC	4		4	19	
Folate, food mcg	3		2		1		1	4	
Folate, DFE mcg_DFE	29		0	NC	4		8	36	
Choline, total mg	7.2		0	BFZN	4		2.0	9.2	
Betaine mg									
Vitamin B-12 mcg	0.08	0.044	4		1		0.02	0.10	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	5		0	NC	4		1	7	
Retinol mcg	5		0	FLC	4		1	6	
Carotene, beta mcg	5		0	FLC	4		1	6	
Carotene, alpha mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta mcg	5		0	FLC	4		1	6	
Vitamin A, IU IU	27		0	NC	4		8	35	
Lycopene mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin mcg	8		0	FLC	4		2	10	
Vitamin E (alpha-tocopherol) mg	1.72		0	FLC	4		0.49	2.20	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	4.1		0	FLC	4		1.2	5.2	
Lipids:									
Fatty acids, total saturated g	2.457		0	FLA	4		0.697	3.145	
4:0 g	0.001		0	FLA	4		0.000	0.001	
6:0 g	0.000		0	FLA	4		0.000	0.000	
8:0 g	0.000		0	FLA	4		0.000	0.000	
10:0 g	0.001		0	FLA	4		0.000	0.001	

NDB No. 18319
Pie, fried pies, fruit

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.001		0	FLA	4		0.000	0.001	
13:0 g									
14:0 g	0.032		0	FLA	4		0.009	0.041	
15:0 g									
16:0 g	1.516		0	FLA	4		0.430	1.940	
17:0 g									
18:0 g	0.834		0	FLA	4		0.236	1.068	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.449		0	FLA	4		2.112	9.535	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.012		0	FLA	4		0.003	0.015	
17:1 g									
18:1 undifferentiated g	7.299		0	FLA	4		2.069	9.343	
20:1 g	0.089		0	FLA	4		0.025	0.114	
22:1 undifferentiated g	0.032		0	FLA	4		0.009	0.041	
24:1 c g									
Fatty acids, total polyunsaturated g	5.376		0	FLA	4		1.524	6.881	
18:2 undifferentiated g	4.808		0	FLA	4		1.363	6.154	
18:3 undifferentiated g	0.568		0	FLA	4		0.161	0.727	
18:4 g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.042		0		1		0.012	0.054	
Threonine g	0.089		0		1		0.025	0.114	
Isoleucine g	0.120		0		1		0.034	0.154	
Leucine g	0.211		0		1		0.060	0.270	
Lysine g	0.121		0		1		0.034	0.155	
Methionine g	0.052		0		1		0.015	0.067	
Cystine g	0.059		0		1		0.017	0.076	
Phenylalanine g	0.138		0		1		0.039	0.177	
Tyrosine g	0.090		0		1		0.026	0.115	
Valine g	0.138		0		1		0.039	0.177	
Arginine g	0.112		0		1		0.032	0.143	
Histidine g	0.062		0		1		0.018	0.079	
Alanine g	0.093		0		1		0.026	0.119	
Aspartic acid g	0.156		0		1		0.044	0.200	
Glutamic acid g	0.906		0		1		0.257	1.160	
Glycine g	0.098		0		1		0.028	0.125	
Proline g	0.314		0		1		0.089	0.402	
Serine g	0.154		0		1		0.044	0.197	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	RA	4		0.0	0.0	
Caffeine mg	0		0	FLC	4		0	0	
Theobromine mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18319
Pie, fried pies, fruit

Measure 1 = 28.35g: 1 oz
Measure 2 = 128g: 1 pie (5" x 3-3/4")

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18445
Pie, fried pies, lemon

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	37.60	0.542	28		1		10.66	48.13	
Energy kcal	316		0	NC	4		90	404	
Energy kj	1322				4		375	1692	
Protein (N x 5.8) g	3.00	0.165	23		1		0.85	3.84	
Total lipid (fat) g	16.10	0.484	30		1		4.56	20.61	
Ash g	1.10	0.064	15		1		0.31	1.41	
Carbohydrate, by difference g	42.60		0		4		12.08	54.53	
Fiber, total dietary g	2.6		0		4		0.7	3.3	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	22	2.244	23		1		6	28	
Iron, Fe mg	1.22	0.129	22		1		0.35	1.56	
Magnesium, Mg mg	10	0.912	8		1		3	13	
Phosphorus, P mg	43	6.343	11		1		12	55	
Potassium, K mg	65	11.540	6		1		18	83	
Sodium, Na mg	374	12.764	23		1		106	479	
Zinc, Zn mg	0.23	0.026	8		1		0.07	0.29	
Copper, Cu mg	0.047	0.003	8		1		0.013	0.060	
Manganese, Mn mg	0.224	0.036	8		1		0.064	0.287	
Selenium, Se mcg	2.4		0	FLA	4		0.7	3.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		4		0.0	0.0	
Thiamin mg	0.141	0.020	22		1		0.040	0.180	
Riboflavin mg	0.106	0.013	22		1		0.030	0.136	
Niacin mg	1.425	0.171	22		1		0.404	1.824	
Pantothenic acid mg	0.110	0.014	5		1		0.031	0.141	
Vitamin B-6 mg	0.030	0.010	7		1		0.009	0.038	
Folate, total mcg	18		0	FLA	4		5	23	
Folic acid mcg	15		0	NC	4		4	19	
Folate, food mcg	3		2		1		1	4	
Folate, DFE mcg_DFE	29		0	NC	4		8	36	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.08	0.044	4		1		0.02	0.10	
Vitamin A, RAE mcg_RAE	2		0	NC	4		0	2	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	32		0		4		9	41	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	2.457		0	FLA	4		0.697	3.145	
4:0 g	0.001		0	FLA	4		0.000	0.001	
6:0 g									
8:0 g									
10:0 g	0.001		0	FLA	4		0.000	0.001	
12:0 g	0.001		0		4		0.000	0.001	
13:0 g									

NDB No. 18445
Pie, fried pies, lemon

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.032		0	FLA	4		0.009	0.041	
15:0....g									
16:0....g	1.516		0	FLA	4		0.430	1.940	
17:0....g									
18:0....g	0.834		0	FLA	4		0.236	1.068	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.449		0	FLA	4		2.112	9.535	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.012		0		4		0.003	0.015	
17:1....g									
18:1 undifferentiated....g	7.299		0	FLA	4		2.069	9.343	
20:1....g	0.089		0	FLA	4		0.025	0.114	
22:1 undifferentiated....g	0.032		0		4		0.009	0.041	
24:1 c....g									
Fatty acids, total polyunsaturated....g	5.376		0	FLA	4		1.524	6.881	
18:2 undifferentiated....g	4.808		0	FLA	4		1.363	6.154	
18:3 undifferentiated....g	0.568		0	FLA	4		0.161	0.727	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.042		0		4		0.012	0.054	
Threonine....g	0.089		0		4		0.025	0.114	
Isoleucine....g	0.120		0		4		0.034	0.154	
Leucine....g	0.211		0		4		0.060	0.270	
Lysine....g	0.121		0		4		0.034	0.155	
Methionine....g	0.052		0		4		0.015	0.067	
Cystine....g	0.059		0		4		0.017	0.076	
Phenylalanine....g	0.138		0		4		0.039	0.177	
Tyrosine....g	0.090		0		4		0.026	0.115	
Valine....g	0.138		0		4		0.039	0.177	
Arginine....g	0.112		0		4		0.032	0.143	
Histidine....g	0.062		0		4		0.018	0.079	
Alanine....g	0.093		0		4		0.026	0.119	
Aspartic acid....g	0.156		0		4		0.044	0.200	
Glutamic acid....g	0.906		0		4		0.257	1.160	
Glycine....g	0.098		0		4		0.028	0.125	
Proline....g	0.314		0		4		0.089	0.402	
Serine....g	0.154		0		4		0.044	0.197	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 128g: 1 pie (5" x 3-3/4")

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 3.8

NDB No. 18445
Pie, fried pies, lemon

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18320
Pie, lemon meringue, commercially prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	41.70	2.582	5		1		11.82	47.12	
Energy kcal	268		0	NC	4		76	303	
Energy kj	1121		0		4		318	1267	
Protein (N x 6) g	1.50	0.207	3		1		0.43	1.70	
Total lipid (fat) g	8.70	1.114	6		1		2.47	9.83	
Ash g	0.90	0.114	7		1		0.26	1.02	
Carbohydrate, by difference g	47.20		0	NC	4		13.38	53.34	
Fiber, total dietary g	1.2		0		1		0.3	1.4	
Sugars, total g	23.86		0	FLC	4		6.76	26.96	
Starch g									
Minerals:									
Calcium, Ca mg	56	21.880	3		1		16	63	
Iron, Fe mg	0.61	0.088	3		1		0.17	0.69	
Magnesium, Mg mg	15		2		1		4	17	
Phosphorus, P mg	105		2		1		30	119	
Potassium, K mg	89	29.958	3		1		25	101	
Sodium, Na mg	146	57.082	3		1		41	165	
Zinc, Zn mg	0.49		2		1		0.14	0.55	
Copper, Cu mg	0.001		2		1		0.000	0.001	
Manganese, Mn mg	0.060		2		1		0.017	0.068	
Selenium, Se mcg	3.0		0	FLA	4		0.9	3.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	3.2	0.278	9		1		0.9	3.6	
Thiamin mg	0.062	0.002	10		1		0.018	0.070	
Riboflavin mg	0.209	0.025	10		1		0.059	0.236	
Niacin mg	0.649	0.046	9		1		0.184	0.733	
Pantothenic acid mg	0.793	0.020	8		1		0.225	0.896	
Vitamin B-6 mg	0.030	0.003	9		1		0.009	0.034	
Folate, total mcg	24		0	FLC	4		7	27	
Folic acid mcg	16		0		4		5	18	
Folate, food mcg	8	0.580	8		1		2	9	
Folate, DFE mcg_DFE	35		0	NC	4		10	40	
Choline, total mg	6.2		0	FLC	4		1.8	7.0	
Betaine mg									
Vitamin B-12 mcg	0.17		0	FLA	4		0.05	0.19	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	51		0	NC	4		14	57	
Retinol mcg	51		0	FLC	4		14	57	
Carotene, beta mcg	1		0	FLC	4		0	1	
Carotene, alpha mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta mcg	3		0	FLC	4		1	3	
Vitamin A, IU IU	173		0	NC	4		49	196	
Lycopene mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin mcg	9		0	FLC	4		2	10	
Vitamin E (alpha-tocopherol) mg	1.06		0	FLC	4		0.30	1.20	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	2.1		0	FLC	4		0.6	2.4	
Lipids:									
Fatty acids, total saturated g	1.766		0	FLA	4		0.501	1.996	
4:0 g	0.000		0	FLA	4		0.000	0.000	
6:0 g	0.000		0	FLA	4		0.000	0.000	
8:0 g	0.000		0	FLA	4		0.000	0.000	
10:0 g	0.001		0	FLA	4		0.000	0.001	

NDB No. 18320

Pie, lemon meringue, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0	FLA	4		0.000	0.000	
13:0 g									
14:0 g	0.027		0	FLA	4		0.008	0.031	
15:0 g									
16:0 g	1.345		0	FLA	4		0.381	1.520	
17:0 g									
18:0 g	0.384		0	FLA	4		0.109	0.434	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.685		0	FLA	4		0.761	3.034	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.060		0	FLA	4		0.017	0.068	
17:1 g									
18:1 undifferentiated g	2.619		0	FLA	4		0.742	2.959	
20:1 g	0.004		0	FLA	4		0.001	0.005	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	3.648		0	FLA	4		1.034	4.122	
18:2 undifferentiated g	3.414		0	FLA	4		0.968	3.858	
18:3 undifferentiated g	0.205		0	FLA	4		0.058	0.232	
18:4 g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.022		0	FLA	4		0.006	0.025	
20:5 n-3 g	0.001		0	FLA	4		0.000	0.001	
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 g	0.006		0	FLA	4		0.002	0.007	
Fatty acids, total trans g									
Cholesterol mg	45		2		1		13	51	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.019		0		1		0.005	0.021	
Threonine g	0.060		0		1		0.017	0.068	
Isoleucine g	0.066		0		1		0.019	0.075	
Leucine g	0.116		0		1		0.033	0.131	
Lysine g	0.084		0		1		0.024	0.095	
Methionine g	0.030		0		1		0.009	0.034	
Cystine g	0.029		0		1		0.008	0.033	
Phenylalanine g	0.066		0		1		0.019	0.075	
Tyrosine g	0.054		0		1		0.015	0.061	
Valine g	0.074		0		1		0.021	0.084	
Arginine g	0.081		0		1		0.023	0.092	
Histidine g	0.034		0		1		0.010	0.038	
Alanine g	0.061		0		1		0.017	0.069	
Aspartic acid g	0.106		0		1		0.030	0.120	
Glutamic acid g	0.342		0		1		0.097	0.386	
Glycine g	0.048		0		1		0.014	0.054	
Proline g	0.116		0		1		0.033	0.131	
Serine g	0.101		0		1		0.029	0.114	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLC	4		0	0	
Theobromine mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18320

Pie, lemon meringue, commercially prepared

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 1 piece (1/6 of 8" pie)

Calories Factors: **Protein** 4.2 **Fat** 8.9 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18321
Pie, lemon meringue, prepared from recipe

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	43.30		0		1		12.28	54.99	
Energy kcal	285		0	NC	4		81	362	
Energy kj	1192				4		338	1514	
Protein (N x 0) g	3.80		0		1		1.08	4.83	
Total lipid (fat) g	12.90		0		1		3.66	16.38	
Ash g	0.90		0		1		0.26	1.14	
Carbohydrate, by difference g	39.10		0	NC	4		11.08	49.66	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	12		0		1		3	15	
Iron, Fe mg	1.00		0		1		0.28	1.27	
Magnesium, Mg mg	6		0		1		2	8	
Phosphorus, P mg	42		0		1		12	53	
Potassium, K mg	65		0		1		18	83	
Sodium, Na mg	242		0		1		69	307	
Zinc, Zn mg	0.28		0		1		0.08	0.36	
Copper, Cu mg	0.042		0		1		0.012	0.053	
Manganese, Mn mg	0.128		0		1		0.036	0.163	
Selenium, Se mcg	11.6		0	RK	4		3.3	14.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	3.3		0		1		0.9	4.2	
Thiamin mg	0.118		0		1		0.033	0.150	
Riboflavin mg	0.159		0		1		0.045	0.202	
Niacin mg	0.944		0		1		0.268	1.199	
Pantothenic acid mg	0.214		0		1		0.061	0.272	
Vitamin B-6 mg	0.027		0		1		0.008	0.034	
Folate, total mcg	25		0	RK	4		7	32	
Folic acid mcg	16		0	NC	4		5	20	
Folate, food mcg	9		0		1		3	11	
Folate, DFE mcg_DFE	36		0	NC	4		10	46	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.12		0		1		0.03	0.15	
Vitamin A, RAE mcg_RAE	43		0	NC	4		12	54	
Retinol mcg	41		0	NC	4		12	52	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	160		0		1		45	203	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	3.185		0		1		0.903	4.045	
4:0 g	0.000		0		1		0.000	0.000	
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.000		0		1		0.000	0.000	
13:0 g									

NDB No. 18321
Pie, lemon meringue, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.047		0		1		0.013	0.060	
15:0....g									
16:0....g	1.881		0		1		0.533	2.389	
17:0....g									
18:0....g	1.249		0		1		0.354	1.586	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.582		0		1		1.582	7.089	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.038		0		1		0.011	0.048	
17:1....g									
18:1 undifferentiated....g	5.539		0		1		1.570	7.035	
20:1....g	0.004		0		1		0.001	0.005	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.331		0		1		0.944	4.230	
18:2 undifferentiated....g	3.121		0		1		0.885	3.964	
18:3 undifferentiated....g	0.186		0		1		0.053	0.236	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.018		0		1		0.005	0.023	
20:5 n-3....g	0.000		0		1		0.000	0.000	
22:5 n-3....g	0.000		0		1		0.000	0.000	
22:6 n-3....g	0.005		0		1		0.001	0.006	
Fatty acids, total trans....g									
Cholesterol....mg	53		0		1		15	67	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.046		0		1		0.013	0.058	
Threonine....g	0.143		0		1		0.041	0.182	
Isoleucine....g	0.169		0		1		0.048	0.215	
Leucine....g	0.292		0		1		0.083	0.371	
Lysine....g	0.181		0		1		0.051	0.230	
Methionine....g	0.092		0		1		0.026	0.117	
Cystine....g	0.083		0		1		0.024	0.105	
Phenylalanine....g	0.194		0		1		0.055	0.246	
Tyrosine....g	0.135		0		1		0.038	0.171	
Valine....g	0.192		0		1		0.054	0.244	
Arginine....g	0.191		0		1		0.054	0.243	
Histidine....g	0.087		0		1		0.025	0.110	
Alanine....g	0.166		0		1		0.047	0.211	
Aspartic acid....g	0.272		0		1		0.077	0.345	
Glutamic acid....g	0.864		0		1		0.245	1.097	
Glycine....g	0.130		0		1		0.037	0.165	
Proline....g	0.288		0		1		0.082	0.366	
Serine....g	0.236		0		1		0.067	0.300	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 127g: 1 piece (1/8 of 9" dia)

Calories Factors: Protein Fat Carbohydrate

NDB No. 18321
Pie, lemon meringue, prepared from recipe

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18322
Pie, mince, prepared from recipe

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	37.40		0		1		10.60	61.71	
Energy kcal	289		0	NC	4		82	477	
Energy kj	1209		0		4		343	1995	
Protein (N x 0) g	2.60		0		1		0.74	4.29	
Total lipid (fat) g	10.80		0		1		3.06	17.82	
Ash g	1.20		0		1		0.34	1.98	
Carbohydrate, by difference g	48.00		0	NC	4		13.61	79.20	
Fiber, total dietary g	2.6		0		4		0.7	4.3	
Sugars, total g	28.31		0	RA	4		8.03	46.71	
Starch g									
Minerals:									
Calcium, Ca mg	22		0		1		6	36	
Iron, Fe mg	1.49		0		1		0.42	2.46	
Magnesium, Mg mg	14		0		1		4	23	
Phosphorus, P mg	42		0		1		12	69	
Potassium, K mg	203		0		1		58	335	
Sodium, Na mg	254		0		1		72	419	
Zinc, Zn mg	0.22		0		1		0.06	0.36	
Copper, Cu mg	0.113		0		1		0.032	0.186	
Manganese, Mn mg	0.263		0		1		0.075	0.434	
Selenium, Se mcg	6.6		0	RK	4		1.9	10.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	5.9		0		1		1.7	9.7	
Thiamin mg	0.150		0		1		0.043	0.248	
Riboflavin mg	0.105		0		1		0.030	0.173	
Niacin mg	1.189		0		1		0.337	1.962	
Pantothenic acid mg	0.100		0		1		0.028	0.165	
Vitamin B-6 mg	0.065		0		1		0.018	0.107	
Folate, total mcg	23		0	RK	4		7	38	
Folic acid mcg	18		0	NC	4		5	30	
Folate, food mcg	5		0		1		1	8	
Folate, DFE mcg_DFE	36		0	NC	4		10	59	
Choline, total mg	7.2		0	BFZN	4		2.0	11.9	
Betaine mg									
Vitamin B-12 mcg	0.00		0		1		0.00	0.00	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	1		0	NC	4		0	2	
Retinol mcg	0		0	RA	4		0	0	
Carotene, beta mcg	5		0	RA	4		2	9	
Carotene, alpha mcg	0		0	RA	4		0	0	
Cryptoxanthin, beta mcg	12		0	RA	4		3	19	
Vitamin A, IU IU	22		0		1		6	36	
Lycopene mcg	0		0	RA	4		0	0	
Lutein + zeaxanthin mcg	13		0	RA	4		4	22	
Vitamin E (alpha-tocopherol) mg	0.15		0	RA	4		0.04	0.24	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	5.4		0	RA	4		1.5	8.8	
Lipids:									
Fatty acids, total saturated g	2.682		0		1		0.760	4.425	
4:0 g	0.000		0		1		0.000	0.000	
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	

NDB No. 18322
Pie, mince, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0		1		0.000	0.000	
13:0 g									
14:0 g	0.043		0		1		0.012	0.071	
15:0 g									
16:0 g	1.529		0		1		0.433	2.523	
17:0 g									
18:0 g	1.110		0		1		0.315	1.832	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.654		0		1		1.319	7.679	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.001		0		1		0.000	0.002	
17:1 g									
18:1 undifferentiated g	4.654		0		1		1.319	7.679	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	2.842		0		1		0.806	4.689	
18:2 undifferentiated g	2.661		0		1		0.754	4.391	
18:3 undifferentiated g	0.180		0		1		0.051	0.297	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 g	0.000		0		1		0.000	0.000	
22:5 n-3 g	0.000		0		1		0.000	0.000	
22:6 n-3 g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.027		0		1		0.008	0.045	
Threonine g	0.070		0		1		0.020	0.116	
Isoleucine g	0.074		0		1		0.021	0.122	
Leucine g	0.149		0		1		0.042	0.246	
Lysine g	0.058		0		1		0.016	0.096	
Methionine g	0.053		0		1		0.015	0.087	
Cystine g	0.051		0		1		0.014	0.084	
Phenylalanine g	0.112		0		1		0.032	0.185	
Tyrosine g	0.070		0		1		0.020	0.116	
Valine g	0.096		0		1		0.027	0.158	
Arginine g	0.122		0		1		0.035	0.201	
Histidine g	0.064		0		1		0.018	0.106	
Alanine g	0.087		0		1		0.025	0.144	
Aspartic acid g	0.157		0		1		0.045	0.259	
Glutamic acid g	0.779		0		1		0.221	1.285	
Glycine g	0.073		0		1		0.021	0.120	
Proline g	0.232		0		1		0.066	0.383	
Serine g	0.101		0		1		0.029	0.167	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	RA	4		0	0	
Theobromine mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18322
Pie, mince, prepared from recipe

Measure 1 = 28.35g: 1 oz
Measure 2 = 165g: 1 piece (1/8 of 9" dia)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18323
Pie, peach

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	54.40		2		1		15.42	63.65	
Energy....kcal	223		0	NC	4		63	261	
Energy....kj	933		0		4		265	1092	
Protein (N x 5.8)....g	1.90		1		1		0.54	2.22	
Total lipid (fat)....g	10.00		1		1		2.84	11.70	
Ash....g	0.80		1		1		0.23	0.94	
Carbohydrate, by difference....g	32.90		0	NC	4		9.33	38.49	
Fiber, total dietary....g	0.8		0		4		0.2	1.0	
Sugars, total....g	6.19		0	FLC	4		1.75	7.24	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1		1		2	9	
Iron, Fe....mg	0.50		1		1		0.14	0.59	
Magnesium, Mg....mg	6		0	FLA	4		2	7	
Phosphorus, P....mg	22		0	FLA	4		6	26	
Potassium, K....mg	125		1		1		35	146	
Sodium, Na....mg	270		1		1		77	316	
Zinc, Zn....mg	0.09		2		1		0.03	0.11	
Copper, Cu....mg	0.053		0	FLA	4		0.015	0.062	
Manganese, Mn....mg	0.152		0	FLA	4		0.043	0.178	
Selenium, Se....mcg	1.3		0	FLA	4		0.4	1.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		0	FLA	4		0.3	1.1	
Thiamin....mg	0.061		2		1		0.017	0.071	
Riboflavin....mg	0.033		2		1		0.009	0.039	
Niacin....mg	0.200		1		1		0.057	0.234	
Pantothenic acid....mg	0.114		0	FLA	4		0.032	0.133	
Vitamin B-6....mg	0.023		1		1		0.007	0.027	
Folate, total....mcg	29		0	FLC	4		8	34	
Folic acid....mcg	25		0		4		7	29	
Folate, food....mcg	4		0		4		1	5	
Folate, DFE....mcg_DFE	47		0	NC	4		13	54	
Choline, total....mg	7.2		0	BFZN	4		2.0	8.4	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	10		0	NC	4		3	12	
Retinol....mcg	4		0	FLC	4		1	4	
Carotene, beta....mcg	64		0	FLC	4		18	75	
Carotene, alpha....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....mcg	25		0	FLC	4		7	29	
Vitamin A, IU....IU	140		0	NC	4		40	164	
Lycopene....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....mcg	15		0	FLC	4		4	17	
Vitamin E (alpha-tocopherol)....mg	0.94		0	FLC	4		0.27	1.10	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	3.3		0	FLC	4		0.9	3.9	
Lipids:									
Fatty acids, total saturated....g	1.508		0	FLA	4		0.428	1.764	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 18323
Pie, peach

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0	FLA	4		0.000	0.000	
13:0 g									
14:0 g	0.011		0	FLA	4		0.003	0.013	
15:0 g									
16:0 g	0.995		0	FLA	4		0.282	1.164	
17:0 g									
18:0 g	0.501		0	FLA	4		0.142	0.586	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.241		0	FLA	4		1.202	4.962	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.038		0	FLA	4		0.011	0.044	
17:1 g									
18:1 undifferentiated g	4.193		0	FLA	4		1.189	4.906	
20:1 g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	3.749		0	FLA	4		1.063	4.386	
18:2 undifferentiated g	3.485		0	FLA	4		0.988	4.077	
18:3 undifferentiated g	0.255		0	FLA	4		0.072	0.298	
18:4 g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.022		0		1		0.006	0.026	
Threonine g	0.057		0		1		0.016	0.067	
Isoleucine g	0.067		0		1		0.019	0.078	
Leucine g	0.122		0		1		0.035	0.143	
Lysine g	0.064		0		1		0.018	0.075	
Methionine g	0.035		0		1		0.010	0.041	
Cystine g	0.035		0		1		0.010	0.041	
Phenylalanine g	0.081		0		1		0.023	0.095	
Tyrosine g	0.052		0		1		0.015	0.061	
Valine g	0.086		0		1		0.024	0.101	
Arginine g	0.066		0		1		0.019	0.077	
Histidine g	0.037		0		1		0.010	0.043	
Alanine g	0.069		0		1		0.020	0.081	
Aspartic acid g	0.132		0		1		0.037	0.154	
Glutamic acid g	0.538		0		1		0.153	0.629	
Glycine g	0.064		0		1		0.018	0.075	
Proline g	0.178		0		1		0.050	0.208	
Serine g	0.095		0		1		0.027	0.111	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLC	4		0	0	
Theobromine mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18323
Pie, peach

Measure 1 = 28.35g: 1 oz
Measure 2 = 117g: 1 piece (1/6 of 8" pie)

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18324
Pie, pecan, commercially prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	18.25		2	A	1		5.17	24.27	152.02
Energy kcal	407		0	NC	4		115	541	3388
Energy kj	1702		0	NC	4		482	2263	14174
Protein g	4.50		2	A	1		1.28	5.98	37.48
Total lipid (fat) g	16.69		2	A	1		4.73	22.20	139.07
Ash g	0.95		2	A	1		0.27	1.26	7.91
Carbohydrate, by difference g	59.61		0	NC	4		16.90	79.28	496.51
Fiber, total dietary g	2.1		2	A	1		0.6	2.9	17.9
Sugars, total g	25.18		2	A	1		7.14	33.49	209.75
Sucrose g	14.44		2	A	1		4.09	19.21	120.31
Glucose (dextrose) g	5.53		2	A	1		1.57	7.36	46.10
Fructose g	0.00		2	A	1		0.00	0.00	0.00
Lactose g	0.23		2	A	1		0.06	0.30	1.88
Maltose g	4.98		2	A	1		1.41	6.62	41.46
Galactose g	0.00		2	A	1		0.00	0.00	0.00
Starch g	16.95		2	A	1		4.80	22.54	141.15
Minerals:									
Calcium, Ca mg	22		2	A	1		6	29	183
Iron, Fe mg	0.93		2	A	1		0.26	1.24	7.75
Magnesium, Mg mg	22		2	A	1		6	29	183
Phosphorus, P mg	83		2	A	1		24	110	691
Potassium, K mg	99		2	A	1		28	132	825
Sodium, Na mg	240		2	A	1		68	319	1999
Zinc, Zn mg	0.87		2	A	1		0.25	1.16	7.25
Copper, Cu mg	0.184		2	A	1		0.052	0.244	1.530
Manganese, Mn mg	0.710		2	A	1		0.201	0.944	5.914
Selenium, Se mcg	7.0		2	A	1		2.0	9.4	58.7
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		2	A	1		0.0	0.0	0.0
Thiamin mg	0.204		2	A	1		0.058	0.272	1.703
Riboflavin mg	0.078		2	A	1		0.022	0.104	0.653
Niacin mg	1.310		1	A	1		0.371	1.742	10.911
Pantothenic acid mg	0.391		2	A	1		0.111	0.521	3.261
Vitamin B-6 mg	0.038		2	A	1		0.011	0.051	0.319
Folate, total mcg	32		2	A	1		9	43	267
Folic acid mcg	16		2	A	1		4	21	129
Folate, food mcg	17		0	AS	1		5	22	137
Folate, DFE mcg_DFE	43		0	NC	4		12	57	357
Choline, total mg	49.5		0	AS	1		14.0	65.9	412.6
Betaine mg	5.2		1	A	1		1.5	6.9	43.4
Vitamin B-12 mcg	0.12		0	FLA	4		0.04	0.16	1.03
Vitamin B-12, added mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	51		0	FLC	4		14	67	422
Retinol mcg	50		0	FLC	4		14	67	419
Carotene, beta mcg	4		0	FLA	4		1	5	32
Carotene, alpha mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta mcg	2		0	FLA	4		0	2	15
Vitamin A, IU IU	175	28.358	4		1		50	233	1458
Lycopene mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin mcg	39		0	FLA	4		11	52	327
Vitamin E (alpha-tocopherol) mg	0.80		2	A	1		0.23	1.06	6.66
Vitamin E, added mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta mg	0.08		2	A	1		0.02	0.11	0.67
Tocopherol, gamma mg	6.64		2	A	1		1.88	8.84	55.35
Tocopherol, delta mg	1.62		2	A	1		0.46	2.15	13.49
Vitamin D IU									
Vitamin K (phylloquinone) mcg	15.5		2	A	1		4.4	20.6	129.1

NDB No. 18324
Pie, pecan, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.654		0	NC	4		0.752	3.529	22.105
4:0....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0....g	0.000		2	A	1		0.000	0.000	0.000
10:0....g	0.008		2	A	1		0.002	0.010	0.065
12:0....g	0.000		2	A	1		0.000	0.000	0.000
13:0....g	0.000		0	FLA	4		0.000	0.000	0.000
14:0....g	0.032		2	A	1		0.009	0.042	0.263
15:0....g	0.000		2	A	1		0.000	0.000	0.000
16:0....g	1.568		2	A	1		0.444	2.085	13.059
17:0....g	0.000		2	A	1		0.000	0.000	0.000
18:0....g	1.015		2	A	1		0.288	1.350	8.454
20:0....g	0.016		2	A	1		0.004	0.021	0.131
22:0....g	0.016		2	A	1		0.004	0.021	0.131
24:0....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	8.317		0	NC	4		2.358	11.061	69.279
14:1....g	0.000		2	A	1		0.000	0.000	0.000
15:1....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.043		2	A	1		0.012	0.058	0.362
17:1....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	8.238		2	A	1		2.335	10.956	68.622
20:1....g	0.036		2	A	1		0.010	0.047	0.296
22:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
24:1 c....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	3.554		0	NC	4		1.008	4.727	29.607
18:2 undifferentiated....g	3.361		2	A	1		0.953	4.470	27.995
18:3 undifferentiated....g	0.193		2	A	1		0.055	0.257	1.612
18:4....g	0.000		2	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
20:5 n-3....g	0.000		2	A	1		0.000	0.000	0.000
22:5 n-3....g	0.000		2	A	1		0.000	0.000	0.000
22:6 n-3....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	42		0	FLA	4		12	56	351
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.050		0	A	1		0.014	0.067	0.418
Threonine....g	0.146		0	A	1		0.041	0.194	1.214
Isoleucine....g	0.170		0	A	1		0.048	0.226	1.415
Leucine....g	0.310		0	A	1		0.088	0.413	2.585
Lysine....g	0.125		0	A	1		0.035	0.166	1.041
Methionine....g	0.080		0	A	1		0.023	0.107	0.668
Cystine....g	0.080		0	A	1		0.023	0.107	0.668
Phenylalanine....g	0.205		0	A	1		0.058	0.272	1.705
Tyrosine....g	0.090		0	A	1		0.025	0.119	0.747
Valine....g	0.215		0	A	1		0.061	0.286	1.790
Arginine....g	0.290		0	A	1		0.082	0.385	2.414
Histidine....g	0.105		0	A	1		0.030	0.140	0.875
Alanine....g	0.195		0	A	1		0.055	0.260	1.627
Aspartic acid....g	0.340		0	A	1		0.097	0.453	2.836
Glutamic acid....g	0.953		0	A	1		0.270	1.268	7.940
Glycine....g	0.175		0	A	1		0.050	0.233	1.460
Proline....g	0.254		0	A	1		0.072	0.337	2.114
Serine....g	0.216		0	A	1		0.061	0.287	1.798
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0
Theobromine....mg	0		0	FLA	4		0	0	0

NDB No. 18324
Pie, pecan, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 133g: 1 slice

Measure 3 = 833g: 1 pie

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18325
Pie, pecan, prepared from recipe

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	19.50		0		1		5.53	23.79	
Energy....kcal	412		0	NC	4		117	503	
Energy....kj	1724				4		489	2103	
Protein (N x 0)....g	4.90		0		1		1.39	5.98	
Total lipid (fat)....g	22.20		0		1		6.29	27.08	
Ash....g	1.10		0		1		0.31	1.34	
Carbohydrate, by difference....g	52.20		0	NC	4		14.80	63.68	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	32		0		1		9	39	
Iron, Fe....mg	1.48		0		1		0.42	1.81	
Magnesium, Mg....mg	26		0		1		7	32	
Phosphorus, P....mg	94		0		1		27	115	
Potassium, K....mg	133		0		1		38	162	
Sodium, Na....mg	262		0		1		74	320	
Zinc, Zn....mg	1.02		0		1		0.29	1.24	
Copper, Cu....mg	0.211		0		1		0.060	0.257	
Manganese, Mn....mg	0.712		0		1		0.202	0.869	
Selenium, Se....mcg	12.0		0	RK	4		3.4	14.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0		1		0.1	0.2	
Thiamin....mg	0.188		0		1		0.053	0.229	
Riboflavin....mg	0.180		0		1		0.051	0.220	
Niacin....mg	0.847		0		1		0.240	1.033	
Pantothenic acid....mg	0.479		0		1		0.136	0.584	
Vitamin B-6....mg	0.060		0		1		0.017	0.073	
Folate, total....mcg	26		0	RK	4		7	32	
Folic acid....mcg	12		0	NC	4		3	15	
Folate, food....mcg	14		0		1		4	17	
Folate, DFE....mcg_DFE	34		0	NC	4		10	42	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.17		0		1		0.05	0.21	
Vitamin A, RAE....mcg_RAE	82		0	NC	4		23	100	
Retinol....mcg	77		0		4		22	94	
Carotene, beta....mcg	60		0	RK	4		17	73	
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	357		0	NC	4		101	435	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.989		0		1		1.131	4.867	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.001		0		1		0.000	0.001	
10:0....g	0.001		0		1		0.000	0.001	
12:0....g	0.001		0		1		0.000	0.001	
13:0....g									

NDB No. 18325
Pie, pecan, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.047		0		1		0.013	0.057	
15:0....g									
16:0....g	2.549		0		1		0.723	3.110	
17:0....g									
18:0....g	1.382		0		1		0.392	1.686	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	11.181		0		1		3.170	13.641	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.099		0		1		0.028	0.121	
17:1....g									
18:1 undifferentiated....g	11.018		0		1		3.124	13.442	
20:1....g	0.063		0		1		0.018	0.077	
22:1 undifferentiated....g	0.001		0		1		0.000	0.001	
24:1 c....g									
Fatty acids, total polyunsaturated....g	5.710		0		1		1.619	6.966	
18:2 undifferentiated....g	5.402		0		1		1.531	6.590	
18:3 undifferentiated....g	0.271		0		1		0.077	0.331	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.029		0		1		0.008	0.035	
20:5 n-3....g	0.001		0		1		0.000	0.001	
22:5 n-3....g	0.000		0		1		0.000	0.000	
22:6 n-3....g	0.008		0		1		0.002	0.010	
Fatty acids, total trans....g									
Cholesterol....mg	87		0		1		25	106	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.069		0		1		0.020	0.084	
Threonine....g	0.189		0		1		0.054	0.231	
Isoleucine....g	0.223		0		1		0.063	0.272	
Leucine....g	0.372		0		1		0.105	0.454	
Lysine....g	0.248		0		1		0.070	0.303	
Methionine....g	0.125		0		1		0.035	0.153	
Cystine....g	0.111		0		1		0.031	0.135	
Phenylalanine....g	0.250		0		1		0.071	0.305	
Tyrosine....g	0.178		0		1		0.050	0.217	
Valine....g	0.255		0		1		0.072	0.311	
Arginine....g	0.325		0		1		0.092	0.397	
Histidine....g	0.116		0		1		0.033	0.142	
Alanine....g	0.223		0		1		0.063	0.272	
Aspartic acid....g	0.392		0		1		0.111	0.478	
Glutamic acid....g	0.972		0		1		0.276	1.186	
Glycine....g	0.176		0		1		0.050	0.215	
Proline....g	0.305		0		1		0.086	0.372	
Serine....g	0.301		0		1		0.085	0.367	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 122g: 1 piece (1/8 of 9" dia)

Calories Factors: Protein Fat Carbohydrate

NDB No. 18325
Pie, pecan, prepared from recipe

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18326
Pie, pumpkin, commercially prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	50.39	2.974	3	A	1		14.28	67.01	501.35
Energy kcal	243		0	NC	4		69	323	2414
Energy kj	1015		0	NC	4		288	1350	10101
Protein g	3.90	0.571	3	A	1		1.10	5.18	38.76
Total lipid (fat) g	9.75		2	A	1		2.76	12.97	97.01
Ash g	1.14	0.046	3	A	1		0.32	1.52	11.34
Carbohydrate, by difference g	34.83		0	NC	4		9.87	46.32	346.54
Fiber, total dietary g	1.8	0.145	3	A	1		0.5	2.3	17.6
Sugars, total g	18.88		0	FLA	4		5.35	25.11	187.86
Sucrose g	9.30	5.960	3	A	1		2.64	12.37	92.57
Glucose (dextrose) g	3.78	2.037	3	A	1		1.07	5.03	37.61
Fructose g	2.85	1.574	3	A	1		0.81	3.79	28.36
Lactose g	2.00	0.546	3	A	1		0.57	2.66	19.87
Maltose g	0.95	0.380	3	A	1		0.27	1.27	9.49
Galactose g	0.01		0	FLA	4		0.00	0.01	0.07
Starch g	10.73	1.637	3	A	1		3.04	14.28	106.80
Minerals:									
Calcium, Ca mg	64	18.169	3	A	1		18	85	633
Iron, Fe mg	0.90	0.125	3	A	1		0.25	1.19	8.92
Magnesium, Mg mg	14	0.882	3	A	1		4	19	143
Phosphorus, P mg	81	9.539	3	A	1		23	108	806
Potassium, K mg	167	12.019	3	A	1		47	222	1658
Sodium, Na mg	233	17.638	3	A	1		66	310	2322
Zinc, Zn mg	0.39	0.050	3	A	1		0.11	0.52	3.88
Copper, Cu mg	0.148	0.000	3	A	1		0.042	0.196	1.468
Manganese, Mn mg	0.227	0.027	3	A	1		0.064	0.301	2.255
Selenium, Se mcg	5.4	0.788	3	A	1		1.5	7.2	54.1
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0	0.000	3	A	1		0.0	0.0	0.0
Thiamin mg	0.177	0.036	3	A	1		0.050	0.235	1.761
Riboflavin mg	0.124	0.014	3	A	1		0.035	0.165	1.231
Niacin mg	1.107	0.184	3	A	1		0.314	1.472	11.014
Pantothenic acid mg	0.452	0.061	3	A	1		0.128	0.601	4.494
Vitamin B-6 mg	0.063		2	A	1		0.018	0.083	0.622
Folate, total mcg	26	4.055	3	A	1		7	34	255
Folic acid mcg	16	4.978	3	A	1		4	21	156
Folate, food mcg	10	1.000	3	AS	1		3	13	100
Folate, DFE mcg_DFE	37		0	NC	4		10	49	365
Choline, total mg	37.5		0	AS	1		10.6	49.9	373.6
Betaine mg	7.3		1	A	1		2.1	9.7	72.7
Vitamin B-12 mcg	0.35		0	FLA	4		0.10	0.47	3.52
Vitamin B-12, added mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	448		0	FLC	4		127	596	4459
Retinol mcg	334		0	FLC	4		95	445	3325
Carotene, beta mcg	1023		0	FLC	4		290	1361	10179
Carotene, alpha mcg	686		0	FLC	4		194	912	6824
Cryptoxanthin, beta mcg	3		0	FLC	4		1	4	29
Vitamin A, IU IU	3434		0	FLA	4		974	4567	34168
Lycopene mcg	0		0	FLC	4		0	0	3
Lutein + zeaxanthin mcg	20		0	FLA	4		6	27	199
Vitamin E (alpha-tocopherol) mg	0.76	0.223	3	A	1		0.21	1.01	7.53
Vitamin E, added mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta mg	0.05	0.010	3	A	1		0.01	0.07	0.50
Tocopherol, gamma mg	3.49	0.938	3	A	1		0.99	4.64	34.72
Tocopherol, delta mg	1.00	0.221	3	A	1		0.28	1.33	9.92
Vitamin D IU									
Vitamin K (phylloquinone) mcg	13.2		2	A	1		3.8	17.6	131.8

NDB No. 18326
Pie, pumpkin, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.988		0	NC	4		0.563	2.643	19.776
4:0....g	0.007		0	FLA	4		0.002	0.009	0.069
6:0....g	0.001		0	FLA	4		0.000	0.001	0.010
8:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
10:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
12:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
13:0....g	0.000		0	FLA	4		0.000	0.000	0.000
14:0....g	0.027	0.003	3	A	1		0.008	0.035	0.264
15:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:0....g	1.107	0.106	3	A	1		0.314	1.472	11.011
17:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:0....g	0.810	0.081	3	A	1		0.230	1.077	8.059
20:0....g	0.013	0.003	3	A	1		0.004	0.018	0.132
22:0....g	0.023	0.003	3	A	1		0.007	0.031	0.231
24:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	4.600		0	NC	4		1.304	6.118	45.768
14:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.033	0.003	3	A	1		0.009	0.044	0.331
17:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	4.567	0.645	3	A	1		1.295	6.074	45.437
20:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:1 c....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	1.770		0	NC	4		0.502	2.354	17.611
18:2 undifferentiated....g	1.650	0.060	3	A	1		0.468	2.194	16.417
18:3 undifferentiated....g	0.117	0.029	3	A	1		0.033	0.155	1.161
18:4....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.003	0.003	3	A	1		0.001	0.004	0.033
20:5 n-3....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:5 n-3....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:6 n-3....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	26		0	FLA	4		8	35	263
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.048		0	A	1		0.014	0.064	0.479
Threonine....g	0.154		0	A	1		0.044	0.205	1.533
Isoleucine....g	0.158		0	A	1		0.045	0.210	1.574
Leucine....g	0.297		0	A	1		0.084	0.396	2.960
Lysine....g	0.192		0	A	1		0.054	0.256	1.912
Methionine....g	0.249		0	A	1		0.071	0.331	2.475
Cystine....g	0.062		0	A	1		0.018	0.082	0.615
Phenylalanine....g	0.175		0	A	1		0.050	0.233	1.743
Tyrosine....g	0.118		0	A	1		0.033	0.157	1.175
Valine....g	0.211		0	A	1		0.060	0.281	2.101
Arginine....g	0.154		0	A	1		0.044	0.205	1.533
Histidine....g	0.088		0	A	1		0.025	0.116	0.871
Alanine....g	0.150		0	A	1		0.043	0.199	1.492
Aspartic acid....g	0.299		0	A	1		0.085	0.397	2.972
Glutamic acid....g	0.844		0	A	1		0.239	1.123	8.403
Glycine....g	0.115		0	A	1		0.033	0.153	1.147
Proline....g	0.286		0	A	1		0.081	0.380	2.844
Serine....g	0.220		0	A	1		0.062	0.292	2.188
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0
Theobromine....mg	0		0	FLA	4		0	0	0

NDB No. 18326
Pie, pumpkin, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 133g: 1 slice

Measure 3 = 995g: 1 pie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18327
Pie, pumpkin, prepared from recipe

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	58.50		0		1		16.58	90.68	
Energy kcal	204		0	NC	4		58	316	
Energy kj	854				4		242	1323	
Protein (N x 0) g	4.50		0		1		1.28	6.98	
Total lipid (fat) g	9.30		0		1		2.64	14.42	
Ash g	1.30		0		1		0.37	2.02	
Carbohydrate, by difference g	26.40		0	NC	4		7.48	40.92	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	94		0		1		27	146	
Iron, Fe mg	1.27		0		1		0.36	1.97	
Magnesium, Mg mg	19		0		1		5	29	
Phosphorus, P mg	98		0		1		28	152	
Potassium, K mg	186		0		1		53	288	
Sodium, Na mg	225		0		1		64	349	
Zinc, Zn mg	0.46		0		1		0.13	0.71	
Copper, Cu mg	0.066		0		1		0.019	0.102	
Manganese, Mn mg	0.198		0		1		0.056	0.307	
Selenium, Se mcg	7.1		0	RK	4		2.0	11.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	1.7		0		1		0.5	2.6	
Thiamin mg	0.092		0		1		0.026	0.143	
Riboflavin mg	0.201		0		1		0.057	0.312	
Niacin mg	0.782		0		1		0.222	1.212	
Pantothenic acid mg	0.445		0		1		0.126	0.690	
Vitamin B-6 mg	0.047		0		1		0.013	0.073	
Folate, total mcg	21		0	RK	4		6	33	
Folic acid mcg	10		0	NC	4		3	16	
Folate, food mcg	11		0		1		3	17	
Folate, DFE mcg_DFE	28		0	NC	4		8	43	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.09		0		1		0.03	0.14	
Vitamin A, RAE mcg_RAE	426		0	NC	4		121	660	
Retinol mcg	30		0	RK	4		9	47	
Carotene, beta mcg	4752		0	RK	4		1347	7366	
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	8020		0	NC	4		2274	12431	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	3.171		0		1		0.899	4.915	
4:0 g	0.057		0		1		0.016	0.088	
6:0 g	0.039		0		1		0.011	0.060	
8:0 g	0.016		0		1		0.005	0.025	
10:0 g	0.032		0		1		0.009	0.050	
12:0 g	0.049		0		1		0.014	0.076	
13:0 g									

NDB No. 18327
Pie, pumpkin, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.247		0		1		0.070	0.383	
15:0....g									
16:0....g	1.675		0		1		0.475	2.596	
17:0....g									
18:0....g	0.977		0		1		0.277	1.514	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.697		0		1		1.048	5.730	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.077		0		1		0.022	0.119	
17:1....g									
18:1 undifferentiated....g	3.594		0		1		1.019	5.571	
20:1....g	0.002		0		1		0.001	0.003	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.810		0		1		0.513	2.806	
18:2 undifferentiated....g	1.668		0		1		0.473	2.585	
18:3 undifferentiated....g	0.128		0		1		0.036	0.198	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.011		0		1		0.003	0.017	
20:5 n-3....g	0.000		0		1		0.000	0.000	
22:5 n-3....g	0.000		0		1		0.000	0.000	
22:6 n-3....g	0.003		0		1		0.001	0.005	
Fatty acids, total trans....g									
Cholesterol....mg	42		0		1		12	65	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.059		0		1		0.017	0.091	
Threonine....g	0.180		0		1		0.051	0.279	
Isoleucine....g	0.226		0		1		0.064	0.350	
Leucine....g	0.376		0		1		0.107	0.583	
Lysine....g	0.276		0		1		0.078	0.428	
Methionine....g	0.105		0		1		0.030	0.163	
Cystine....g	0.067		0		1		0.019	0.104	
Phenylalanine....g	0.219		0		1		0.062	0.339	
Tyrosine....g	0.187		0		1		0.053	0.290	
Valine....g	0.253		0		1		0.072	0.392	
Arginine....g	0.199		0		1		0.056	0.308	
Histidine....g	0.109		0		1		0.031	0.169	
Alanine....g	0.171		0		1		0.048	0.265	
Aspartic acid....g	0.339		0		1		0.096	0.525	
Glutamic acid....g	1.004		0		1		0.285	1.556	
Glycine....g	0.127		0		1		0.036	0.197	
Proline....g	0.375		0		1		0.106	0.581	
Serine....g	0.256		0		1		0.073	0.397	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 155g: 1 piece (1/8 of 9" dia)

Calories Factors: Protein Fat Carbohydrate

NDB No. 18327
Pie, pumpkin, prepared from recipe

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18328
Pie, vanilla cream, prepared from recipe

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	47.00		0		1		13.32	59.22	
Energy kcal	278		0	NC	4		79	350	
Energy kj	1163		0		4		330	1466	
Protein (N x 0) g	4.80		0		1		1.36	6.05	
Total lipid (fat) g	14.40		0		1		4.08	18.14	
Ash g	1.20		0		1		0.34	1.51	
Carbohydrate, by difference g	32.60		0	NC	4		9.24	41.08	
Fiber, total dietary g	0.6		0		4		0.2	0.8	
Sugars, total g	12.68		0	RK	4		3.60	15.98	
Starch g									
Minerals:									
Calcium, Ca mg	90		0		1		26	113	
Iron, Fe mg	1.02		0		1		0.29	1.29	
Magnesium, Mg mg	13		0		1		4	16	
Phosphorus, P mg	104		0		1		29	131	
Potassium, K mg	126		0		1		36	159	
Sodium, Na mg	260		0		1		74	328	
Zinc, Zn mg	0.53		0		1		0.15	0.67	
Copper, Cu mg	0.039		0		1		0.011	0.049	
Manganese, Mn mg	0.128		0		1		0.036	0.161	
Selenium, Se mcg	9.5		0	RK	4		2.7	12.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.5		0		1		0.1	0.6	
Thiamin mg	0.139		0		1		0.039	0.175	
Riboflavin mg	0.216		0		1		0.061	0.272	
Niacin mg	0.984		0		1		0.279	1.240	
Pantothenic acid mg	0.415		0		1		0.118	0.523	
Vitamin B-6 mg	0.049		0		1		0.014	0.062	
Folate, total mcg	26		0	RK	4		7	33	
Folic acid mcg	15		0	NC	4		4	19	
Folate, food mcg	11		0		1		3	14	
Folate, DFE mcg_DFE	37		0	NC	4		10	46	
Choline, total mg	32.8		0	RK	4		9.3	41.3	
Betaine mg									
Vitamin B-12 mcg	0.30		0		1		0.09	0.38	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	83		0	NC	4		24	105	
Retinol mcg	81		0	RKI	6		23	102	
Carotene, beta mcg	22		0	RKI	6		6	27	
Carotene, alpha mcg	2		0	RKI	6		0	2	
Cryptoxanthin, beta mcg	1		0	RKI	6		0	2	
Vitamin A, IU IU	306		0		1		87	386	
Lycopene mcg	0		0	RKI	6		0	0	
Lutein + zeaxanthin mcg	52		0	RKI	6		15	65	
Vitamin E (alpha-tocopherol) mg	0.45		0	RKI	6		0.13	0.57	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	6.7		0	RKI	6		1.9	8.4	
Lipids:									
Fatty acids, total saturated g	4.030		0		1		1.143	5.078	
4:0 g	0.042		0		1		0.012	0.053	
6:0 g	0.025		0		1		0.007	0.032	
8:0 g	0.015		0		1		0.004	0.019	
10:0 g	0.033		0		1		0.009	0.042	

NDB No. 18328

Pie, vanilla cream, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.037		0		1		0.010	0.047	
13:0 g									
14:0 g	0.179		0		1		0.051	0.226	
15:0 g									
16:0 g	2.263		0		1		0.642	2.851	
17:0 g									
18:0 g	1.426		0		1		0.404	1.797	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.043		0		1		1.713	7.614	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.070		0		1		0.020	0.088	
17:1 g									
18:1 undifferentiated g	5.965		0		1		1.691	7.516	
20:1 g	0.004		0		1		0.001	0.005	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	3.438		0		1		0.975	4.332	
18:2 undifferentiated g	3.205		0		1		0.909	4.038	
18:3 undifferentiated g	0.208		0		1		0.059	0.262	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.020		0		1		0.006	0.025	
20:5 n-3 g	0.000		0		1		0.000	0.000	
22:5 n-3 g	0.000		0		1		0.000	0.000	
22:6 n-3 g	0.005		0		1		0.001	0.006	
Fatty acids, total trans g									
Cholesterol mg	62		0		1		18	78	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.060		0		1		0.017	0.076	
Threonine g	0.184		0		1		0.052	0.232	
Isoleucine g	0.228		0		1		0.065	0.287	
Leucine g	0.397		0		1		0.113	0.500	
Lysine g	0.266		0		1		0.075	0.335	
Methionine g	0.103		0		1		0.029	0.130	
Cystine g	0.071		0		1		0.020	0.089	
Phenylalanine g	0.224		0		1		0.064	0.282	
Tyrosine g	0.189		0		1		0.054	0.238	
Valine g	0.255		0		1		0.072	0.321	
Arginine g	0.203		0		1		0.058	0.256	
Histidine g	0.117		0		1		0.033	0.147	
Alanine g	0.169		0		1		0.048	0.213	
Aspartic acid g	0.309		0		1		0.088	0.389	
Glutamic acid g	1.143		0		1		0.324	1.440	
Glycine g	0.133		0		1		0.038	0.168	
Proline g	0.444		0		1		0.126	0.559	
Serine g	0.269		0		1		0.076	0.339	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	RKI	6		0	0	
Theobromine mg	0		0	RKI	6		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18328

Pie, vanilla cream, prepared from recipe

Measure 1 = 28.35g: 1 oz

Measure 2 = 126g: 1 piece (1/8 of 9" dia)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18339
Popovers, dry mix, enriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	11.70	0.123	19		1		3.32	19.89	
Energy kcal	371		0	NC	4		105	631	
Energy kj	1552				4		440	2639	
Protein (N x 5.7) g	10.40	0.079	15		1		2.95	17.68	
Total lipid (fat) g	4.30	0.133	19		1		1.22	7.31	
Ash g	2.60	0.033	11		1		0.74	4.42	
Carbohydrate, by difference g	71.00		0	NC	4		20.13	120.70	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	32	0.853	11		1		9	54	
Iron, Fe mg	2.97	0.583	4		1		0.84	5.05	
Magnesium, Mg mg	25	0.707	5		1		7	43	
Phosphorus, P mg	100	2.288	11		1		28	170	
Potassium, K mg	100	2.639	5		1		28	170	
Sodium, Na mg	906	34.871	5		1		257	1540	
Zinc, Zn mg	0.88		0	FLA	4		0.25	1.50	
Copper, Cu mg	0.171		0	FLA	4		0.048	0.291	
Manganese, Mn mg	0.741		0	FLA	4		0.210	1.260	
Selenium, Se mcg	37.6		0	FLA	4		10.7	63.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.1		0	FLA	4		0.0	0.2	
Thiamin mg	0.430	0.098	5		1		0.122	0.731	
Riboflavin mg	0.147	0.028	5		1		0.042	0.250	
Niacin mg	3.378	0.567	4		1		0.958	5.743	
Pantothenic acid mg	0.480		0	FLA	4		0.136	0.816	
Vitamin B-6 mg	0.042		0	FLA	4		0.012	0.071	
Folate, total mcg	145		0	FLA	4		41	247	
Folic acid mcg	120		0	NC	4		34	204	
Folate, food mcg	25		0		4		7	43	
Folate, DFE mcg_DFE	229		0	NC	4		65	389	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.08		0	FLA	4		0.02	0.14	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	0		0	FLA	4		0	0	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	0.983		0		1		0.279	1.671	
4:0 g	0.001		0		1		0.000	0.002	
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.000		0		1		0.000	0.000	
13:0 g									

NDB No. 18339
Popovers, dry mix, enriched

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.018		0		1		0.005	0.031	
15:0....g									
16:0....g	0.555		0		1		0.157	0.944	
17:0....g									
18:0....g	0.408		0		1		0.116	0.694	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.984		0		1		0.562	3.373	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	1.984		0		1		0.562	3.373	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.823		0		1		0.233	1.399	
18:2 undifferentiated....g	0.784		0		1		0.222	1.333	
18:3 undifferentiated....g	0.039		0		1		0.011	0.066	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	FLA	4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.123		0		1		0.035	0.209	
Threonine....g	0.293		0		1		0.083	0.498	
Isoleucine....g	0.407		0		1		0.115	0.692	
Leucine....g	0.747		0		1		0.212	1.270	
Lysine....g	0.249		0		1		0.071	0.423	
Methionine....g	0.191		0		1		0.054	0.325	
Cystine....g	0.225		0		1		0.064	0.383	
Phenylalanine....g	0.517		0		1		0.147	0.879	
Tyrosine....g	0.304		0		1		0.086	0.517	
Valine....g	0.458		0		1		0.130	0.779	
Arginine....g	0.365		0		1		0.103	0.621	
Histidine....g	0.229		0		1		0.065	0.389	
Alanine....g	0.324		0		1		0.092	0.551	
Aspartic acid....g	0.451		0		1		0.128	0.767	
Glutamic acid....g	3.565		0		1		1.011	6.061	
Glycine....g	0.348		0		1		0.099	0.592	
Proline....g	1.216		0		1		0.345	2.067	
Serine....g	0.513		0		1		0.145	0.872	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 170g: 1 package (6 oz)

Calories Factors: **Protein** 4.1 **Fat** 8.7 **Carbohydrate** 4.1

NDB No. 18339
Popovers, dry mix, enriched

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18447
Popovers, dry mix, unenriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	11.70	0.123	19		1		3.32	19.89	
Energy....kcal	371		0	NC	4		105	631	
Energy....kj	1552				4		440	2639	
Protein (N x 5.7)....g	10.40	0.079	15		1		2.95	17.68	
Total lipid (fat)....g	4.30	0.133	19		1		1.22	7.31	
Ash....g	2.60	0.033	11		1		0.74	4.42	
Carbohydrate, by difference....g	71.00		0		4		20.13	120.70	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	32	0.853	11		1		9	54	
Iron, Fe....mg	0.82		0		4		0.23	1.39	
Magnesium, Mg....mg	25	0.707	5		1		7	43	
Phosphorus, P....mg	100	2.288	11		1		28	170	
Potassium, K....mg	100	2.639	5		1		28	170	
Sodium, Na....mg	906	34.871	5		1		257	1540	
Zinc, Zn....mg	0.88		0	BFZN	4		0.25	1.50	
Copper, Cu....mg	0.174		0	BFZN	4		0.049	0.296	
Manganese, Mn....mg	0.741		0	BFZN	4		0.210	1.260	
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	BFZN	4		0.0	0.2	
Thiamin....mg	0.101		0		4		0.029	0.172	
Riboflavin....mg	0.026		0		4		0.007	0.044	
Niacin....mg	1.041		0		4		0.295	1.770	
Pantothenic acid....mg	0.480		0	BFZN	4		0.136	0.816	
Vitamin B-6....mg	0.042		0	BFZN	4		0.012	0.071	
Folate, total....mcg	25		0		4		7	43	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	25		0		4		7	43	
Folate, DFE....mcg_DFE	25		0	NC	4		7	43	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.08		0	BFZN	4		0.02	0.14	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	BFZN	4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.983		0		4		0.279	1.671	
4:0....g	0.001		0		4		0.000	0.002	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									

NDB No. 18447
Popovers, dry mix, unenriched

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.018		0		4		0.005	0.031	
15:0....g									
16:0....g	0.555		0		4		0.157	0.944	
17:0....g									
18:0....g	0.408		0		4		0.116	0.694	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.984		0		4		0.562	3.373	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	1.984		0		4		0.562	3.373	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.823		0		4		0.233	1.399	
18:2 undifferentiated....g	0.784		0		4		0.222	1.333	
18:3 undifferentiated....g	0.039		0		4		0.011	0.066	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.123		0		4		0.035	0.209	
Threonine....g	0.293		0		4		0.083	0.498	
Isoleucine....g	0.407		0		4		0.115	0.692	
Leucine....g	0.747		0		4		0.212	1.270	
Lysine....g	0.249		0		4		0.071	0.423	
Methionine....g	0.191		0		4		0.054	0.325	
Cystine....g	0.225		0		4		0.064	0.383	
Phenylalanine....g	0.517		0		4		0.147	0.879	
Tyrosine....g	0.304		0		4		0.086	0.517	
Valine....g	0.458		0		4		0.130	0.779	
Arginine....g	0.365		0		4		0.103	0.621	
Histidine....g	0.229		0		4		0.065	0.389	
Alanine....g	0.324		0		4		0.092	0.551	
Aspartic acid....g	0.451		0		4		0.128	0.767	
Glutamic acid....g	3.565		0		4		1.011	6.061	
Glycine....g	0.348		0		4		0.099	0.592	
Proline....g	1.216		0		4		0.345	2.067	
Serine....g	0.513		0		4		0.145	0.872	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 170g: 1 package (6 oz)

Calories Factors: **Protein** 4.1 **Fat** 8.7 **Carbohydrate** 4.1

NDB No. 18447
Popovers, dry mix, unenriched

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18337
Puff pastry, frozen, ready-to-bake

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	8.50		0		1		2.41	4.00	
Energy kcal	551		0	NC	4		156	259	
Energy kj	2305		0		4		654	1084	
Protein (N x 0) g	7.30		0		1		2.07	3.43	
Total lipid (fat) g	38.10		0		1		10.80	17.91	
Ash g	1.00		0		1		0.28	0.47	
Carbohydrate, by difference g	45.10		0	NC	4		12.79	21.20	
Fiber, total dietary g	1.5		0		4		0.4	0.7	
Sugars, total g	0.74		0	FLC	4		0.21	0.35	
Starch g									
Minerals:									
Calcium, Ca mg	10		0		1		3	5	
Iron, Fe mg	2.56		0		1		0.73	1.20	
Magnesium, Mg mg	16		0		1		5	8	
Phosphorus, P mg	60		0		1		17	28	
Potassium, K mg	61		0		1		17	29	
Sodium, Na mg	249		0		1		71	117	
Zinc, Zn mg	0.53		0		1		0.15	0.25	
Copper, Cu mg	0.114		0		1		0.032	0.054	
Manganese, Mn mg	0.488		0		1		0.138	0.229	
Selenium, Se mcg	24.2		0	FLA	4		6.9	11.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	
Thiamin mg	0.398		0		1		0.113	0.187	
Riboflavin mg	0.283		0		1		0.080	0.133	
Niacin mg	4.168		0		1		1.182	1.959	
Pantothenic acid mg	0.000		0		1		0.000	0.000	
Vitamin B-6 mg	0.021		0		1		0.006	0.010	
Folate, total mcg	78		0	FLC	4		22	37	
Folic acid mcg	65		0		4		18	31	
Folate, food mcg	13		0		1		4	6	
Folate, DFE mcg_DFE	124		0	NC	4		35	58	
Choline, total mg	6.4		0	FLC	4		1.8	3.0	
Betaine mg									
Vitamin B-12 mcg	0.00		0		1		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	FLC	4		0	0	
Carotene, beta mcg	0		0	FLC	4		0	0	
Carotene, alpha mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta mcg	0		0	FLC	4		0	0	
Vitamin A, IU IU	1		0	NC	4		0	0	
Lycopene mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin mcg	43		0	FLC	4		12	20	
Vitamin E (alpha-tocopherol) mg	0.54		0	FLC	4		0.15	0.25	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	16.1		0	FLC	4		4.6	7.6	
Lipids:									
Fatty acids, total saturated g	9.643		0	FLA	4		2.734	4.532	
4:0 g	0.000		0	FLA	4		0.000	0.000	
6:0 g	0.000		0	FLA	4		0.000	0.000	
8:0 g	0.000		0	FLA	4		0.000	0.000	
10:0 g	0.000		0	FLA	4		0.000	0.000	
12:0 g	0.000		0	FLA	4		0.000	0.000	
13:0 g									

NDB No. 18337
Puff pastry, frozen, ready-to-bake

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.186		0	FLA	4		0.053	0.087	
15:0....g									
16:0....g	4.954		0	FLA	4		1.404	2.328	
17:0....g									
18:0....g	4.494		0	FLA	4		1.274	2.112	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	21.597		0	FLA	4		6.123	10.151	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0	FLA	4		0.001	0.001	
17:1....g									
18:1 undifferentiated....g	21.594		0	FLA	4		6.122	10.149	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.894		0	FLA	4		1.387	2.300	
18:2 undifferentiated....g	4.645		0	FLA	4		1.317	2.183	
18:3 undifferentiated....g	0.249		0	FLA	4		0.071	0.117	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.085		0		1		0.024	0.040	
Threonine....g	0.196		0		1		0.056	0.092	
Isoleucine....g	0.272		0		1		0.077	0.128	
Leucine....g	0.508		0		1		0.144	0.239	
Lysine....g	0.142		0		1		0.040	0.067	
Methionine....g	0.129		0		1		0.037	0.061	
Cystine....g	0.165		0		1		0.047	0.078	
Phenylalanine....g	0.362		0		1		0.103	0.170	
Tyrosine....g	0.201		0		1		0.057	0.094	
Valine....g	0.308		0		1		0.087	0.145	
Arginine....g	0.255		0		1		0.072	0.120	
Histidine....g	0.156		0		1		0.044	0.073	
Alanine....g	0.224		0		1		0.064	0.105	
Aspartic acid....g	0.296		0		1		0.084	0.139	
Glutamic acid....g	2.574		0		1		0.730	1.210	
Glycine....g	0.251		0		1		0.071	0.118	
Proline....g	0.864		0		1		0.245	0.406	
Serine....g	0.356		0		1		0.101	0.167	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	
Theobromine....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18337
Puff pastry, frozen, ready-to-bake

Measure 2 = 47g: 1 shell

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18211
Puff pastry, frozen, ready-to-bake, baked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	7.40		0		1		2.10	18.13	2.96
Energy kcal	558		0	NC	4		158	1367	223
Energy kj	2335		0		4		662	5720	934
Protein (N x 0) g	7.40		0		1		2.10	18.13	2.96
Total lipid (fat) g	38.50		0		1		10.91	94.33	15.40
Ash g	1.00		0		1		0.28	2.45	0.40
Carbohydrate, by difference g	45.70		0	NC	4		12.96	111.97	18.28
Fiber, total dietary g	1.5		0		4		0.4	3.7	0.6
Sugars, total g	0.75		0	RA	4		0.21	1.83	0.30
Starch g									
Minerals:									
Calcium, Ca mg	10		0		1		3	25	4
Iron, Fe mg	2.60		0		1		0.74	6.37	1.04
Magnesium, Mg mg	16		0		1		5	39	6
Phosphorus, P mg	60		0		1		17	147	24
Potassium, K mg	62		0		1		18	152	25
Sodium, Na mg	253		0		1		72	620	101
Zinc, Zn mg	0.54		0		1		0.15	1.32	0.22
Copper, Cu mg	0.115		0		1		0.033	0.282	0.046
Manganese, Mn mg	0.495		0		1		0.140	1.213	0.198
Selenium, Se mcg	24.5		0	RK	4		6.9	60.0	9.8
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	0.0
Thiamin mg	0.323		0		1		0.092	0.791	0.129
Riboflavin mg	0.258		0		1		0.073	0.632	0.103
Niacin mg	3.800		0		1		1.077	9.310	1.520
Pantothenic acid mg	0.000		0		1		0.000	0.000	0.000
Vitamin B-6 mg	0.019		0		1		0.005	0.047	0.008
Folate, total mcg	55		0	RA	4		16	136	22
Folic acid mcg	46		0		4		13	113	18
Folate, food mcg	9		0		1		3	22	4
Folate, DFE mcg_DFE	87		0	NC	4		25	214	35
Choline, total mg	6.2		0	RA	4		1.8	15.2	2.5
Betaine mg									
Vitamin B-12 mcg	0.00		0		1		0.00	0.00	0.00
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	0
Retinol mcg	0		0	RA	4		0	0	0
Carotene, beta mcg	0		0	RA	4		0	1	0
Carotene, alpha mcg	0		0	RA	4		0	0	0
Cryptoxanthin, beta mcg	0		0	RA	4		0	0	0
Vitamin A, IU IU	1		0	NC	4		0	2	0
Lycopene mcg	0		0	RA	4		0	0	0
Lutein + zeaxanthin mcg	39		0	RA	4		11	97	16
Vitamin E (alpha-tocopherol) mg	0.55		0	RA	4		0.16	1.35	0.22
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	16.3		0	RA	4		4.6	40.0	6.5
Lipids:									
Fatty acids, total saturated g	5.502		0		1		1.560	13.480	2.201
4:0 g	0.000		0		1		0.000	0.000	0.000
6:0 g	0.000		0		1		0.000	0.000	0.000
8:0 g	0.000		0		1		0.000	0.000	0.000
10:0 g	0.000		0		1		0.000	0.000	0.000

NDB No. 18211
Puff pastry, frozen, ready-to-bake, baked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0		1		0.000	0.000	0.000
13:0 g									
14:0 g	0.039		0		1		0.011	0.096	0.016
15:0 g									
16:0 g	4.016		0		1		1.139	9.839	1.606
17:0 g									
18:0 g	1.438		0		1		0.408	3.523	0.575
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.828		0		1		2.503	21.629	3.531
14:1 g									
15:1 g									
16:1 undifferentiated g	0.078		0		1		0.022	0.191	0.031
17:1 g									
18:1 undifferentiated g	8.674		0		1		2.459	21.251	3.470
20:1 g	0.075		0		1		0.021	0.184	0.030
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	22.228		0		1		6.302	54.459	8.891
18:2 undifferentiated g	19.640		0		1		5.568	48.118	7.856
18:3 undifferentiated g	2.588		0		1		0.734	6.341	1.035
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.086		0		1		0.024	0.211	0.034
Threonine g	0.198		0		1		0.056	0.485	0.079
Isoleucine g	0.275		0		1		0.078	0.674	0.110
Leucine g	0.514		0		1		0.146	1.259	0.206
Lysine g	0.144		0		1		0.041	0.353	0.058
Methionine g	0.131		0		1		0.037	0.321	0.052
Cystine g	0.167		0		1		0.047	0.409	0.067
Phenylalanine g	0.367		0		1		0.104	0.899	0.147
Tyrosine g	0.204		0		1		0.058	0.500	0.082
Valine g	0.312		0		1		0.088	0.764	0.125
Arginine g	0.259		0		1		0.073	0.635	0.104
Histidine g	0.158		0		1		0.045	0.387	0.063
Alanine g	0.227		0		1		0.064	0.556	0.091
Aspartic acid g	0.300		0		1		0.085	0.735	0.120
Glutamic acid g	2.607		0		1		0.739	6.387	1.043
Glycine g	0.255		0		1		0.072	0.625	0.102
Proline g	0.875		0		1		0.248	2.144	0.350
Serine g	0.360		0		1		0.102	0.882	0.144
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	RA	4		0.0	0.0	0.0
Caffeine mg	0		0	RA	4		0	0	0
Theobromine mg	0		0	RA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18211
Puff pastry, frozen, ready-to-bake, baked

Measure 1 = 28.35g: 1 oz
Measure 2 = 245g: 1 sheet
Measure 3 = 40g: 1 shell

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18344
Rolls, dinner, egg

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	30.40		2		1		8.62	10.64	
Energy....kcal	307		0	NC	4		87	107	
Energy....kj	1284		0		4		364	450	
Protein (N x 5.8)....g	9.50	0.154	3		1		2.69	3.33	
Total lipid (fat)....g	6.40	0.122	4		1		1.81	2.24	
Ash....g	1.70	0.015	4		1		0.48	0.60	
Carbohydrate, by difference....g	52.00		0	NC	4		14.74	18.20	
Fiber, total dietary....g	3.7		0		4		1.0	1.3	
Sugars, total....g	4.30		0	FLC	4		1.22	1.51	
Starch....g									
Minerals:									
Calcium, Ca....mg	59		2		1		17	21	
Iron, Fe....mg	3.52	0.544	3		1		1.00	1.23	
Magnesium, Mg....mg	25		2		1		7	9	
Phosphorus, P....mg	101		0	FLA	4		29	35	
Potassium, K....mg	104		0	FLA	4		29	36	
Sodium, Na....mg	545		1		1		155	191	
Zinc, Zn....mg	1.12		0	FLA	4		0.32	0.39	
Copper, Cu....mg	0.133		0	FLA	4		0.038	0.047	
Manganese, Mn....mg	0.527		0	FLA	4		0.149	0.184	
Selenium, Se....mcg	29.6		0	FLA	4		8.4	10.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin....mg	0.527	0.095	3		1		0.149	0.184	
Riboflavin....mg	0.517	0.092	3		1		0.147	0.181	
Niacin....mg	3.287	0.268	3		1		0.932	1.150	
Pantothenic acid....mg	0.655		0	FLA	4		0.186	0.229	
Vitamin B-6....mg	0.053		0	FLA	4		0.015	0.019	
Folate, total....mcg	184		0	FLC	4		52	64	
Folic acid....mcg	131		0		4		37	46	
Folate, food....mcg	53		0		4		15	19	
Folate, DFE....mcg_DFE	276		0	NC	4		78	96	
Choline, total....mg	31.4		0	FLC	4		8.9	11.0	
Betaine....mg									
Vitamin B-12....mcg	0.24	0.007	8		1		0.07	0.08	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	5		0	NC	4		2	2	
Retinol....mcg	5		0	FLC	4		2	2	
Carotene, beta....mcg	1		0	FLC	4		0	0	
Carotene, alpha....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....mcg	1		0	FLC	4		0	0	
Vitamin A, IU....IU	21		0	NC	4		6	7	
Lycopene....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....mcg	71		0	FLC	4		20	25	
Vitamin E (alpha-tocopherol)....mg	0.36		0	FLC	4		0.10	0.13	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	2.1		0	FLC	4		0.6	0.7	
Lipids:									
Fatty acids, total saturated....g	1.577		0	FLA	4		0.447	0.552	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 18344
Rolls, dinner, egg

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.001		0	FLA	4		0.000	0.000	
13:0 g									
14:0 g	0.025		0	FLA	4		0.007	0.009	
15:0 g									
16:0 g	0.945		0	FLA	4		0.268	0.331	
17:0 g									
18:0 g	0.595		0	FLA	4		0.169	0.208	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.930		0	FLA	4		0.831	1.026	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.055		0	FLA	4		0.016	0.019	
17:1 g									
18:1 undifferentiated g	2.870		0	FLA	4		0.814	1.005	
20:1 g	0.003		0	FLA	4		0.001	0.001	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.128		0	FLA	4		0.320	0.395	
18:2 undifferentiated g	1.041		0	FLA	4		0.295	0.364	
18:3 undifferentiated g	0.055		0	FLA	4		0.016	0.019	
18:4 g	0.002		0	FLA	4		0.001	0.001	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.017		0	FLA	4		0.005	0.006	
20:5 n-3 g	0.008		0	FLA	4		0.002	0.003	
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 g	0.005		0	FLA	4		0.001	0.002	
Fatty acids, total trans g									
Cholesterol mg	50		0	FLA	4		14	18	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.111		0		1		0.031	0.039	
Threonine g	0.310		0		1		0.088	0.109	
Isoleucine g	0.395		0		1		0.112	0.138	
Leucine g	0.686		0		1		0.194	0.240	
Lysine g	0.328		0		1		0.093	0.115	
Methionine g	0.186		0		1		0.053	0.065	
Cystine g	0.201		0		1		0.057	0.070	
Phenylalanine g	0.467		0		1		0.132	0.163	
Tyrosine g	0.292		0		1		0.083	0.102	
Valine g	0.443		0		1		0.126	0.155	
Arginine g	0.384		0		1		0.109	0.134	
Histidine g	0.209		0		1		0.059	0.073	
Alanine g	0.364		0		1		0.103	0.127	
Aspartic acid g	0.533		0		1		0.151	0.187	
Glutamic acid g	2.769		0		1		0.785	0.969	
Glycine g	0.338		0		1		0.096	0.118	
Proline g	0.915		0		1		0.259	0.320	
Serine g	0.490		0		1		0.139	0.172	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLC	4		0	0	
Theobromine mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18344
Rolls, dinner, egg

Measure 1 = 28.35g: 1 oz
Measure 2 = 35g: 1 roll (2-1/2" dia)

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18345
Rolls, dinner, oat bran

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	44.00		1		1		12.47	14.52	
Energy kcal	236		0	NC	4		67	78	
Energy kj	987		0		4		280	326	
Protein (N x 5.8) g	9.50		1		1		2.69	3.14	
Total lipid (fat) g	4.60		1		1		1.30	1.52	
Ash g	1.70		1		1		0.48	0.56	
Carbohydrate, by difference g	40.20		0	NC	4		11.40	13.27	
Fiber, total dietary g	4.1		0		1		1.2	1.4	
Sugars, total g	6.67		0	FLC	4		1.89	2.20	
Starch g									
Minerals:									
Calcium, Ca mg	85		1		1		24	28	
Iron, Fe mg	4.14		1		1		1.17	1.37	
Magnesium, Mg mg	33		0	FLA	4		9	11	
Phosphorus, P mg	115		0	FLA	4		33	38	
Potassium, K mg	121		0	FLA	4		34	40	
Sodium, Na mg	413		1		1		117	136	
Zinc, Zn mg	1.02		0	FLA	4		0.29	0.34	
Copper, Cu mg	0.136		0	FLA	4		0.039	0.045	
Manganese, Mn mg	0.754		0	FLA	4		0.214	0.249	
Selenium, Se mcg	29.3		0	FLA	4		8.3	9.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	
Thiamin mg	0.448		1		1		0.127	0.148	
Riboflavin mg	0.289		1		1		0.082	0.095	
Niacin mg	4.954		1		1		1.404	1.635	
Pantothenic acid mg	0.428		0	FLA	4		0.121	0.141	
Vitamin B-6 mg	0.045		0	FLA	4		0.013	0.015	
Folate, total mcg	95		0	BFZN	4		27	31	
Folic acid mcg	64		0	NC	4		18	21	
Folate, food mcg	31		0		4		9	10	
Folate, DFE mcg_DFE	140		0	NC	4		40	46	
Choline, total mg	14.6		0	BFZN	4		4.1	4.8	
Betaine mg									
Vitamin B-12 mcg	0.00		0		1		0.00	0.00	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg	0		0	Z	7		0	0	
Carotene, alpha mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta mcg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	Z	7		0	0	
Lycopene mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin mcg	44		0	FLC	4		13	15	
Vitamin E (alpha-tocopherol) mg	0.48		0	FLC	4		0.14	0.16	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	1.2		0	FLC	4		0.3	0.4	
Lipids:									
Fatty acids, total saturated g	0.619		0		1		0.175	0.204	
4:0 g	0.000		0		1		0.000	0.000	
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	

NDB No. 18345
Rolls, dinner, oat bran

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.002		0		1		0.001	0.001	
13:0 g									
14:0 g	0.004		0		1		0.001	0.001	
15:0 g									
16:0 g	0.448		0		1		0.127	0.148	
17:0 g									
18:0 g	0.157		0		1		0.045	0.052	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.488		0		1		0.422	0.491	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.030		0		1		0.009	0.010	
17:1 g									
18:1 undifferentiated g	1.458		0		1		0.413	0.481	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.568		0		1		0.445	0.517	
18:2 undifferentiated g	1.471		0		1		0.417	0.485	
18:3 undifferentiated g	0.097		0		1		0.027	0.032	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 g	0.000		0		1		0.000	0.000	
22:5 n-3 g	0.000		0		1		0.000	0.000	
22:6 n-3 g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.120		0		1		0.034	0.040	
Threonine g	0.274		0		1		0.078	0.090	
Isoleucine g	0.367		0		1		0.104	0.121	
Leucine g	0.672		0		1		0.191	0.222	
Lysine g	0.270		0		1		0.077	0.089	
Methionine g	0.164		0		1		0.046	0.054	
Cystine g	0.215		0		1		0.061	0.071	
Phenylalanine g	0.475		0		1		0.135	0.157	
Tyrosine g	0.297		0		1		0.084	0.098	
Valine g	0.423		0		1		0.120	0.140	
Arginine g	0.408		0		1		0.116	0.135	
Histidine g	0.206		0		1		0.058	0.068	
Alanine g	0.339		0		1		0.096	0.112	
Aspartic acid g	0.500		0		1		0.142	0.165	
Glutamic acid g	2.902		0		1		0.823	0.958	
Glycine g	0.360		0		1		0.102	0.119	
Proline g	0.970		0		1		0.275	0.320	
Serine g	0.460		0		1		0.130	0.152	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLC	4		0	0	
Theobromine mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18345
Rolls, dinner, oat bran

Measure 1 = 28.35g: 1 oz
Measure 2 = 33g: 1 roll

Calories Factors: **Protein** 3.7 **Fat** 8.7 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18342

Rolls, dinner, plain, commercially prepared (includes brown-and-serve)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	28.44	1.682	3	A	1		7.96	7.11	12.23
Energy kcal	310		0	NC	4		87	77	133
Energy kj	1297		0	NC	4		363	324	558
Protein g	10.86	0.288	3	A	1		3.04	2.72	4.67
Total lipid (fat) g	6.47	0.272	3	A	1		1.81	1.62	2.78
Ash g	2.18	0.024	3	A	1		0.61	0.54	0.94
Carbohydrate, by difference g	52.04		0	NC	4		14.57	13.01	22.38
Fiber, total dietary g	2.0	0.064	3	A	1		0.5	0.5	0.8
Sugars, total g	5.55	0.288	3	A	1		1.55	1.39	2.39
Starch g									
Minerals:									
Calcium, Ca mg	178	6.429	3	A	1		50	45	77
Iron, Fe mg	3.72	0.081	3	A	1		1.04	0.93	1.60
Magnesium, Mg mg	26	0.405	3	A	1		7	6	11
Phosphorus, P mg	122	1.202	3	A	1		34	30	52
Potassium, K mg	139	9.528	3	A	1		39	35	60
Sodium, Na mg	536	15.169	3	A	1		150	134	230
Zinc, Zn mg	0.99	0.051	3	A	1		0.28	0.25	0.43
Copper, Cu mg	0.135	0.004	3	A	1		0.038	0.034	0.058
Manganese, Mn mg	0.582	0.012	3	A	1		0.163	0.146	0.250
Selenium, Se mcg	26.8	3.500	3	A	1		7.5	6.7	11.5
Vitamins:									
Vitamin C, total ascorbic acid mg	0.2		0	FLA	4		0.1	0.1	0.1
Thiamin mg	0.526		2	A	1		0.147	0.132	0.226
Riboflavin mg	0.374	0.017	3	A	1		0.105	0.093	0.161
Niacin mg	5.367	0.136	3	A	1		1.503	1.342	2.308
Pantothenic acid mg	0.452	0.015	3	A	1		0.126	0.113	0.194
Vitamin B-6 mg	0.097	0.006	3	A	1		0.027	0.024	0.042
Folate, total mcg	101		2	A	1		28	25	43
Folic acid mcg	71		0	AS	1		20	18	31
Folate, food mcg	30		2	A	1		8	7	13
Folate, DFE mcg_DFE	150		0	NC	4		42	38	65
Choline, total mg	14.6		0	BFZN	4		4.1	3.7	6.3
Betaine mg									
Vitamin B-12 mcg	0.13		0	FLA	4		0.04	0.03	0.06
Vitamin B-12, added mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	1		0	FLA	4		0	0	1
Retinol mcg	1		0	FLA	4		0	0	1
Carotene, beta mcg	0		0	FLA	4		0	0	0
Carotene, alpha mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta mcg	0		0	FLA	4		0	0	0
Vitamin A, IU IU	5		0	FLA	4		1	1	2
Lycopene mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin mcg	13		0	FLA	4		4	3	6
Vitamin E (alpha-tocopherol) mg	0.28	0.101	3	A	1		0.08	0.07	0.12
Vitamin E, added mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	10.6	0.669	3	A	1		3.0	2.6	4.5
Lipids:									
Fatty acids, total saturated g	1.375		0	NC	4		0.385	0.344	0.591
4:0 g	0.001		0	FLA	4		0.000	0.000	0.000
6:0 g	0.000		0	FLA	4		0.000	0.000	0.000
8:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
10:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000

NDB No. 18342

Rolls, dinner, plain, commercially prepared (includes brown-and-serve)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
13:0 g									
14:0 g	0.009	0.009	3	A	1		0.003	0.002	0.004
15:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:0 g	0.785	0.042	3	A	1		0.220	0.196	0.338
17:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:0 g	0.537	0.047	3	A	1		0.150	0.134	0.231
20:0 g	0.020	0.001	3	A	1		0.006	0.005	0.009
22:0 g	0.024	0.001	3	A	1		0.007	0.006	0.010
24:0 g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total monounsaturated g	1.881		0	NC	4		0.527	0.470	0.809
14:1 g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:1 g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:1 undifferentiated g	0.027	0.001	3	A	1		0.008	0.007	0.012
17:1 g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:1 undifferentiated g	1.833	0.183	3	A	1		0.513	0.458	0.788
20:1 g	0.021	0.001	3	A	1		0.006	0.005	0.009
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	2.509		0	NC	4		0.702	0.627	1.079
18:2 undifferentiated g	2.285	0.130	3	A	1		0.640	0.571	0.982
18:3 undifferentiated g	0.224		0	AS	1		0.063	0.056	0.096
18:3 n-3 c,c,c g	0.224	0.005	3	A	1		0.063	0.056	0.096
18:3 n-6 c,c,c g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:3i g									
18:4 g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 g	0.001		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	4		0	FLA	4		1	1	2
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.081	0.002	3	A	1		0.023	0.020	0.035
Threonine g	0.286	0.004	3	A	1		0.080	0.071	0.123
Isoleucine g	0.337	0.020	3	A	1		0.094	0.084	0.145
Leucine g	0.729	0.004	3	A	1		0.204	0.182	0.314
Lysine g	0.233	0.010	3	A	1		0.065	0.058	0.100
Methionine g	0.145	0.002	3	A	1		0.040	0.036	0.062
Cystine g	0.227	0.003	3	A	1		0.064	0.057	0.098
Phenylalanine g	0.506	0.007	3	A	1		0.142	0.126	0.217
Tyrosine g	0.290	0.013	3	A	1		0.081	0.072	0.125
Valine g	0.401	0.016	3	A	1		0.112	0.100	0.172
Arginine g	0.378	0.001	3	A	1		0.106	0.094	0.162
Histidine g	0.222	0.002	3	A	1		0.062	0.055	0.095
Alanine g	0.343	0.005	3	A	1		0.096	0.086	0.147
Aspartic acid g	0.450	0.003	3	A	1		0.126	0.112	0.193
Glutamic acid g	3.510	0.083	3	A	1		0.983	0.878	1.509
Glycine g	0.386	0.007	3	A	1		0.108	0.096	0.166
Proline g	1.213	0.032	3	A	1		0.340	0.303	0.522
Serine g	0.546	0.020	3	A	1		0.153	0.136	0.235
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	FLA	4		0.0	0.0	0.0

NDB No. 18342

Rolls, dinner, plain, commercially prepared (includes brown-and-serve)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Caffeine....mg	0		0	FLA	4		0	0	0
Theobromine....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 roll (1 oz)

Measure 2 = 25g: 1 each (pan, dinner, or small roll) (2" square, 2" high)

Measure 3 = 43g: 1 roll (hamburger, frankfurter, onion roll, bun, large roll)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18396

Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	29.10		0		1		8.25	12.51	10.19
Energy....kcal	316		0	NC	4		90	136	111
Energy....kj	1322				4		375	569	463
Protein (N x 0)....g	8.50		0		1		2.41	3.66	2.98
Total lipid (fat)....g	7.30		0		1		2.07	3.14	2.56
Ash....g	1.70		0		1		0.48	0.73	0.60
Carbohydrate, by difference....g	53.40		0	NC	4		15.14	22.96	18.69
Fiber, total dietary....g	1.9		0		4		0.5	0.8	0.7
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	60		0		1		17	26	21
Iron, Fe....mg	2.96		0		1		0.84	1.27	1.04
Magnesium, Mg....mg	19		0		1		5	8	7
Phosphorus, P....mg	126		0		1		36	54	44
Potassium, K....mg	152		0		1		43	65	53
Sodium, Na....mg	415		0		1		118	178	145
Zinc, Zn....mg	0.70		0		1		0.20	0.30	0.25
Copper, Cu....mg	0.114		0		1		0.032	0.049	0.040
Manganese, Mn....mg	0.401		0		1		0.114	0.172	0.140
Selenium, Se....mcg	22.8		0	RK	4		6.5	9.8	8.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0		1		0.1	0.1	0.1
Thiamin....mg	0.393		0		1		0.111	0.169	0.138
Riboflavin....mg	0.408		0		1		0.116	0.175	0.143
Niacin....mg	3.448		0		1		0.978	1.483	1.207
Pantothenic acid....mg	0.450		0		1		0.128	0.194	0.158
Vitamin B-6....mg	0.060		0		1		0.017	0.026	0.021
Folate, total....mcg	90		0	RK	4		26	39	32
Folic acid....mcg	47		0	NC	4		13	20	16
Folate, food....mcg	43		0		1		12	18	15
Folate, DFE....mcg_DFE	123		0	NC	4		35	53	43
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.14		0		1		0.04	0.06	0.05
Vitamin A, RAE....mcg_RAE	87		0	NC	4		25	37	30
Retinol....mcg	84		0	NC	4		24	36	29
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	338		0		1		96	145	118
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.795		0		1		0.509	0.772	0.628
4:0....g	0.024		0		1		0.007	0.010	0.008
6:0....g	0.014		0		1		0.004	0.006	0.005
8:0....g	0.008		0		1		0.002	0.003	0.003
10:0....g	0.019		0		1		0.005	0.008	0.007
12:0....g	0.021		0		1		0.006	0.009	0.007
13:0....g									

NDB No. 18396

Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0 g	0.089		0		1		0.025	0.038	0.031
15:0 g									
16:0 g	1.078		0		1		0.306	0.464	0.377
17:0 g									
18:0 g	0.535		0		1		0.152	0.230	0.187
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.881		0		1		0.817	1.239	1.008
14:1 g									
15:1 g									
16:1 undifferentiated g	0.054		0		1		0.015	0.023	0.019
17:1 g									
18:1 undifferentiated g	2.823		0		1		0.800	1.214	0.988
20:1 g	0.002		0		1		0.001	0.001	0.001
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	2.006		0		1		0.569	0.863	0.702
18:2 undifferentiated g	1.896		0		1		0.538	0.815	0.664
18:3 undifferentiated g	0.097		0		1		0.027	0.042	0.034
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.011		0		1		0.003	0.005	0.004
20:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 g	0.003		0		1		0.001	0.001	0.001
Fatty acids, total trans g									
Cholesterol mg	35		0		1		10	15	12
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.106		0		1		0.030	0.046	0.037
Threonine g	0.282		0		1		0.080	0.121	0.099
Isoleucine g	0.353		0		1		0.100	0.152	0.124
Leucine g	0.639		0		1		0.181	0.275	0.224
Lysine g	0.330		0		1		0.094	0.142	0.116
Methionine g	0.173		0		1		0.049	0.074	0.061
Cystine g	0.164		0		1		0.046	0.071	0.057
Phenylalanine g	0.426		0		1		0.121	0.183	0.149
Tyrosine g	0.293		0		1		0.083	0.126	0.103
Valine g	0.402		0		1		0.114	0.173	0.141
Arginine g	0.362		0		1		0.103	0.156	0.127
Histidine g	0.198		0		1		0.056	0.085	0.069
Alanine g	0.311		0		1		0.088	0.134	0.109
Aspartic acid g	0.478		0		1		0.136	0.206	0.167
Glutamic acid g	2.425		0		1		0.687	1.043	0.849
Glycine g	0.290		0		1		0.082	0.125	0.102
Proline g	0.857		0		1		0.243	0.369	0.300
Serine g	0.452		0		1		0.128	0.194	0.158
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18396

Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk

Measure 2 = 43g: 1 large roll or bun (3-1/2" dia)

Measure 3 = 35g: 1 roll (2-1/2" dia)

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18346
Rolls, dinner, rye

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	30.10		1		1		12.94	10.84	8.43
Energy kcal	286		0		4		123	103	80
Energy kj	1197		0		4		515	431	335
Protein (N x 5.8) g	10.30		1		1		4.43	3.71	2.88
Total lipid (fat) g	3.40		1		1		1.46	1.22	0.95
Ash g	2.90		1		1		1.25	1.04	0.81
Carbohydrate, by difference g	53.10		0	NC	4		22.83	19.12	14.87
Fiber, total dietary g	4.9		0		4		2.1	1.8	1.4
Sugars, total g	1.17		0	FLA	4		0.51	0.42	0.33
Starch g									
Minerals:									
Calcium, Ca mg	30		1		1		13	11	8
Iron, Fe mg	2.70		1		1		1.16	0.97	0.76
Magnesium, Mg mg	54		1		1		23	19	15
Phosphorus, P mg	159		1		1		68	57	45
Potassium, K mg	180		1		1		77	65	50
Sodium, Na mg	892		1		1		384	321	250
Zinc, Zn mg	0.97		0	FLA	4		0.42	0.35	0.27
Copper, Cu mg	0.201		0	FLA	4		0.086	0.072	0.056
Manganese, Mn mg	0.702		0	FLA	4		0.302	0.253	0.197
Selenium, Se mcg	27.8		0	FLA	4		12.0	10.0	7.8
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	0.0
Thiamin mg	0.380		1		1		0.163	0.137	0.106
Riboflavin mg	0.270		1		1		0.116	0.097	0.076
Niacin mg	3.900		1		1		1.677	1.404	1.092
Pantothenic acid mg	0.383		0	FLA	4		0.165	0.138	0.107
Vitamin B-6 mg	0.062		0	FLA	4		0.027	0.022	0.017
Folate, total mcg	99		0	FLA	4		43	36	28
Folic acid mcg	77		0		4		33	28	22
Folate, food mcg	22		0		4		9	8	6
Folate, DFE mcg_DFE	153		0	NC	4		66	55	43
Choline, total mg	14.6		0	BFZN	4		6.3	5.3	4.1
Betaine mg									
Vitamin B-12 mcg	0.00		0		1		0.00	0.00	0.00
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	0
Retinol mcg	0		0	FLA	4		0	0	0
Carotene, beta mcg	4		0	FLA	4		2	1	1
Carotene, alpha mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta mcg	1		0	FLA	4		1	0	0
Vitamin A, IU IU	7		0	NC	4		3	3	2
Lycopene mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin mcg	54		0	FLA	4		23	20	15
Vitamin E (alpha-tocopherol) mg	0.34		0	FLA	4		0.14	0.12	0.09
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	3.1	0.639	5		1		1.3	1.1	0.9
Lipids:									
Fatty acids, total saturated g	0.605		0		1		0.260	0.218	0.169
4:0 g	0.000		0		1		0.000	0.000	0.000
6:0 g	0.000		0		1		0.000	0.000	0.000
8:0 g	0.000		0		1		0.000	0.000	0.000
10:0 g	0.000		0		1		0.000	0.000	0.000

NDB No. 18346
Rolls, dinner, rye

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0		1		0.000	0.000	0.000
13:0 g									
14:0 g	0.010		0		1		0.004	0.004	0.003
15:0 g									
16:0 g	0.367		0		1		0.158	0.132	0.103
17:0 g									
18:0 g	0.227		0		1		0.098	0.082	0.064
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.236		0		1		0.531	0.445	0.346
14:1 g									
15:1 g									
16:1 undifferentiated g	0.009		0		1		0.004	0.003	0.003
17:1 g									
18:1 undifferentiated g	1.225		0		1		0.527	0.441	0.343
20:1 g	0.002		0		1		0.001	0.001	0.001
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.708		0		1		0.304	0.255	0.198
18:2 undifferentiated g	0.656		0		1		0.282	0.236	0.184
18:3 undifferentiated g	0.052		0		1		0.022	0.019	0.015
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.119		0		1		0.051	0.043	0.033
Threonine g	0.313		0		1		0.135	0.113	0.088
Isoleucine g	0.396		0		1		0.170	0.143	0.111
Leucine g	0.712		0		1		0.306	0.256	0.199
Lysine g	0.282		0		1		0.121	0.102	0.079
Methionine g	0.172		0		1		0.074	0.062	0.048
Cystine g	0.215		0		1		0.092	0.077	0.060
Phenylalanine g	0.510		0		1		0.219	0.184	0.143
Tyrosine g	0.262		0		1		0.113	0.094	0.073
Valine g	0.468		0		1		0.201	0.168	0.131
Arginine g	0.403		0		1		0.173	0.145	0.113
Histidine g	0.224		0		1		0.096	0.081	0.063
Alanine g	0.362		0		1		0.156	0.130	0.101
Aspartic acid g	0.532		0		1		0.229	0.192	0.149
Glutamic acid g	3.231		0		1		1.389	1.163	0.905
Glycine g	0.369		0		1		0.159	0.133	0.103
Proline g	1.125		0		1		0.484	0.405	0.315
Serine g	0.512		0		1		0.220	0.184	0.143
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	FLA	4		0	0	0
Theobromine mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18346
Rolls, dinner, rye

Measure 1 = 43g: 1 large (approx 3-1/2" to 4" dia)
Measure 2 = 36g: 1 medium
Measure 3 = 28g: 1 small (2-3/8" dia)

Calories Factors: **Protein** 3.7 **Fat** 8.7 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18347
Rolls, dinner, wheat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	37.00		2		1		10.36		
Energy kcal	273		0	NC	4		76		
Energy kj	1142		0		4		320		
Protein (N x 5.7) g	8.60		1		1		2.41		
Total lipid (fat) g	6.30		2		1		1.76		
Ash g	2.10		1		1		0.59		
Carbohydrate, by difference g	46.00		0	NC	4		12.88		
Fiber, total dietary g	3.8		0		4		1.1		
Sugars, total g	1.63		0	FLA	4		0.46		
Starch g									
Minerals:									
Calcium, Ca mg	176		2		1		49		
Iron, Fe mg	3.55		2		1		0.99		
Magnesium, Mg mg	36		0	FLA	4		10		
Phosphorus, P mg	104		0	FLA	4		29		
Potassium, K mg	115		0	FLA	4		32		
Sodium, Na mg	340		2		1		95		
Zinc, Zn mg	0.90		0	FLA	4		0.25		
Copper, Cu mg	0.150		0	FLA	4		0.042		
Manganese, Mn mg	1.023		0	FLA	4		0.286		
Selenium, Se mcg	33.0		0	FLA	4		9.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0		
Thiamin mg	0.433		2		1		0.121		
Riboflavin mg	0.273		2		1		0.076		
Niacin mg	4.072		2		1		1.140		
Pantothenic acid mg	0.364		0	FLA	4		0.102		
Vitamin B-6 mg	0.076		0	FLA	4		0.021		
Folate, total mcg	60		0	FLA	4		17		
Folic acid mcg	45		0		4		13		
Folate, food mcg	15		0		4		4		
Folate, DFE mcg_DFE	92		0	NC	4		26		
Choline, total mg	18.7		0	BFZN	4		5.2		
Betaine mg									
Vitamin B-12 mcg	0.00		0		1		0.00		
Vitamin B-12, added mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE mcg_RAE	0		0	NC	4		0		
Retinol mcg	0		0	FLA	4		0		
Carotene, beta mcg	0		0	Z	7		0		
Carotene, alpha mcg	0		0	Z	7		0		
Cryptoxanthin, beta mcg	0		0	Z	7		0		
Vitamin A, IU IU	0		0	NC	4		0		
Lycopene mcg	0		0	FLA	4		0		
Lutein + zeaxanthin mcg	65		0	FLA	4		18		
Vitamin E (alpha-tocopherol) mg	0.36		0	FLA	4		0.10		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	2.7		0	FLA	4		0.8		
Lipids:									
Fatty acids, total saturated g	1.497		0	FLA	4		0.419		
4:0 g	0.000		0	FLA	4		0.000		
6:0 g	0.000		0	FLA	4		0.000		
8:0 g	0.003		0	FLA	4		0.001		
10:0 g	0.000		0	FLA	4		0.000		

NDB No. 18347
Rolls, dinner, wheat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0	FLA	4		0.000		
13:0 g									
14:0 g	0.027		0	FLA	4		0.008		
15:0 g									
16:0 g	0.825		0	FLA	4		0.231		
17:0 g									
18:0 g	0.633		0	FLA	4		0.177		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.109		0	FLA	4		0.871		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.005		0	FLA	4		0.001		
17:1 g									
18:1 undifferentiated g	3.104		0	FLA	4		0.869		
20:1 g	0.000		0	FLA	4		0.000		
22:1 undifferentiated g	0.000		0	FLA	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	1.107		0	FLA	4		0.310		
18:2 undifferentiated g	1.049		0	FLA	4		0.294		
18:3 undifferentiated g	0.058		0	FLA	4		0.016		
18:4 g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000		
20:5 n-3 g	0.000		0	FLA	4		0.000		
22:5 n-3 g	0.000		0	FLA	4		0.000		
22:6 n-3 g	0.000		0	FLA	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.118		0		1		0.033		
Threonine g	0.241		0		1		0.067		
Isoleucine g	0.321		0		1		0.090		
Leucine g	0.594		0		1		0.166		
Lysine g	0.205		0		1		0.057		
Methionine g	0.145		0		1		0.041		
Cystine g	0.199		0		1		0.056		
Phenylalanine g	0.419		0		1		0.117		
Tyrosine g	0.246		0		1		0.069		
Valine g	0.379		0		1		0.106		
Arginine g	0.353		0		1		0.099		
Histidine g	0.193		0		1		0.054		
Alanine g	0.287		0		1		0.080		
Aspartic acid g	0.400		0		1		0.112		
Glutamic acid g	2.897		0		1		0.811		
Glycine g	0.324		0		1		0.091		
Proline g	0.964		0		1		0.270		
Serine g	0.416		0		1		0.116		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0		
Caffeine mg	0		0	FLA	4		0		
Theobromine mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18347
Rolls, dinner, wheat

Measure 1 = 28g: 1 roll (1 oz)

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18348
Rolls, dinner, whole-wheat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	33.10		0		1		14.23	44.69	11.92
Energy....kcal	266		0	NC	4		114	359	96
Energy....kj	1113		0		4		479	1502	401
Protein (N x 0)....g	8.70		0		1		3.74	11.75	3.13
Total lipid (fat)....g	4.70		0		1		2.02	6.35	1.69
Ash....g	2.30		0		1		0.99	3.11	0.83
Carbohydrate, by difference....g	51.10		0	NC	4		21.97	68.99	18.40
Fiber, total dietary....g	7.5		0		4		3.2	10.2	2.7
Sugars, total....g	8.46		0	FLA	4		3.64	11.42	3.04
Starch....g									
Minerals:									
Calcium, Ca....mg	106		0		1		46	143	38
Iron, Fe....mg	2.42		0		1		1.04	3.27	0.87
Magnesium, Mg....mg	85		0		1		37	115	31
Phosphorus, P....mg	224		0		1		96	302	81
Potassium, K....mg	272		0		1		117	367	98
Sodium, Na....mg	478		0		1		206	645	172
Zinc, Zn....mg	2.01		0		1		0.86	2.71	0.72
Copper, Cu....mg	0.239		0		1		0.103	0.323	0.086
Manganese, Mn....mg	2.298		0		1		0.988	3.102	0.827
Selenium, Se....mcg	49.4		0	FLA	4		21.2	66.7	17.8
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.248		0		1		0.107	0.335	0.089
Riboflavin....mg	0.152		0		1		0.065	0.205	0.055
Niacin....mg	3.677		0		1		1.581	4.964	1.324
Pantothenic acid....mg	0.489		0		1		0.210	0.660	0.176
Vitamin B-6....mg	0.195		0		1		0.084	0.263	0.070
Folate, total....mcg	30		0		4		13	41	11
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	30		0		4		13	41	11
Folate, DFE....mcg_DFE	30		0	NC	4		13	41	11
Choline, total....mg	26.5		0	BFZN	4		11.4	35.8	9.6
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	0
Retinol....mcg	0		0	FLA	4		0	0	0
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	0
Vitamin A, IU....IU	0		0		1		0	0	0
Lycopene....mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....mcg	115		0	FLA	4		50	156	41
Vitamin E (alpha-tocopherol)....mg	0.90		0	FLA	4		0.39	1.22	0.33
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	2.0		0	FLA	4		0.8	2.6	0.7
Lipids:									
Fatty acids, total saturated....g	0.836		0		1		0.359	1.129	0.301
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.011		0		1		0.005	0.015	0.004
10:0....g	0.000		0		1		0.000	0.000	0.000

NDB No. 18348
Rolls, dinner, whole-wheat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.001		0		1		0.000	0.001	0.000
13:0 g									
14:0 g	0.013		0		1		0.006	0.018	0.005
15:0 g									
16:0 g	0.661		0		1		0.284	0.892	0.238
17:0 g									
18:0 g	0.141		0		1		0.061	0.190	0.051
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.199		0		1		0.516	1.619	0.432
14:1 g									
15:1 g									
16:1 undifferentiated g	0.026		0		1		0.011	0.035	0.009
17:1 g									
18:1 undifferentiated g	1.173		0		1		0.504	1.584	0.422
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	2.161		0		1		0.929	2.917	0.778
18:2 undifferentiated g	2.038		0		1		0.876	2.751	0.734
18:3 undifferentiated g	0.121		0		1		0.052	0.163	0.044
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.001		0		1		0.000	0.001	0.000
20:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.134		0		1		0.058	0.181	0.048
Threonine g	0.260		0		1		0.112	0.351	0.094
Isoleucine g	0.333		0		1		0.143	0.450	0.120
Leucine g	0.601		0		1		0.258	0.811	0.216
Lysine g	0.266		0		1		0.114	0.359	0.096
Methionine g	0.138		0		1		0.059	0.186	0.050
Cystine g	0.196		0		1		0.084	0.265	0.071
Phenylalanine g	0.412		0		1		0.177	0.556	0.148
Tyrosine g	0.262		0		1		0.113	0.354	0.094
Valine g	0.403		0		1		0.173	0.544	0.145
Arginine g	0.407		0		1		0.175	0.549	0.147
Histidine g	0.204		0		1		0.088	0.275	0.073
Alanine g	0.314		0		1		0.135	0.424	0.113
Aspartic acid g	0.463		0		1		0.199	0.625	0.167
Glutamic acid g	2.692		0		1		1.158	3.634	0.969
Glycine g	0.347		0		1		0.149	0.468	0.125
Proline g	0.893		0		1		0.384	1.206	0.321
Serine g	0.414		0		1		0.178	0.559	0.149
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	FLA	4		0	0	0
Theobromine mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18348
Rolls, dinner, whole-wheat

Measure 1 = 43g: 1 roll (hamburger, frankfurter roll)
Measure 2 = 135g: 1 roll, large submarine, hoagie
Measure 3 = 36g: 1 medium (2-1/2" dia)

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18349
Rolls, french

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	34.80	0.477	31		1		9.87	13.22	
Energy kcal	277		0		4		79	105	
Energy kj	1159		0		4		329	440	
Protein (N x 5.8) g	8.60	0.354	13		1		2.44	3.27	
Total lipid (fat) g	4.30	0.398	14		1		1.22	1.63	
Ash g	1.90	0.048	27		1		0.54	0.72	
Carbohydrate, by difference g	50.20		0	NC	4		14.23	19.08	
Fiber, total dietary g	3.2		0		1		0.9	1.2	
Sugars, total g	0.31		0	FLA	4		0.09	0.12	
Starch g									
Minerals:									
Calcium, Ca mg	91	6.946	27		1		26	35	
Iron, Fe mg	2.71	0.090	27		1		0.77	1.03	
Magnesium, Mg mg	20		1		1		6	8	
Phosphorus, P mg	84		1		1		24	32	
Potassium, K mg	114	10.125	6		1		32	43	
Sodium, Na mg	609	28.031	8		1		173	231	
Zinc, Zn mg	0.90		0	FLA	4		0.26	0.34	
Copper, Cu mg	0.135		0	FLA	4		0.038	0.051	
Manganese, Mn mg	0.559		0	FLA	4		0.158	0.212	
Selenium, Se mcg	27.9		0	FLA	4		7.9	10.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	
Thiamin mg	0.523	0.014	28		1		0.148	0.199	
Riboflavin mg	0.300	0.010	20		1		0.085	0.114	
Niacin mg	4.352	0.138	27		1		1.234	1.654	
Pantothenic acid mg	0.452		0	FLA	4		0.128	0.172	
Vitamin B-6 mg	0.039		0	FLA	4		0.011	0.015	
Folate, total mcg	113		0	FLA	4		32	43	
Folic acid mcg	80		0		4		23	30	
Folate, food mcg	33		0		4		9	13	
Folate, DFE mcg_DFE	169		0	NC	4		48	64	
Choline, total mg	14.8		0	BFZN	4		4.2	5.6	
Betaine mg									
Vitamin B-12 mcg	0.00		0		1		0.00	0.00	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	FLA	4		0	0	
Carotene, beta mcg	0		0	Z	7		0	0	
Carotene, alpha mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta mcg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	FLA	4		0	0	
Lycopene mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin mcg	50		0	FLA	4		14	19	
Vitamin E (alpha-tocopherol) mg	0.30		0	FLA	4		0.09	0.12	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	1.8	0.000	3		1		0.5	0.7	
Lipids:									
Fatty acids, total saturated g	0.962		0		1		0.273	0.366	
4:0 g	0.000		0		1		0.000	0.000	
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	

NDB No. 18349
Rolls, french

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0		1		0.000	0.000	
13:0 g									
14:0 g	0.016		0		1		0.005	0.006	
15:0 g									
16:0 g	0.549		0		1		0.156	0.209	
17:0 g									
18:0 g	0.396		0		1		0.112	0.150	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.961		0		1		0.556	0.745	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.019		0		1		0.005	0.007	
17:1 g									
18:1 undifferentiated g	1.942		0		1		0.551	0.738	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.834		0		1		0.236	0.317	
18:2 undifferentiated g	0.795		0		1		0.225	0.302	
18:3 undifferentiated g	0.039		0		1		0.011	0.015	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 g	0.000		0		1		0.000	0.000	
22:5 n-3 g	0.000		0		1		0.000	0.000	
22:6 n-3 g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.099		0		1		0.028	0.038	
Threonine g	0.255		0		1		0.072	0.097	
Isoleucine g	0.336		0		1		0.095	0.128	
Leucine g	0.608		0		1		0.172	0.231	
Lysine g	0.231		0		1		0.065	0.088	
Methionine g	0.153		0		1		0.043	0.058	
Cystine g	0.182		0		1		0.052	0.069	
Phenylalanine g	0.422		0		1		0.120	0.160	
Tyrosine g	0.249		0		1		0.071	0.095	
Valine g	0.380		0		1		0.108	0.144	
Arginine g	0.320		0		1		0.091	0.122	
Histidine g	0.188		0		1		0.053	0.071	
Alanine g	0.302		0		1		0.086	0.115	
Aspartic acid g	0.414		0		1		0.117	0.157	
Glutamic acid g	2.772		0		1		0.786	1.053	
Glycine g	0.309		0		1		0.088	0.117	
Proline g	0.926		0		1		0.263	0.352	
Serine g	0.416		0		1		0.118	0.158	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18349
Rolls, french

Measure 1 = 28.35g: 1 oz
Measure 2 = 38g: 1 roll

Calories Factors: **Protein** 3.9 **Fat** 8.7 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18351
Rolls, hamburger or hotdog, mixed-grain

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	38.00	0.152	3		1		10.77	16.34	
Energy kcal	263		0	NC	4		75	113	
Energy kj	1100		0		4		312	473	
Protein (N x 5.8) g	9.60	0.215	15		1		2.72	4.13	
Total lipid (fat) g	6.00	0.587	15		1		1.70	2.58	
Ash g	1.80	0.207	9		1		0.51	0.77	
Carbohydrate, by difference g	44.60		0	NC	4		12.64	19.18	
Fiber, total dietary g	3.8		0		4		1.1	1.6	
Sugars, total g	6.25	0.153	4	A	1		1.77	2.69	
Starch g									
Minerals:									
Calcium, Ca mg	95	8.221	15		1		27	41	
Iron, Fe mg	3.95	0.243	15		1		1.12	1.70	
Magnesium, Mg mg	44		0	FLA	4		12	19	
Phosphorus, P mg	122		0	FLA	4		35	52	
Potassium, K mg	160		0	FLA	4		45	69	
Sodium, Na mg	458	18.078	3		1		130	197	
Zinc, Zn mg	1.05		0	FLA	4		0.30	0.45	
Copper, Cu mg	0.216		0	FLA	4		0.061	0.093	
Manganese, Mn mg	1.015		0	FLA	4		0.288	0.436	
Selenium, Se mcg	31.8		0	FLA	4		9.0	13.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		4		0.0	0.0	
Thiamin mg	0.463	0.031	15		1		0.131	0.199	
Riboflavin mg	0.310	0.023	15		1		0.088	0.133	
Niacin mg	4.468	0.203	15		1		1.267	1.921	
Pantothenic acid mg	0.492		0	FLA	4		0.139	0.212	
Vitamin B-6 mg	0.092	0.004	3		1		0.026	0.040	
Folate, total mcg	111	5.320	7	A	1		31	48	
Folic acid mcg	86	2.283	7	A	1		24	37	
Folate, food mcg	25	5.281	7	AS	1		7	11	
Folate, DFE mcg_DFE	171		0	NC	4		49	74	
Choline, total mg	26.5		0	BFZN	4		7.5	11.4	
Betaine mg									
Vitamin B-12 mcg	0.01		0	FLA	4		0.00	0.00	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg	0		0	T	4		0	0	
Carotene, alpha mcg	0		0	T	4		0	0	
Cryptoxanthin, beta mcg	0		0	T	4		0	0	
Vitamin A, IU IU	0		0	NC	4		0	0	
Lycopene mcg	0		0	T	4		0	0	
Lutein + zeaxanthin mcg	45		0	T	4		13	19	
Vitamin E (alpha-tocopherol) mg	0.07		2	A	1		0.02	0.03	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	3.1		0	FLA	4		0.9	1.3	
Lipids:									
Fatty acids, total saturated g	1.390		0	FLA	4		0.394	0.598	
4:0 g	0.000		0	FLA	4		0.000	0.000	
6:0 g	0.000		0	FLA	4		0.000	0.000	
8:0 g	0.001		0	FLA	4		0.000	0.000	
10:0 g	0.000		0	FLA	4		0.000	0.000	

NDB No. 18351
Rolls, hamburger or hotdog, mixed-grain

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0	FLA	4		0.000	0.000	
13:0 g									
14:0 g	0.025		0	FLA	4		0.007	0.011	
15:0 g									
16:0 g	0.781		0	FLA	4		0.221	0.336	
17:0 g									
18:0 g	0.572		0	FLA	4		0.162	0.246	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.839		0	FLA	4		0.805	1.221	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.013		0	FLA	4		0.004	0.006	
17:1 g									
18:1 undifferentiated g	2.825		0	FLA	4		0.801	1.215	
20:1 g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.153		0	FLA	4		0.327	0.496	
18:2 undifferentiated g	1.087		0	FLA	4		0.308	0.467	
18:3 undifferentiated g	0.066		0	FLA	4		0.019	0.028	
18:4 g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		1		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.121		0		1		0.034	0.052	
Threonine g	0.282		0		1		0.080	0.121	
Isoleucine g	0.357		0		1		0.101	0.154	
Leucine g	0.655		0		1		0.186	0.282	
Lysine g	0.254		0		1		0.072	0.109	
Methionine g	0.161		0		1		0.046	0.069	
Cystine g	0.214		0		1		0.061	0.092	
Phenylalanine g	0.459		0		1		0.130	0.197	
Tyrosine g	0.264		0		1		0.075	0.114	
Valine g	0.425		0		1		0.120	0.183	
Arginine g	0.405		0		1		0.115	0.174	
Histidine g	0.212		0		1		0.060	0.091	
Alanine g	0.342		0		1		0.097	0.147	
Aspartic acid g	0.491		0		1		0.139	0.211	
Glutamic acid g	3.015		0		1		0.855	1.296	
Glycine g	0.371		0		1		0.105	0.160	
Proline g	1.030		0		1		0.292	0.443	
Serine g	0.458		0		1		0.130	0.197	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18351
Rolls, hamburger or hotdog, mixed-grain

Measure 1 = 28.35g: 1 oz
Measure 2 = 43g: 1 roll

Calories Factors: **Protein** 3.8 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18350
Rolls, hamburger or hotdog, plain

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	34.70	0.129	6	A	1		9.84	14.92	
Energy kcal	279		0	NC	4		79	120	
Energy kj	1167		0	NC	4		331	502	
Protein (N x 5.8) g	9.50	0.083	4	A	1		2.69	4.08	
Total lipid (fat) g	4.33	0.042	6	A	1		1.23	1.86	
Ash g	2.02	0.016	6	A	1		0.57	0.87	
Carbohydrate, by difference g	49.45		0	NC	4		14.02	21.27	
Fiber, total dietary g	2.1	0.109	4	A	1		0.6	0.9	
Sugars, total g	6.25	0.153	4	A	1		1.77	2.69	
Sucrose g	0.00	0.000	6	A	1		0.00	0.00	
Glucose (dextrose) g	2.64	0.061	6	A	1		0.75	1.14	
Fructose g	2.27	0.027	6	A	1		0.64	0.98	
Lactose g	0.24	0.014	4	A	1		0.07	0.10	
Maltose g	1.13	0.096	6	A	1		0.32	0.49	
Galactose g	0.00	0.000	6	A	1		0.00	0.00	
Starch g	40.78	0.263	6	A	1		11.56	17.54	
Minerals:									
Calcium, Ca mg	138	0.522	4	A	1		39	59	
Iron, Fe mg	3.32	0.084	6	A	1		0.94	1.43	
Magnesium, Mg mg	21	0.248	5	A	1		6	9	
Phosphorus, P mg	62	0.548	6	A	1		18	27	
Potassium, K mg	94	1.305	6	A	1		27	40	
Sodium, Na mg	479	6.266	6	A	1		136	206	
Zinc, Zn mg	0.66	0.022	6	A	1		0.19	0.28	
Copper, Cu mg	0.220	0.034	6	A	1		0.062	0.095	
Manganese, Mn mg	0.272	0.017	6	A	1		0.077	0.117	
Selenium, Se mcg	19.5	0.645	4	A	1		5.5	8.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	FLC	4		0.0	0.0	
Thiamin mg	0.400	0.008	6	A	1		0.113	0.172	
Riboflavin mg	0.318	0.003	6	A	1		0.090	0.137	
Niacin mg	4.154	0.048	6	A	1		1.178	1.786	
Pantothenic acid mg	0.331		2	A	1		0.094	0.142	
Vitamin B-6 mg	0.071	0.003	6	A	1		0.020	0.030	
Folate, total mcg	111		0	T	4		31	48	
Folic acid mcg	84		0		4		24	36	
Folate, food mcg	27		0		4		8	12	
Folate, DFE mcg_DFE	170		0	NC	4		48	73	
Choline, total mg	14.6		0	BFZN	4		4.1	6.3	
Betaine mg									
Vitamin B-12 mcg	0.20		2	A	1		0.06	0.08	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	FLC	4		0	0	
Carotene, beta mcg	0		0	FLC	4		0	0	
Carotene, alpha mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta mcg	0		0	FLC	4		0	0	
Vitamin A, IU IU	0		0	FLA	4		0	0	
Lycopene mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin mcg	45		0	FLC	4		13	19	
Vitamin E (alpha-tocopherol) mg	0.07		2	A	1		0.02	0.03	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	3.1		2		1		0.9	1.3	

NDB No. 18350
Rolls, hamburger or hotdog, plain

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.092		0	NC	4		0.309	0.469	
4:0....g	0.000		2	A	1		0.000	0.000	
6:0....g	0.000		2	A	1		0.000	0.000	
8:0....g	0.000		2	A	1		0.000	0.000	
10:0....g	0.000		2	A	1		0.000	0.000	
12:0....g	0.000		2	A	1		0.000	0.000	
13:0....g									
14:0....g	0.000		2	A	1		0.000	0.000	
15:0....g	0.000		2	A	1		0.000	0.000	
16:0....g	0.678		2	A	1		0.192	0.291	
17:0....g	0.000		2	A	1		0.000	0.000	
18:0....g	0.414		2	A	1		0.117	0.178	
20:0....g	0.000		2	A	1		0.000	0.000	
22:0....g	0.000		2	A	1		0.000	0.000	
24:0....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	1.112		0	NC	4		0.315	0.478	
14:1....g	0.000		1	A	1		0.000	0.000	
15:1....g									
16:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	1.112		2	A	1		0.315	0.478	
20:1....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.968		0	NC	4		0.558	0.846	
18:2 undifferentiated....g	1.762		2	A	1		0.499	0.757	
18:3 undifferentiated....g	0.206		2	A	1		0.058	0.089	
18:4....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:5 n-3....g	0.000		2	A	1		0.000	0.000	
22:5 n-3....g	0.000		2	A	1		0.000	0.000	
22:6 n-3....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		2	A	1		0	0	
Phytosterols....mg	0		0	FLC	4		0	0	
Amino Acids:									
Tryptophan....g	0.103		0	FLC	4		0.029	0.044	
Threonine....g	0.263		0	FLC	4		0.075	0.113	
Isoleucine....g	0.347		0	FLC	4		0.098	0.149	
Leucine....g	0.616		0	FLC	4		0.175	0.265	
Lysine....g	0.243		0	FLC	4		0.069	0.104	
Methionine....g	0.156		0	FLC	4		0.044	0.067	
Cystine....g	0.185		0	FLC	4		0.053	0.080	
Phenylalanine....g	0.430		0	FLC	4		0.122	0.185	
Tyrosine....g	0.255		0	FLC	4		0.072	0.110	
Valine....g	0.389		0	FLC	4		0.110	0.167	
Arginine....g	0.327		0	FLC	4		0.093	0.141	
Histidine....g	0.191		0	FLC	4		0.054	0.082	
Alanine....g	0.309		0	FLC	4		0.088	0.133	
Aspartic acid....g	0.425		0	FLC	4		0.121	0.183	
Glutamic acid....g	2.820		0	FLC	4		0.800	1.213	
Glycine....g	0.316		0	FLC	4		0.090	0.136	
Proline....g	0.938		0	FLC	4		0.266	0.404	
Serine....g	0.424		0	FLC	4		0.120	0.182	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	
Theobromine....mg	0		0	FLC	4		0	0	

NDB No. 18350
Rolls, hamburger or hotdog, plain

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 43g: 1 roll

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18352
Rolls, hamburger or hotdog, reduced-calorie

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	46.00		1		1		13.04	19.78	
Energy....kcal	196		0	NC	4		56	84	
Energy....kj	820		0		4		232	353	
Protein (N x 5.9)....g	8.30		1		1		2.35	3.57	
Total lipid (fat)....g	2.00		1		1		0.57	0.86	
Ash....g	1.60		1		1		0.45	0.69	
Carbohydrate, by difference....g	42.10		0	NC	4		11.94	18.10	
Fiber, total dietary....g	6.2		0		1		1.8	2.7	
Sugars, total....g	4.76		0	BFCN	4		1.35	2.05	
Starch....g									
Minerals:									
Calcium, Ca....mg	59		1		1		17	25	
Iron, Fe....mg	2.99		1		1		0.85	1.29	
Magnesium, Mg....mg	20		0	FLA	4		6	9	
Phosphorus, P....mg	84		0	FLA	4		24	36	
Potassium, K....mg	78		1		1		22	34	
Sodium, Na....mg	442		1		1		125	190	
Zinc, Zn....mg	0.68		0	FLA	4		0.19	0.29	
Copper, Cu....mg	0.143		0	FLA	4		0.041	0.061	
Manganese, Mn....mg	0.449		0	FLA	4		0.127	0.193	
Selenium, Se....mcg	23.5		0	FLA	4		6.7	10.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0	FLA	4		0.1	0.1	
Thiamin....mg	0.393		1		1		0.111	0.169	
Riboflavin....mg	0.175		1		1		0.050	0.075	
Niacin....mg	4.935		1		1		1.399	2.122	
Pantothenic acid....mg	0.380		0	FLA	4		0.108	0.163	
Vitamin B-6....mg	0.038		0	FLA	4		0.011	0.016	
Folate, total....mcg	111	5.320	7	A	1		31	48	
Folic acid....mcg	86	2.283	7	A	1		24	37	
Folate, food....mcg	25	5.281	7	AS	1		7	11	
Folate, DFE....mcg_DFE	171		0	NC	4		49	74	
Choline, total....mg	14.6		0	BFZN	4		4.1	6.3	
Betaine....mg									
Vitamin B-12....mcg	0.10		0	FLA	4		0.03	0.04	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	T	4		0	0	
Carotene, alpha....mcg	0		0	O	4		0	0	
Cryptoxanthin, beta....mcg	0		0	T	4		0	0	
Vitamin A, IU....IU	0		0	NC	4		0	0	
Lycopene....mcg	0		0	T	4		0	0	
Lutein + zeaxanthin....mcg	45		0	T	4		13	19	
Vitamin E (alpha-tocopherol)....mg	0.07		2	A	1		0.02	0.03	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	3.1		0	T	4		0.9	1.3	
Lipids:									
Fatty acids, total saturated....g	0.325		0		1		0.092	0.140	
4:0....g	0.003		0		1		0.001	0.001	
6:0....g	0.002		0		1		0.001	0.001	
8:0....g	0.001		0		1		0.000	0.000	
10:0....g	0.002		0		1		0.001	0.001	

NDB No. 18352
Rolls, hamburger or hotdog, reduced-calorie

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.003		0		1		0.001	0.001	
13:0 g									
14:0 g	0.011		0		1		0.003	0.005	
15:0 g									
16:0 g	0.233		0		1		0.066	0.100	
17:0 g									
18:0 g	0.068		0		1		0.019	0.029	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.524		0		1		0.149	0.225	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.023		0		1		0.007	0.010	
17:1 g									
18:1 undifferentiated g	0.501		0		1		0.142	0.215	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.763		0		1		0.216	0.328	
18:2 undifferentiated g	0.714		0		1		0.202	0.307	
18:3 undifferentiated g	0.048		0		1		0.014	0.021	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 g	0.000		0		1		0.000	0.000	
22:5 n-3 g	0.000		0		1		0.000	0.000	
22:6 n-3 g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		1		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.083		0		1		0.024	0.036	
Threonine g	0.229		0		1		0.065	0.098	
Isoleucine g	0.296		0		1		0.084	0.127	
Leucine g	0.512		0		1		0.145	0.220	
Lysine g	0.299		0		1		0.085	0.129	
Methionine g	0.119		0		1		0.034	0.051	
Cystine g	0.112		0		1		0.032	0.048	
Phenylalanine g	0.321		0		1		0.091	0.138	
Tyrosine g	0.229		0		1		0.065	0.098	
Valine g	0.324		0		1		0.092	0.139	
Arginine g									
Histidine g	0.157		0		1		0.045	0.068	
Alanine g	0.229		0		1		0.065	0.098	
Aspartic acid g	0.452		0		1		0.128	0.194	
Glutamic acid g	1.777		0		1		0.504	0.764	
Glycine g	0.216		0		1		0.061	0.093	
Proline g	0.632		0		1		0.179	0.272	
Serine g	0.337		0		1		0.096	0.145	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18352
Rolls, hamburger or hotdog, reduced-calorie

Measure 1 = 28.35g: 1 oz
Measure 2 = 43g: 1 roll

Calories Factors: **Protein** 3.9 **Fat** 8.5 **Carbohydrate** 3.5

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18353
Rolls, hard (includes kaiser)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	31.00	0.454	46		1		8.79	17.67	
Energy kcal	293		0	NC	4		83	167	
Energy kj	1226		0		4		348	699	
Protein (N x 5.7) g	9.90	0.185	29		1		2.81	5.64	
Total lipid (fat) g	4.30	0.191	26		1		1.22	2.45	
Ash g	2.00	0.046	39		1		0.57	1.14	
Carbohydrate, by difference g	52.70		0	NC	4		14.94	30.04	
Fiber, total dietary g	2.3		0		4		0.7	1.3	
Sugars, total g	1.77		0	FLA	4		0.50	1.01	
Starch g									
Minerals:									
Calcium, Ca mg	95	6.497	35		1		27	54	
Iron, Fe mg	3.28	0.083	23		1		0.93	1.87	
Magnesium, Mg mg	27	1.611	9		1		8	15	
Phosphorus, P mg	100	6.081	6		1		28	57	
Potassium, K mg	108	5.048	9		1		31	62	
Sodium, Na mg	544	28.954	5		1		154	310	
Zinc, Zn mg	0.94	0.052	9		1		0.27	0.54	
Copper, Cu mg	0.163	0.024	8		1		0.046	0.093	
Manganese, Mn mg	0.460	0.021	8		1		0.130	0.262	
Selenium, Se mcg	39.1	3.412	5	A	1		11.1	22.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	
Thiamin mg	0.478	0.017	22		1		0.136	0.272	
Riboflavin mg	0.336	0.019	20		1		0.095	0.192	
Niacin mg	4.239	0.188	18		1		1.202	2.416	
Pantothenic acid mg	0.410		0	FLA	4		0.116	0.234	
Vitamin B-6 mg	0.035		0	FLA	4		0.010	0.020	
Folate, total mcg	95		0	BFZN	4		27	54	
Folic acid mcg	80		0	NC	4		23	46	
Folate, food mcg	15	1.206	4		1		4	9	
Folate, DFE mcg_DFE	151		0	NC	4		43	86	
Choline, total mg	14.6		0	BFZN	4		4.1	8.3	
Betaine mg									
Vitamin B-12 mcg	0.00		0		1		0.00	0.00	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	FLA	4		0	0	
Carotene, beta mcg	0		0	Z	7		0	0	
Carotene, alpha mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta mcg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		1		1		0	0	
Lycopene mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin mcg	58		0	FLA	4		16	33	
Vitamin E (alpha-tocopherol) mg	0.42		0	FLA	4		0.12	0.24	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	0.6		0	FLA	4		0.2	0.3	
Lipids:									
Fatty acids, total saturated g	0.606		0		1		0.172	0.345	
4:0 g	0.000		0		1		0.000	0.000	
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	

NDB No. 18353
Rolls, hard (includes kaiser)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.001		0		1		0.000	0.001	
13:0 g									
14:0 g	0.002		0		1		0.001	0.001	
15:0 g									
16:0 g	0.476		0		1		0.135	0.271	
17:0 g									
18:0 g	0.127		0		1		0.036	0.072	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.133		0		1		0.321	0.646	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.033		0		1		0.009	0.019	
17:1 g									
18:1 undifferentiated g	1.100		0		1		0.312	0.627	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.719		0		1		0.487	0.980	
18:2 undifferentiated g	1.621		0		1		0.460	0.924	
18:3 undifferentiated g	0.097		0		1		0.027	0.055	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 g	0.000		0		1		0.000	0.000	
22:5 n-3 g	0.000		0		1		0.000	0.000	
22:6 n-3 g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.117		0		1		0.033	0.067	
Threonine g	0.285		0		1		0.081	0.162	
Isoleucine g	0.383		0		1		0.109	0.218	
Leucine g	0.693		0		1		0.196	0.395	
Lysine g	0.242		0		1		0.069	0.138	
Methionine g	0.176		0		1		0.050	0.100	
Cystine g	0.216		0		1		0.061	0.123	
Phenylalanine g	0.489		0		1		0.139	0.279	
Tyrosine g	0.284		0		1		0.081	0.162	
Valine g	0.432		0		1		0.122	0.246	
Arginine g	0.360		0		1		0.102	0.205	
Histidine g	0.214		0		1		0.061	0.122	
Alanine g	0.331		0		1		0.094	0.189	
Aspartic acid g	0.449		0		1		0.127	0.256	
Glutamic acid g	3.314		0		1		0.940	1.889	
Glycine g	0.350		0		1		0.099	0.200	
Proline g	1.105		0		1		0.313	0.630	
Serine g	0.480		0		1		0.136	0.274	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18353
Rolls, hard (includes kaiser)

Measure 1 = 28.35g: 1 oz
Measure 2 = 57g: 1 roll (3-1/2" dia)

Calories Factors: **Protein** 4 **Fat** 8.6 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 43441
Rolls, pumpernickel

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	32.00		0		4		11.52	8.96	
Energy kcal	277		0		4		100	78	
Energy kj	1159		0		4		417	325	
Protein g	10.80		0		4		3.89	3.02	
Total lipid (fat) g	2.80		0		4		1.01	0.78	
Ash g	2.53		0	RA	4		0.91	0.71	
Carbohydrate, by difference g	52.80		0		4		19.01	14.78	
Fiber, total dietary g	5.4		0		4		1.9	1.5	
Sugars, total g	0.40		0	RA	4		0.14	0.11	
Starch g									
Minerals:									
Calcium, Ca mg	67		0		4		24	19	
Iron, Fe mg	2.78		0		4		1.00	0.78	
Magnesium, Mg mg	54		0		4		19	15	
Phosphorus, P mg	171		0		4		62	48	
Potassium, K mg	208		0		4		75	58	
Sodium, Na mg	569		0		4		205	159	
Zinc, Zn mg	1.48		0		4		0.53	0.41	
Copper, Cu mg	0.287		0		4		0.103	0.080	
Manganese, Mn mg	1.909		0	RA	4		0.687	0.535	
Selenium, Se mcg	27.8		0	RK	4		10.0	7.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		7		0.0	0.0	
Thiamin mg	0.380		0		4		0.137	0.106	
Riboflavin mg	0.300		0		4		0.108	0.084	
Niacin mg	2.970		0		4		1.069	0.832	
Pantothenic acid mg	0.619		0	RA	4		0.223	0.173	
Vitamin B-6 mg	0.100		0		4		0.036	0.028	
Folate, total mcg	86		0	RA	4		31	24	
Folic acid mcg	56		0		4		20	16	
Folate, food mcg	30		0	NC	4		11	8	
Folate, DFE mcg_DFE	125		0	NC	4		45	35	
Choline, total mg	14.6		0	BFZN	4		5.3	4.1	
Betaine mg									
Vitamin B-12 mcg	0.00		0		7		0.00	0.00	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	RA	4		0	0	
Carotene, beta mcg	0		0		4		0	0	
Carotene, alpha mcg	0		0		4		0	0	
Cryptoxanthin, beta mcg	0		0		4		0	0	
Vitamin A, IU IU	0		0		7		0	0	
Lycopene mcg	0		0	RA	4		0	0	
Lutein + zeaxanthin mcg	46		0		4		17	13	
Vitamin E (alpha-tocopherol) mg	0.63		0	RA	4		0.23	0.18	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	1.5		0	RA	4		0.5	0.4	
Lipids:									
Fatty acids, total saturated g	0.495		0		4		0.178	0.139	
4:0 g	0.000		0		4		0.000	0.000	
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.000		0		4		0.000	0.000	

NDB No. 43441
Rolls, pumpernickel

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0		4		0.000	0.000	
13:0 g									
14:0 g	0.001		0		4		0.000	0.000	
15:0 g									
16:0 g	0.316		0		4		0.114	0.088	
17:0 g									
18:0 g	0.170		0		4		0.061	0.048	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.609		0		4		0.219	0.171	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.006		0		4		0.002	0.002	
17:1 g									
18:1 undifferentiated g	0.601		0		4		0.216	0.168	
20:1 g	0.003		0		4		0.001	0.001	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.184		0		4		0.426	0.332	
18:2 undifferentiated g	1.073		0		4		0.386	0.300	
18:3 undifferentiated g	0.113		0		4		0.041	0.032	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 g	0.000		0		4		0.000	0.000	
22:5 n-3 g	0.000		0		4		0.000	0.000	
22:6 n-3 g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	
Phytosterols mg	3		0	RA	4		1	1	
Amino Acids:									
Tryptophan g	0.106		0	RA	4		0.038	0.030	
Threonine g	0.273		0	RA	4		0.098	0.076	
Isoleucine g	0.347		0	RA	4		0.125	0.097	
Leucine g	0.635		0	RA	4		0.229	0.178	
Lysine g	0.233		0	RA	4		0.084	0.065	
Methionine g	0.153		0	RA	4		0.055	0.043	
Cystine g	0.196		0	RA	4		0.071	0.055	
Phenylalanine g	0.456		0	RA	4		0.164	0.128	
Tyrosine g	0.229		0	RA	4		0.082	0.064	
Valine g	0.412		0	RA	4		0.148	0.115	
Arginine g	0.354		0	RA	4		0.127	0.099	
Histidine g	0.198		0	RA	4		0.071	0.056	
Alanine g	0.319		0	RA	4		0.115	0.089	
Aspartic acid g	0.468		0	RA	4		0.168	0.131	
Glutamic acid g	2.963		0	RA	4		1.067	0.830	
Glycine g	0.328		0	RA	4		0.118	0.092	
Proline g	1.036		0	RA	4		0.373	0.290	
Serine g	0.463		0	RA	4		0.167	0.130	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	RA	4		0	0	
Theobromine mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 43441
Rolls, pumpernickel

Measure 1 = 36g: 1 medium (2-1/2" dia)
Measure 2 = 28g: 1 roll (pan, dinner, or small roll) (2" square, 2" high)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18354
Strudel, apple

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	43.50		2		1		12.33	30.89	
Energy kcal	274		0	NC	4		78	195	
Energy kj	1146		0		4		325	814	
Protein (N x 6) g	3.30		2		1		0.94	2.34	
Total lipid (fat) g	11.20		2		1		3.18	7.95	
Ash g	0.80		2		1		0.23	0.57	
Carbohydrate, by difference g	41.10		0	NC	4		11.65	29.18	
Fiber, total dietary g	2.2		0		1		0.6	1.6	
Sugars, total g	25.75		0	FLA	4		7.30	18.28	
Starch g									
Minerals:									
Calcium, Ca mg	15		2		1		4	11	
Iron, Fe mg	0.42		2		1		0.12	0.30	
Magnesium, Mg mg	9		2		1		3	6	
Phosphorus, P mg	33		2		1		9	23	
Potassium, K mg	149		0	FLA	4		42	106	
Sodium, Na mg	269		2		1		76	191	
Zinc, Zn mg	0.19		2		1		0.05	0.13	
Copper, Cu mg	0.030		2		1		0.009	0.021	
Manganese, Mn mg	0.190		2		1		0.054	0.135	
Selenium, Se mcg	6.1		0	FLA	4		1.7	4.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	1.7		2		1		0.5	1.2	
Thiamin mg	0.040		2		1		0.011	0.028	
Riboflavin mg	0.025		2		1		0.007	0.018	
Niacin mg	0.330		2		1		0.094	0.234	
Pantothenic acid mg	0.270		0	FLA	4		0.077	0.192	
Vitamin B-6 mg	0.046		0	FLA	4		0.013	0.033	
Folate, total mcg	28		0	FLA	4		8	20	
Folic acid mcg	22		0		4		6	16	
Folate, food mcg	6		0		4		2	4	
Folate, DFE mcg_DFE	43		0	NC	4		12	31	
Choline, total mg	17.4		0	FLC	4		4.9	12.4	
Betaine mg									
Vitamin B-12 mcg	0.22		0	FLA	4		0.06	0.16	
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE mcg_RAE	6		0	NC	4		2	4	
Retinol mcg	6		0	FLA	4		2	4	
Carotene, beta mcg	5		0	FLA	4		1	3	
Carotene, alpha mcg	1		0	FLA	4		0	1	
Cryptoxanthin, beta mcg	3		0	FLA	4		1	2	
Vitamin A, IU IU	30		0	NC	4		8	21	
Lycopene mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin mcg	42		0	FLA	4		12	30	
Vitamin E (alpha-tocopherol) mg	1.42		0	FLA	4		0.40	1.01	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	2.9		0	FLA	4		0.8	2.0	
Lipids:									
Fatty acids, total saturated g	2.044		0	FLA	4		0.579	1.451	
4:0 g	0.001		0	FLA	4		0.000	0.001	
6:0 g	0.000		0	FLA	4		0.000	0.000	
8:0 g	0.000		0	FLA	4		0.000	0.000	
10:0 g	0.001		0	FLA	4		0.000	0.001	

NDB No. 18354
Strudel, apple

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.001		0	FLA	4		0.000	0.001	
13:0 g									
14:0 g	0.037		0	FLA	4		0.010	0.026	
15:0 g									
16:0 g	1.583		0	FLA	4		0.449	1.124	
17:0 g									
18:0 g	0.416		0	FLA	4		0.118	0.295	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.267		0	FLA	4		0.926	2.320	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.026		0	FLA	4		0.007	0.018	
17:1 g									
18:1 undifferentiated g	3.240		0	FLA	4		0.919	2.300	
20:1 g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	5.315		0	FLA	4		1.507	3.774	
18:2 undifferentiated g	5.002		0	FLA	4		1.418	3.551	
18:3 undifferentiated g	0.310		0	FLA	4		0.088	0.220	
18:4 g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.002		0	FLA	4		0.001	0.001	
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 g	0.001		0	FLA	4		0.000	0.001	
Fatty acids, total trans g									
Cholesterol mg	6		0	FLA	4		2	4	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.039		0		1		0.011	0.028	
Threonine g	0.119		0		1		0.034	0.084	
Isoleucine g	0.147		0		1		0.042	0.104	
Leucine g	0.257		0		1		0.073	0.182	
Lysine g	0.153		0		1		0.043	0.109	
Methionine g	0.067		0		1		0.019	0.048	
Cystine g	0.058		0		1		0.016	0.041	
Phenylalanine g	0.151		0		1		0.043	0.107	
Tyrosine g	0.115		0		1		0.033	0.082	
Valine g	0.164		0		1		0.046	0.116	
Arginine g	0.135		0		1		0.038	0.096	
Histidine g	0.076		0		1		0.022	0.054	
Alanine g	0.116		0		1		0.033	0.082	
Aspartic acid g	0.206		0		1		0.058	0.146	
Glutamic acid g	0.848		0		1		0.240	0.602	
Glycine g	0.097		0		1		0.027	0.069	
Proline g	0.305		0		1		0.086	0.217	
Serine g	0.183		0		1		0.052	0.130	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18354
Strudel, apple

Measure 1 = 28.35g: 1 oz
Measure 2 = 71g: 1 piece

Calories Factors: **Protein** 4.2 **Fat** 8.9 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18355
Sweet rolls, cheese

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	29.40		2		1		8.33	19.40	
Energy kcal	360		0	NC	4		102	238	
Energy kj	1506				4		427	994	
Protein (N x 6) g	7.10		2		1		2.01	4.69	
Total lipid (fat) g	18.30		2		1		5.19	12.08	
Ash g	1.40		2		1		0.40	0.92	
Carbohydrate, by difference g	43.70		0	NC	4		12.39	28.84	
Fiber, total dietary g	1.2		0		1		0.3	0.8	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	118		2		1		33	78	
Iron, Fe mg	0.76		2		1		0.22	0.50	
Magnesium, Mg mg	19		2		1		5	13	
Phosphorus, P mg	98		2		1		28	65	
Potassium, K mg	137		0	FLA	4		39	90	
Sodium, Na mg	357		2		1		101	236	
Zinc, Zn mg	0.63		2		1		0.18	0.42	
Copper, Cu mg	0.095		2		1		0.027	0.063	
Manganese, Mn mg	0.210		2		1		0.060	0.139	
Selenium, Se mcg	11.9		0	FLA	4		3.4	7.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.2		0	FLA	4		0.1	0.1	
Thiamin mg	0.150		2		1		0.043	0.099	
Riboflavin mg	0.130		2		1		0.037	0.086	
Niacin mg	0.830		2		1		0.235	0.548	
Pantothenic acid mg	0.416		0	FLA	4		0.118	0.275	
Vitamin B-6 mg	0.069		0	FLA	4		0.020	0.046	
Folate, total mcg	43		0	FLA	4		12	28	
Folic acid mcg	12		0	NC	4		3	8	
Folate, food mcg	31		0		4		9	20	
Folate, DFE mcg_DFE	51		0	NC	4		15	34	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.30		0	FLA	4		0.09	0.20	
Vitamin A, RAE mcg_RAE									
Retinol mcg									
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	254		0	FLA	4		72	168	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	6.059		0	FLA	4		1.718	3.999	
4:0 g	0.102		0	FLA	4		0.029	0.067	
6:0 g	0.030		0	FLA	4		0.009	0.020	
8:0 g	0.035		0	FLA	4		0.010	0.023	
10:0 g	0.069		0	FLA	4		0.020	0.046	
12:0 g	0.048		0	FLA	4		0.014	0.032	
13:0 g									

NDB No. 18355
Sweet rolls, cheese

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.437		0	FLA	4		0.124	0.288	
15:0....g									
16:0....g	3.138		0	FLA	4		0.890	2.071	
17:0....g									
18:0....g	2.084		0	FLA	4		0.591	1.375	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.057		0	FLA	4		2.568	5.978	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.159		0	FLA	4		0.045	0.105	
17:1....g									
18:1 undifferentiated....g	8.843		0	FLA	4		2.507	5.836	
20:1....g	0.004		0	FLA	4		0.001	0.003	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.032		0	FLA	4		0.576	1.341	
18:2 undifferentiated....g	1.861		0	FLA	4		0.528	1.228	
18:3 undifferentiated....g	0.142		0	FLA	4		0.040	0.094	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.022		0	FLA	4		0.006	0.015	
20:5 n-3....g	0.001		0	FLA	4		0.000	0.001	
22:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3....g	0.006		0	FLA	4		0.002	0.004	
Fatty acids, total trans....g									
Cholesterol....mg	76		0	FLA	4		22	50	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.078		0		1		0.022	0.051	
Threonine....g	0.262		0		1		0.074	0.173	
Isoleucine....g	0.319		0		1		0.090	0.211	
Leucine....g	0.555		0		1		0.157	0.366	
Lysine....g	0.388		0		1		0.110	0.256	
Methionine....g	0.142		0		1		0.040	0.094	
Cystine....g	0.112		0		1		0.032	0.074	
Phenylalanine....g	0.343		0		1		0.097	0.226	
Tyrosine....g	0.256		0		1		0.073	0.169	
Valine....g	0.354		0		1		0.100	0.234	
Arginine....g	0.313		0		1		0.089	0.207	
Histidine....g	0.183		0		1		0.052	0.121	
Alanine....g	0.267		0		1		0.076	0.176	
Aspartic acid....g	0.485		0		1		0.137	0.320	
Glutamic acid....g	1.725		0		1		0.489	1.139	
Glycine....g	0.221		0		1		0.063	0.146	
Proline....g	0.600		0		1		0.170	0.396	
Serine....g	0.374		0		1		0.106	0.247	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 66g: 1 roll

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 3.9

NDB No. 18355
Sweet rolls, cheese

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18356
Sweet rolls, cinnamon, commercially prepared with raisins

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	24.80	0.752	12		1		7.03	20.58	14.88
Energy kcal	372		0	NC	4		105	309	223
Energy kj	1556		0		4		441	1292	934
Protein (N x 5.8) g	6.20	0.312	8		1		1.76	5.15	3.72
Total lipid (fat) g	16.40	1.183	8		1		4.65	13.61	9.84
Ash g	1.70	0.144	8		1		0.48	1.41	1.02
Carbohydrate, by difference g	50.90		0	NC	4		14.43	42.25	30.54
Fiber, total dietary g	2.4		0		1		0.7	2.0	1.4
Sugars, total g	31.73		0	FLA	4		9.00	26.34	19.04
Starch g									
Minerals:									
Calcium, Ca mg	72	19.482	10		1		20	60	43
Iron, Fe mg	1.60	0.065	13		1		0.45	1.33	0.96
Magnesium, Mg mg	17	1.067	10		1		5	14	10
Phosphorus, P mg	76	4.955	10		1		22	63	46
Potassium, K mg	111	6.286	8		1		31	92	67
Sodium, Na mg	383	15.935	6		1		109	318	230
Zinc, Zn mg	0.59	0.045	6		1		0.17	0.49	0.35
Copper, Cu mg	0.088	0.005	6		1		0.025	0.073	0.053
Manganese, Mn mg	0.300	0.011	6		1		0.085	0.249	0.180
Selenium, Se mcg	17.0	0.755	33	A	1		4.8	14.1	10.2
Vitamins:									
Vitamin C, total ascorbic acid mg	2.0		2		1		0.6	1.7	1.2
Thiamin mg	0.324	0.054	12		1		0.092	0.269	0.194
Riboflavin mg	0.265	0.047	9		1		0.075	0.220	0.159
Niacin mg	2.384	0.100	10		1		0.676	1.979	1.430
Pantothenic acid mg	0.406		0	FLA	4		0.115	0.337	0.244
Vitamin B-6 mg	0.107		1		1		0.030	0.089	0.064
Folate, total mcg	72		0	FLA	4		20	60	43
Folic acid mcg	48		0		4		14	40	29
Folate, food mcg	24	1.042	4		1		7	20	14
Folate, DFE mcg_DFE	106		0	NC	4		30	88	63
Choline, total mg	41.3		0	FLC	4		11.7	34.3	24.8
Betaine mg									
Vitamin B-12 mcg	0.14		0	FLA	4		0.04	0.12	0.08
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	62		0	NC	4		17	51	37
Retinol mcg	61		0	FLA	4		17	51	37
Carotene, beta mcg	5		0	FLA	4		1	4	3
Carotene, alpha mcg	1		0	FLA	4		0	1	1
Cryptoxanthin, beta mcg	2		0	FLA	4		0	1	1
Vitamin A, IU IU	214		0	NC	4		61	178	129
Lycopene mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin mcg	70		0	FLA	4		20	58	42
Vitamin E (alpha-tocopherol) mg	1.99		0	FLA	4		0.56	1.65	1.19
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	4.4		0	FLA	4		1.2	3.6	2.6
Lipids:									
Fatty acids, total saturated g	3.079		0	FLA	4		0.873	2.556	1.847
4:0 g	0.001		0	FLA	4		0.000	0.001	0.001
6:0 g	0.000		0	FLA	4		0.000	0.000	0.000
8:0 g	0.000		0	FLA	4		0.000	0.000	0.000
10:0 g	0.001		0	FLA	4		0.000	0.001	0.001

NDB No. 18356

Sweet rolls, cinnamon, commercially prepared with raisins

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.001		0	FLA	4		0.000	0.001	0.001
13:0 g									
14:0 g	0.049		0	FLA	4		0.014	0.041	0.029
15:0 g									
16:0 g	2.383		0	FLA	4		0.676	1.978	1.430
17:0 g									
18:0 g	0.633		0	FLA	4		0.179	0.525	0.380
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.797		0	FLA	4		1.360	3.982	2.878
14:1 g									
15:1 g									
16:1 undifferentiated g	0.070		0	FLA	4		0.020	0.058	0.042
17:1 g									
18:1 undifferentiated g	4.724		0	FLA	4		1.339	3.921	2.834
20:1 g	0.003		0	FLA	4		0.001	0.002	0.002
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	7.473		0	FLA	4		2.119	6.203	4.484
18:2 undifferentiated g	7.021		0	FLA	4		1.990	5.827	4.213
18:3 undifferentiated g	0.433		0	FLA	4		0.123	0.359	0.260
18:4 g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.015		0	FLA	4		0.004	0.012	0.009
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 g	0.004		0	FLA	4		0.001	0.003	0.002
Fatty acids, total trans g									
Cholesterol mg	66		2		1		19	55	40
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.074		0		1		0.021	0.061	0.044
Threonine g	0.211		0		1		0.060	0.175	0.127
Isoleucine g	0.259		0		1		0.073	0.215	0.155
Leucine g	0.458		0		1		0.130	0.380	0.275
Lysine g	0.243		0		1		0.069	0.202	0.146
Methionine g	0.117		0		1		0.033	0.097	0.070
Cystine g	0.120		0		1		0.034	0.100	0.072
Phenylalanine g	0.300		0		1		0.085	0.249	0.180
Tyrosine g	0.200		0		1		0.057	0.166	0.120
Valine g	0.291		0		1		0.082	0.242	0.175
Arginine g	0.283		0		1		0.080	0.235	0.170
Histidine g	0.145		0		1		0.041	0.120	0.087
Alanine g	0.233		0		1		0.066	0.193	0.140
Aspartic acid g	0.407		0		1		0.115	0.338	0.244
Glutamic acid g	1.732		0		1		0.491	1.438	1.039
Glycine g	0.219		0		1		0.062	0.182	0.131
Proline g	0.582		0		1		0.165	0.483	0.349
Serine g	0.331		0		1		0.094	0.275	0.199
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	FLA	4		0	0	0
Theobromine mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18356

Sweet rolls, cinnamon, commercially prepared with raisins

Measure 1 = 28.35g: 1 oz

Measure 2 = 83g: 1 large

Measure 3 = 60g: 1 roll (2-3/4" square)

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18357

Sweet rolls, cinnamon, refrigerated dough with frosting

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	28.90	0.671	16		1		8.19	8.67	
Energy kcal	333		0	NC	4		94	100	
Energy kj	1393				4		395	418	
Protein (N x 5.7) g	5.00	0.138	16		1		1.42	1.50	
Total lipid (fat) g	12.20	0.640	16		1		3.46	3.66	
Ash g	2.40	0.043	16		1		0.68	0.72	
Carbohydrate, by difference g	51.60		0	NC	4		14.63	15.48	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	31	10.831	14		1		9	9	
Iron, Fe mg	2.44	0.163	10		1		0.69	0.73	
Magnesium, Mg mg	11	0.344	11		1		3	3	
Phosphorus, P mg	321	10.313	11		1		91	96	
Potassium, K mg	58	8.078	11		1		16	17	
Sodium, Na mg	765	15.494	14		1		217	230	
Zinc, Zn mg	0.31	0.017	8		1		0.09	0.09	
Copper, Cu mg	0.065	0.004	11		1		0.018	0.020	
Manganese, Mn mg	0.415		0	FLA	4		0.118	0.125	
Selenium, Se mcg	16.3		0	FLA	4		4.6	4.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.2		0	FLA	4		0.1	0.1	
Thiamin mg	0.470	0.068	10		1		0.133	0.141	
Riboflavin mg	0.249	0.028	10		1		0.071	0.075	
Niacin mg	3.703	0.331	10		1		1.050	1.111	
Pantothenic acid mg	0.260		0	FLA	4		0.074	0.078	
Vitamin B-6 mg	0.031		0	FLA	4		0.009	0.009	
Folate, total mcg	50		0	FLA	4		14	15	
Folic acid mcg	42		0	NC	4		12	13	
Folate, food mcg	8		0		4		2	2	
Folate, DFE mcg_DFE	79		0	NC	4		23	24	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.02		0	FLA	4		0.01	0.01	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	2		0	FLA	4		1	1	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	3.081		0	FLA	4		0.873	0.924	
4:0 g	0.001		0	FLA	4		0.000	0.000	
6:0 g	0.000		0	FLA	4		0.000	0.000	
8:0 g	0.000		0	FLA	4		0.000	0.000	
10:0 g	0.000		0	FLA	4		0.000	0.000	
12:0 g	0.000		0	FLA	4		0.000	0.000	
13:0 g									

NDB No. 18357

Sweet rolls, cinnamon, refrigerated dough with frosting

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0 g	0.060		0	FLA	4		0.017	0.018	
15:0 g									
16:0 g	1.599		0	FLA	4		0.453	0.480	
17:0 g									
18:0 g	1.421		0	FLA	4		0.403	0.426	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.839		0	FLA	4		1.939	2.052	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
17:1 g									
18:1 undifferentiated g	6.838		0	FLA	4		1.939	2.051	
20:1 g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.604		0	FLA	4		0.455	0.481	
18:2 undifferentiated g	1.523		0	FLA	4		0.432	0.457	
18:3 undifferentiated g	0.081		0	FLA	4		0.023	0.024	
18:4 g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.063		0		1		0.018	0.019	
Threonine g	0.147		0		1		0.042	0.044	
Isoleucine g	0.180		0		1		0.051	0.054	
Leucine g	0.351		0		1		0.100	0.105	
Lysine g	0.128		0		1		0.036	0.038	
Methionine g	0.089		0		1		0.025	0.027	
Cystine g	0.105		0		1		0.030	0.032	
Phenylalanine g	0.245		0		1		0.069	0.074	
Tyrosine g	0.152		0		1		0.043	0.046	
Valine g	0.205		0		1		0.058	0.062	
Arginine g	0.200		0		1		0.057	0.060	
Histidine g	0.110		0		1		0.031	0.033	
Alanine g	0.166		0		1		0.047	0.050	
Aspartic acid g	0.231		0		1		0.065	0.069	
Glutamic acid g	1.613		0		1		0.457	0.484	
Glycine g	0.175		0		1		0.050	0.053	
Proline g	0.555		0		1		0.157	0.167	
Serine g	0.248		0		1		0.070	0.074	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 30g: 1 roll

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4

NDB No. 18357
Sweet rolls, cinnamon, refrigerated dough with frosting

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18358

Sweet rolls, cinnamon, refrigerated dough with frosting, baked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	22.70		0		4		6.44	6.81	
Energy kcal	362		0		4		103	109	
Energy kj	1515				4		429	454	
Protein g	5.40		0		4		1.53	1.62	
Total lipid (fat) g	13.20		0		4		3.74	3.96	
Ash g	2.60		0		4		0.74	0.78	
Carbohydrate, by difference g	56.10		0		4		15.90	16.83	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	34		0		4		10	10	
Iron, Fe mg	2.65		0		4		0.75	0.80	
Magnesium, Mg mg	12		0		4		3	4	
Phosphorus, P mg	348		0		4		99	104	
Potassium, K mg	63		0		4		18	19	
Sodium, Na mg	832		0		4		236	250	
Zinc, Zn mg	0.34		0		4		0.10	0.10	
Copper, Cu mg	0.071		0		4		0.020	0.021	
Manganese, Mn mg	0.418		0		4		0.119	0.125	
Selenium, Se mcg	17.7		0	RP	4		5.0	5.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.2		0		4		0.1	0.1	
Thiamin mg	0.409		0		4		0.116	0.123	
Riboflavin mg	0.244		0		4		0.069	0.073	
Niacin mg	3.622		0		4		1.027	1.087	
Pantothenic acid mg	0.266		0		4		0.075	0.080	
Vitamin B-6 mg	0.034		0		4		0.010	0.010	
Folate, total mcg	55		0	RP	4		16	17	
Folic acid mcg	49		0	NC	4		14	15	
Folate, food mcg	6		0		4		2	2	
Folate, DFE mcg_DFE	89		0	NC	4		25	27	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.05		0		4		0.01	0.02	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	2		0		4		1	1	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	3.348		0		4		0.949	1.004	
4:0 g	0.001		0		4		0.000	0.000	
6:0 g	0.001		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.001		0		4		0.000	0.000	
12:0 g	0.001		0		4		0.000	0.000	
13:0 g									

NDB No. 18358

Sweet rolls, cinnamon, refrigerated dough with frosting, baked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.067		0		4		0.019	0.020	
15:0....g									
16:0....g	1.734		0		4		0.492	0.520	
17:0....g									
18:0....g	1.544		0		4		0.438	0.463	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.421		0		4		2.104	2.226	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	7.420		0		4		2.104	2.226	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.728		0		4		0.490	0.518	
18:2 undifferentiated....g	1.641		0		4		0.465	0.492	
18:3 undifferentiated....g	0.088		0		4		0.025	0.026	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.068		0		4		0.019	0.020	
Threonine....g	0.160		0		4		0.045	0.048	
Isoleucine....g	0.195		0		4		0.055	0.059	
Leucine....g	0.382		0		4		0.108	0.115	
Lysine....g	0.139		0		4		0.039	0.042	
Methionine....g	0.097		0		4		0.027	0.029	
Cystine....g	0.115		0		4		0.033	0.035	
Phenylalanine....g	0.266		0		4		0.075	0.080	
Tyrosine....g	0.165		0		4		0.047	0.050	
Valine....g	0.223		0		4		0.063	0.067	
Arginine....g	0.218		0		4		0.062	0.065	
Histidine....g	0.119		0		4		0.034	0.036	
Alanine....g	0.181		0		4		0.051	0.054	
Aspartic acid....g	0.251		0		4		0.071	0.075	
Glutamic acid....g	1.753		0		4		0.497	0.526	
Glycine....g	0.190		0		4		0.054	0.057	
Proline....g	0.603		0		4		0.171	0.181	
Serine....g	0.270		0		4		0.077	0.081	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 30g: 1 roll

Calories Factors: Protein Fat Carbohydrate

NDB No. 18358

Sweet rolls, cinnamon, refrigerated dough with frosting, baked

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18360
Taco shells, baked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	7.38	0.257	3	A	1		2.09	1.55	0.94
Energy kcal	467		0	NC	4		132	98	59
Energy kj	1952		0	NC	4		554	410	248
Protein g	7.08	0.113	3	A	1		2.01	1.49	0.90
Total lipid (fat) g	20.83	1.015	3	A	1		5.91	4.37	2.65
Ash g	1.99	0.254	3	A	1		0.56	0.42	0.25
Carbohydrate, by difference g	62.72		0	NC	4		17.78	13.17	7.97
Fiber, total dietary g	4.6	0.069	3	A	1		1.3	1.0	0.6
Sugars, total g	1.23	0.024	3	A	1		0.35	0.26	0.16
Starch g	57.33	1.126	3	A	1		16.25	12.04	7.28
Minerals:									
Calcium, Ca mg	101	20.196	3	A	1		29	21	13
Iron, Fe mg	1.86	0.151	3	A	1		0.53	0.39	0.24
Magnesium, Mg mg	85	4.284	3	A	1		24	18	11
Phosphorus, P mg	226	3.512	3	A	1		64	47	29
Potassium, K mg	223	3.712	3	A	1		63	47	28
Sodium, Na mg	389	81.736	3	A	1		110	82	49
Zinc, Zn mg	1.61	0.032	3	A	1		0.46	0.34	0.20
Copper, Cu mg	0.127	0.014	3	A	1		0.036	0.027	0.016
Manganese, Mn mg	0.429	0.020	3	A	1		0.122	0.090	0.054
Selenium, Se mcg	4.8	1.178	3	A	1		1.4	1.0	0.6
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0	0.000	3	A	1		0.0	0.0	0.0
Thiamin mg	0.216	0.056	3	A	1		0.061	0.045	0.027
Riboflavin mg	0.080	0.012	3	A	1		0.023	0.017	0.010
Niacin mg	1.867	0.233	3	A	1		0.529	0.392	0.237
Pantothenic acid mg	0.357	0.012	3	A	1		0.101	0.075	0.045
Vitamin B-6 mg	0.203	0.007	3	A	1		0.058	0.043	0.026
Folate, total mcg	69		2	A	1		20	14	9
Folic acid mcg	24		2	A	1		7	5	3
Folate, food mcg	46		0	AS	1		13	10	6
Folate, DFE mcg_DFE	85		0	NC	4		24	18	11
Choline, total mg	29.9		0	A	1		8.5	6.3	3.8
Betaine mg	0.4		0	A	1		0.1	0.1	0.1
Vitamin B-12 mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin B-12, added mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	1		0	AS	1		0	0	0
Retinol mcg	0		0	FLA	4		0	0	0
Carotene, beta mcg	3	0.000	3	A	1		1	1	0
Carotene, alpha mcg	3	0.000	3	A	1		1	1	0
Cryptoxanthin, beta mcg	13	10.167	3	A	1		4	3	2
Vitamin A, IU IU	17		0	AS	1		5	4	2
Lycopene mcg	3	0.000	3	A	1		1	1	0
Lutein + zeaxanthin mcg	106		0	FLA	4		30	22	14
Vitamin E (alpha-tocopherol) mg	0.69	0.012	3	A	1		0.19	0.14	0.09
Vitamin E, added mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	8.6	2.707	3	A	1		2.4	1.8	1.1
Lipids:									
Fatty acids, total saturated g	4.370		0	NC	4		1.239	0.918	0.555
4:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
6:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
8:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
10:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000

NDB No. 18360
Taco shells, baked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
13:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
14:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:0 g	2.846	0.156	3	A	1		0.807	0.598	0.361
17:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:0 g	1.524	0.324	3	A	1		0.432	0.320	0.194
20:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated g	11.835		0	NC	4		3.355	2.485	1.503
14:1 g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:1 g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:1 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	0.000
17:1 g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:1 undifferentiated g	11.835		0	A	1		3.355	2.485	1.503
18:1 c g	7.052	0.228	3	A	1		1.999	1.481	0.896
18:1-11c (18:1c n-7) g									
18:1 t g	4.783	0.703	3	A	1		1.356	1.004	0.607
18:1-11t (18:1t n-7) g									
20:1 g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:1 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	3.716		0	NC	4		1.053	0.780	0.472
18:2 undifferentiated g	3.537	0.578	3	A	1		1.003	0.743	0.449
18:3 undifferentiated g	0.179		0	AS	1		0.051	0.038	0.023
18:3 n-3 c,c,c g	0.179	0.021	3	A	1		0.051	0.038	0.023
18:3 n-6 c,c,c g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:3i g									
18:4 g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 g	0.000	0.000	3	A	1		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total trans g	4.783		0	NC	4		1.356	1.004	0.607
Cholesterol mg	0		0	FLA	4		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.040	0.006	3	A	1		0.011	0.008	0.005
Threonine g	0.227	0.017	3	A	1		0.064	0.048	0.029
Isoleucine g	0.220	0.015	3	A	1		0.062	0.046	0.028
Leucine g	0.837	0.022	3	A	1		0.237	0.176	0.106
Lysine g	0.197	0.013	3	A	1		0.056	0.041	0.025
Methionine g	0.180	0.006	3	A	1		0.051	0.038	0.023
Cystine g	0.140	0.006	3	A	1		0.040	0.029	0.018
Phenylalanine g	0.290	0.010	3	A	1		0.082	0.061	0.037
Tyrosine g	0.223	0.003	3	A	1		0.063	0.047	0.028
Valine g	0.287	0.007	3	A	1		0.081	0.060	0.036
Arginine g	0.287	0.007	3	A	1		0.081	0.060	0.036
Histidine g	0.167	0.007	3	A	1		0.047	0.035	0.021
Alanine g	0.457	0.015	3	A	1		0.129	0.096	0.058
Aspartic acid g	0.540	0.031	3	A	1		0.153	0.113	0.069
Glutamic acid g	1.257	0.024	3	A	1		0.356	0.264	0.160
Glycine g	0.250	0.006	3	A	1		0.071	0.052	0.032
Proline g	0.770	0.067	3	A	1		0.218	0.162	0.098

NDB No. 18360
Taco shells, baked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Serine....g	0.367	0.019	3	A	1		0.104	0.077	0.047
Hydroxyproline....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0
Theobromine....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 21g: 1 large (6-1/2" dia)

Measure 3 = 12.7g: 1 medium (approx 5" dia)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18448
Taco shells, baked, without added salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	6.00	0.396	5		1		1.70	0.78	0.30
Energy kcal	468		0	NC	4		133	61	23
Energy kj	1958				4		555	255	98
Protein (N x 6.2) g	7.20	0.544	3		1		2.04	0.94	0.36
Total lipid (fat) g	22.60	0.156	3		1		6.41	2.94	1.13
Ash g	1.80	0.218	3		1		0.51	0.23	0.09
Carbohydrate, by difference g	62.40		0		4		17.69	8.11	3.12
Fiber, total dietary g	7.5		0		4		2.1	1.0	0.4
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	160	45.511	3		1		45	21	8
Iron, Fe mg	2.50	1.097	3		1		0.71	0.33	0.13
Magnesium, Mg mg	105	15.717	3		1		30	14	5
Phosphorus, P mg	248	25.045	3		1		70	32	12
Potassium, K mg	179	35.176	3		1		51	23	9
Sodium, Na mg	15		0		4		4	2	1
Zinc, Zn mg	1.40	0.099	3		1		0.40	0.18	0.07
Copper, Cu mg	0.120	0.042	3		1		0.034	0.016	0.006
Manganese, Mn mg	0.435	0.029	3		1		0.123	0.057	0.022
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		4		0.0	0.0	0.0
Thiamin mg	0.228	0.015	9		1		0.065	0.030	0.011
Riboflavin mg	0.053	0.001	8		1		0.015	0.007	0.003
Niacin mg	1.350	0.067	8		1		0.383	0.176	0.068
Pantothenic acid mg	0.470	0.035	9		1		0.133	0.061	0.024
Vitamin B-6 mg	0.296		0	BFZN	4		0.084	0.038	0.015
Folate, total mcg	105		0	FLA	4		30	14	5
Folic acid mcg	99		0	NC	4		28	13	5
Folate, food mcg	6	0.081	8		1		2	1	0
Folate, DFE mcg_DFE	174		0	NC	4		49	23	9
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	0
Retinol mcg	0		0	Z	7		0	0	0
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	0		0	BFZN	4		0	0	0
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	3.245		0	BFZN	4		0.920	0.422	0.162
4:0 g									
6:0 g									
8:0 g									
10:0 g									
12:0 g									
13:0 g									

NDB No. 18448
Taco shells, baked, without added salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.019		0	BFZN	4		0.005	0.002	0.001
15:0....g									
16:0....g	2.217		0	BFZN	4		0.629	0.288	0.111
17:0....g									
18:0....g	0.994		0	BFZN	4		0.282	0.129	0.050
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.934		0	BFZN	4		2.533	1.161	0.447
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.078		0	BFZN	4		0.022	0.010	0.004
17:1....g									
18:1 undifferentiated....g	8.837		0	BFZN	4		2.505	1.149	0.442
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	8.494		0	BFZN	4		2.408	1.104	0.425
18:2 undifferentiated....g	7.941		0	BFZN	4		2.251	1.032	0.397
18:3 undifferentiated....g	0.534		0	BFZN	4		0.151	0.069	0.027
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.052		0		4		0.015	0.007	0.003
Threonine....g	0.271		0		4		0.077	0.035	0.014
Isoleucine....g	0.259		0		4		0.073	0.034	0.013
Leucine....g	0.886		0		4		0.251	0.115	0.044
Lysine....g	0.203		0		4		0.058	0.026	0.010
Methionine....g	0.151		0		4		0.043	0.020	0.008
Cystine....g	0.130		0		4		0.037	0.017	0.007
Phenylalanine....g	0.354		0		4		0.100	0.046	0.018
Tyrosine....g	0.294		0		4		0.083	0.038	0.015
Valine....g	0.366		0		4		0.104	0.048	0.018
Arginine....g	0.360		0		4		0.102	0.047	0.018
Histidine....g	0.221		0		4		0.063	0.029	0.011
Alanine....g	0.540		0		4		0.153	0.070	0.027
Aspartic acid....g	0.502		0		4		0.142	0.065	0.025
Glutamic acid....g	1.354		0		4		0.384	0.176	0.068
Glycine....g	0.297		0		4		0.084	0.039	0.015
Proline....g	0.630		0		4		0.179	0.082	0.032
Serine....g	0.343		0		4		0.097	0.045	0.017
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 13.0g: 1 medium (approx 5" dia)

Measure 3 = 5.0g: 1 miniature (3" dia)

NDB No. 18448
Taco shells, baked, without added salt

Calories Factors: **Protein** 2.7 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18475

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Apple cinnamon

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	12.50		0	MC	9		6.50		
Energy....kcal	395		0	MC	9		205		
Energy....kj	1653				9		859		
Protein....g	4.40		0	MC	9		2.29		
Total lipid (fat)....g	10.20		0	MC	9		5.30		
Ash....g	0.94		0	MC	9		0.49		
Carbohydrate, by difference....g	72.02		0	MC	9		37.45		
Fiber, total dietary....g	1.1		0	MC	9		0.6		
Sugars, total....g	33.70		0	MC	9		17.52		
Starch....g									
Minerals:									
Calcium, Ca....mg	23		0	MC	9		12		
Iron, Fe....mg	3.50		0	MC	9		1.82		
Magnesium, Mg....mg	11		0	MC	9		6		
Phosphorus, P....mg	53		0	MC	9		28		
Potassium, K....mg	91		0	MC	9		47		
Sodium, Na....mg	334		0	MC	9		174		
Zinc, Zn....mg	0.65		0	MC	9		0.34		
Copper, Cu....mg	0.040		0	MC	9		0.021		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg	0.290		0	MC	9		0.151		
Riboflavin....mg	0.330		0	MC	9		0.172		
Niacin....mg	3.800		0	MC	9		1.976		
Pantothenic acid....mg	0.000		0	MC	9		0.000		
Vitamin B-6....mg	0.380		0	MC	9		0.198		
Folate, total....mcg	80		0	MC	9		42		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	962		0	MC	9		500		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.690		0	MC	9		0.879		
Fatty acids, total monounsaturated....g	5.870		0	MC	9		3.052		
Fatty acids, total polyunsaturated....g	2.600		0	MC	9		1.352		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18475

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Apple cinnamon

Measure 1 = 52g: 1 pastry

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18476

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Blueberry

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	12.50		0	MC	9		6.50		
Energy kcal	408		0	MC	9		212		
Energy kj	1707				9		888		
Protein g	4.60		0	MC	9		2.39		
Total lipid (fat) g	13.30		0	MC	9		6.92		
Ash g	1.19		0	MC	9		0.62		
Carbohydrate, by difference g	68.38		0	MC	9		35.56		
Fiber, total dietary g	1.1		0	MC	9		0.6		
Sugars, total g	30.90		0	MC	9		16.07		
Starch g									
Minerals:									
Calcium, Ca mg	24		0	MC	9		12		
Iron, Fe mg	3.50		0	MC	9		1.82		
Magnesium, Mg mg	16		0	MC	9		8		
Phosphorus, P mg	88		0	MC	9		46		
Potassium, K mg	95		0	MC	9		49		
Sodium, Na mg	398		0	MC	9		207		
Zinc, Zn mg	1.27		0	MC	9		0.66		
Copper, Cu mg	0.150		0	MC	9		0.078		
Manganese, Mn mg									
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	MC	9		0.0		
Thiamin mg	0.290		0	MC	9		0.151		
Riboflavin mg	0.330		0	MC	9		0.172		
Niacin mg	3.800		0	MC	9		1.976		
Pantothenic acid mg	0.000		0	MC	9		0.000		
Vitamin B-6 mg	0.380		0	MC	9		0.198		
Folate, total mcg	80		0	MC	9		42		
Folate, DFE mcg_DFE									
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE mcg_RAE									
Vitamin A, IU IU	962		0	MC	9		500		
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	2.020		0	MC	9		1.050		
Fatty acids, total monounsaturated g	6.500		0	MC	9		3.380		
Fatty acids, total polyunsaturated g	4.810		0	MC	9		2.501		
Fatty acids, total trans g									
Cholesterol mg	0		0	MC	9		0		
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18476
Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Blueberry

Measure 1 = 52g: 1 pastry

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18478

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	10.50		0	MC	9		5.25		
Energy....kcal	438		0	MC	9		219		
Energy....kj	1833				9		916		
Protein....g	5.40		0	MC	9		2.70		
Total lipid (fat)....g	18.40		0	MC	9		9.20		
Ash....g	1.36		0	MC	9		0.68		
Carbohydrate, by difference....g	64.40		0	MC	9		32.20		
Fiber, total dietary....g	1.5		0	MC	9		0.8		
Sugars, total....g	25.40		0	MC	9		12.70		
Starch....g									
Minerals:									
Calcium, Ca....mg	31		0	MC	9		16		
Iron, Fe....mg	3.60		0	MC	9		1.80		
Magnesium, Mg....mg	16		0	MC	9		8		
Phosphorus, P....mg	63		0	MC	9		32		
Potassium, K....mg	135		0	MC	9		68		
Sodium, Na....mg	428		0	MC	9		214		
Zinc, Zn....mg	1.22		0	MC	9		0.61		
Copper, Cu....mg	0.080		0	MC	9		0.040		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg	0.300		0	MC	9		0.150		
Riboflavin....mg	0.340		0	MC	9		0.170		
Niacin....mg	4.000		0	MC	9		2.000		
Pantothenic acid....mg	0.000		0	MC	9		0.000		
Vitamin B-6....mg	0.400		0	MC	9		0.200		
Folate, total....mcg	80		0	MC	9		40		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	1000		0	MC	9		500		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.080		0	MC	9		1.040		
Fatty acids, total monounsaturated....g	7.140		0	MC	9		3.570		
Fatty acids, total polyunsaturated....g	9.140		0	MC	9		4.570		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18478

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon

Measure 1 = 50g: 1 pastry

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18480

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Cherry

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	12.50		0	MC	9		6.50		
Energy....kcal	393		0	MC	9		204		
Energy....kj	1644				9		855		
Protein....g	4.60		0	MC	9		2.39		
Total lipid (fat)....g	10.40		0	MC	9		5.41		
Ash....g	1.23		0	MC	9		0.64		
Carbohydrate, by difference....g	71.19		0	MC	9		37.02		
Fiber, total dietary....g	1.1		0	MC	9		0.6		
Sugars, total....g	31.70		0	MC	9		16.48		
Starch....g									
Minerals:									
Calcium, Ca....mg	28		0	MC	9		15		
Iron, Fe....mg	3.50		0	MC	9		1.82		
Magnesium, Mg....mg	16		0	MC	9		8		
Phosphorus, P....mg	85		0	MC	9		44		
Potassium, K....mg	114		0	MC	9		59		
Sodium, Na....mg	423		0	MC	9		220		
Zinc, Zn....mg	1.23		0	MC	9		0.64		
Copper, Cu....mg	0.150		0	MC	9		0.078		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg	0.290		0	MC	9		0.151		
Riboflavin....mg	0.330		0	MC	9		0.172		
Niacin....mg	3.800		0	MC	9		1.976		
Pantothenic acid....mg	0.000		0	MC	9		0.000		
Vitamin B-6....mg	0.380		0	MC	9		0.198		
Folate, total....mcg	80		0	MC	9		42		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	962		0	MC	9		500		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.670		0	MC	9		0.868		
Fatty acids, total monounsaturated....g	5.730		0	MC	9		2.980		
Fatty acids, total polyunsaturated....g	3.000		0	MC	9		1.560		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18480
Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Cherry

Measure 1 = 52g: 1 pastry

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18477

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	12.50		0	MC	9		6.50		
Energy....kcal	391		0	MC	9		203		
Energy....kj	1636				9		851		
Protein....g	4.60		0	MC	9		2.39		
Total lipid (fat)....g	10.00		0	MC	9		5.20		
Ash....g	1.19		0	MC	9		0.62		
Carbohydrate, by difference....g	71.77		0	MC	9		37.32		
Fiber, total dietary....g	1.1		0	MC	9		0.6		
Sugars, total....g	31.20		0	MC	9		16.22		
Starch....g									
Minerals:									
Calcium, Ca....mg	24		0	MC	9		12		
Iron, Fe....mg	3.50		0	MC	9		1.82		
Magnesium, Mg....mg	16		0	MC	9		8		
Phosphorus, P....mg	85		0	MC	9		44		
Potassium, K....mg	95		0	MC	9		49		
Sodium, Na....mg	398		0	MC	9		207		
Zinc, Zn....mg	1.23		0	MC	9		0.64		
Copper, Cu....mg	0.150		0	MC	9		0.078		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg	0.290		0	MC	9		0.151		
Riboflavin....mg	0.330		0	MC	9		0.172		
Niacin....mg	3.800		0	MC	9		1.976		
Pantothenic acid....mg	0.000		0	MC	9		0.000		
Vitamin B-6....mg	0.380		0	MC	9		0.198		
Folate, total....mcg	80		0	MC	9		42		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	962		0	MC	9		500		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.980		0	MC	9		1.030		
Fatty acids, total monounsaturated....g	6.830		0	MC	9		3.552		
Fatty acids, total polyunsaturated....g	1.130		0	MC	9		0.588		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18477

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry

Measure 1 = 52g: 1 pastry

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18479

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted brown sugar cinnamon

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	10.50		0	MC	9		5.25		
Energy kcal	422		0	MC	9		211		
Energy kj	1766				9		883		
Protein g	5.00		0	MC	9		2.50		
Total lipid (fat) g	14.80		0	MC	9		7.40		
Ash g	1.26		0	MC	9		0.63		
Carbohydrate, by difference g	68.32		0	MC	9		34.16		
Fiber, total dietary g	1.3		0	MC	9		0.7		
Sugars, total g	30.80		0	MC	9		15.40		
Starch g									
Minerals:									
Calcium, Ca mg	29		0	MC	9		15		
Iron, Fe mg	3.60		0	MC	9		1.80		
Magnesium, Mg mg	15		0	MC	9		8		
Phosphorus, P mg	93		0	MC	9		47		
Potassium, K mg	111		0	MC	9		56		
Sodium, Na mg	369		0	MC	9		185		
Zinc, Zn mg	2.42		0	MC	9		1.21		
Copper, Cu mg	0.080		0	MC	9		0.040		
Manganese, Mn mg									
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	MC	9		0.0		
Thiamin mg	0.300		0	MC	9		0.150		
Riboflavin mg	0.340		0	MC	9		0.170		
Niacin mg	4.000		0	MC	9		2.000		
Pantothenic acid mg	0.000		0	MC	9		0.000		
Vitamin B-6 mg	0.400		0	MC	9		0.200		
Folate, total mcg	80		0	MC	9		40		
Folate, DFE mcg_DFE									
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE mcg_RAE									
Vitamin A, IU IU	1000		0	MC	9		500		
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	2.260		0	MC	9		1.130		
Fatty acids, total monounsaturated g	7.880		0	MC	9		3.940		
Fatty acids, total polyunsaturated g	4.760		0	MC	9		2.380		
Fatty acids, total trans g									
Cholesterol mg	0		0	MC	9		0		
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18479

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted brown sugar cinnamon

Measure 1 = 50g: 1 pastry

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18481

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	12.50		0	MC	9		6.50		
Energy kcal	393		0	MC	9		204		
Energy kj	1644				9		855		
Protein g	4.20		0	MC	9		2.18		
Total lipid (fat) g	10.20		0	MC	9		5.30		
Ash g	1.10		0	MC	9		0.57		
Carbohydrate, by difference g	71.96		0	MC	9		37.42		
Fiber, total dietary g	1.0		0	MC	9		0.5		
Sugars, total g	36.00		0	MC	9		18.72		
Starch g									
Minerals:									
Calcium, Ca mg	25		0	MC	9		13		
Iron, Fe mg	3.50		0	MC	9		1.82		
Magnesium, Mg mg	14		0	MC	9		7		
Phosphorus, P mg	80		0	MC	9		42		
Potassium, K mg	95		0	MC	9		49		
Sodium, Na mg	423		0	MC	9		220		
Zinc, Zn mg	1.46		0	MC	9		0.76		
Copper, Cu mg	0.190		0	MC	9		0.099		
Manganese, Mn mg									
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	MC	9		0.0		
Thiamin mg	0.290		0	MC	9		0.151		
Riboflavin mg	0.330		0	MC	9		0.172		
Niacin mg	3.850		0	MC	9		2.002		
Pantothenic acid mg	0.000		0	MC	9		0.000		
Vitamin B-6 mg	0.390		0	MC	9		0.203		
Folate, total mcg	80		0	MC	9		42		
Folate, DFE mcg_DFE									
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE mcg_RAE									
Vitamin A, IU IU	962		0	MC	9		500		
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	1.940		0	MC	9		1.009		
Fatty acids, total monounsaturated g	6.690		0	MC	9		3.479		
Fatty acids, total polyunsaturated g	1.580		0	MC	9		0.822		
Fatty acids, total trans g									
Cholesterol mg	0		0	MC	9		0		
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18481

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry

Measure 1 = 52g: 1 pastry

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18482

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	12.50		0	MC	9		6.50		
Energy....kcal	387		0	MC	9		201		
Energy....kj	1619				9		842		
Protein....g	5.10		0	MC	9		2.65		
Total lipid (fat)....g	9.30		0	MC	9		4.84		
Ash....g	1.30		0	MC	9		0.68		
Carbohydrate, by difference....g	71.80		0	MC	9		37.34		
Fiber, total dietary....g	1.1		0	MC	9		0.6		
Sugars, total....g	38.00		0	MC	9		19.76		
Starch....g									
Minerals:									
Calcium, Ca....mg	38		0	MC	9		20		
Iron, Fe....mg	3.50		0	MC	9		1.82		
Magnesium, Mg....mg	29		0	MC	9		15		
Phosphorus, P....mg	84		0	MC	9		44		
Potassium, K....mg	158		0	MC	9		82		
Sodium, Na....mg	390		0	MC	9		203		
Zinc, Zn....mg	0.50		0	MC	9		0.26		
Copper, Cu....mg	0.200		0	MC	9		0.104		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg	0.300		0	MC	9		0.156		
Riboflavin....mg	0.300		0	MC	9		0.156		
Niacin....mg	3.800		0	MC	9		1.976		
Pantothenic acid....mg	0.000		0	MC	9		0.000		
Vitamin B-6....mg	0.400		0	MC	9		0.208		
Folate, total....mcg	100		0	MC	9		52		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	962		0	MC	9		500		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.900		0	MC	9		0.988		
Fatty acids, total monounsaturated....g	5.200		0	MC	9		2.704		
Fatty acids, total polyunsaturated....g	2.200		0	MC	9		1.144		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18482

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge

Measure 1 = 52g: 1 pastry

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18483

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate vanilla creme

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	12.50		0	MC	9		6.50		
Energy kcal	391		0	MC	9		203		
Energy kj	1636				9		851		
Protein g	5.00		0	MC	9		2.60		
Total lipid (fat) g	10.20		0	MC	9		5.30		
Ash g	1.44		0	MC	9		0.75		
Carbohydrate, by difference g	70.84		0	MC	9		36.84		
Fiber, total dietary g	1.0		0	MC	9		0.5		
Sugars, total g	37.30		0	MC	9		19.40		
Starch g									
Minerals:									
Calcium, Ca mg	30		0	MC	9		16		
Iron, Fe mg	3.50		0	MC	9		1.82		
Magnesium, Mg mg	22		0	MC	9		11		
Phosphorus, P mg	69		0	MC	9		36		
Potassium, K mg	120		0	MC	9		62		
Sodium, Na mg	441		0	MC	9		229		
Zinc, Zn mg	1.20		0	MC	9		0.62		
Copper, Cu mg	0.100		0	MC	9		0.052		
Manganese, Mn mg									
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	MC	9		0.0		
Thiamin mg	0.290		0	MC	9		0.151		
Riboflavin mg	0.330		0	MC	9		0.172		
Niacin mg	3.800		0	MC	9		1.976		
Pantothenic acid mg	0.000		0	MC	9		0.000		
Vitamin B-6 mg	0.400		0	MC	9		0.208		
Folate, total mcg	100		0	MC	9		52		
Folate, DFE mcg_DFE									
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE mcg_RAE									
Vitamin A, IU IU	962		0	MC	9		500		
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	1.940		0	MC	9		1.009		
Fatty acids, total monounsaturated g	6.190		0	MC	9		3.219		
Fatty acids, total polyunsaturated g	1.980		0	MC	9		1.030		
Fatty acids, total trans g									
Cholesterol mg	0		0	MC	9		0		
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18483

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate vanilla creme

Measure 1 = 52g: 1 pastry

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18484

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted grape

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	12.50		0	MC	9		6.50		
Energy....kcal	391		0	MC	9		203		
Energy....kj	1636				9		851		
Protein....g	4.40		0	MC	9		2.29		
Total lipid (fat)....g	9.80		0	MC	9		5.10		
Ash....g	1.12		0	MC	9		0.58		
Carbohydrate, by difference....g	72.25		0	MC	9		37.57		
Fiber, total dietary....g	1.0		0	MC	9		0.5		
Sugars, total....g	35.40		0	MC	9		18.41		
Starch....g									
Minerals:									
Calcium, Ca....mg	23		0	MC	9		12		
Iron, Fe....mg	3.50		0	MC	9		1.82		
Magnesium, Mg....mg	21		0	MC	9		11		
Phosphorus, P....mg	89		0	MC	9		46		
Potassium, K....mg	115		0	MC	9		60		
Sodium, Na....mg	381		0	MC	9		198		
Zinc, Zn....mg	1.30		0	MC	9		0.68		
Copper, Cu....mg	0.100		0	MC	9		0.052		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg	0.290		0	MC	9		0.151		
Riboflavin....mg	0.330		0	MC	9		0.172		
Niacin....mg	3.800		0	MC	9		1.976		
Pantothenic acid....mg	0.000		0	MC	9		0.000		
Vitamin B-6....mg	0.400		0	MC	9		0.208		
Folate, total....mcg	100		0	MC	9		52		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	962		0	MC	9		500		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.730		0	MC	9		0.900		
Fatty acids, total monounsaturated....g	5.900		0	MC	9		3.068		
Fatty acids, total polyunsaturated....g	2.150		0	MC	9		1.118		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18484

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted grape

Measure 1 = 52g: 1 pastry

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18486

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	12.50		0	MC	9		6.50		
Energy....kcal	395		0	MC	9		205		
Energy....kj	1653				9		859		
Protein....g	4.20		0	MC	9		2.18		
Total lipid (fat)....g	10.60		0	MC	9		5.51		
Ash....g	1.08		0	MC	9		0.56		
Carbohydrate, by difference....g	71.54		0	MC	9		37.20		
Fiber, total dietary....g	1.0		0	MC	9		0.5		
Sugars, total....g	35.40		0	MC	9		18.41		
Starch....g									
Minerals:									
Calcium, Ca....mg	22		0	MC	9		11		
Iron, Fe....mg	3.50		0	MC	9		1.82		
Magnesium, Mg....mg	16		0	MC	9		8		
Phosphorus, P....mg	88		0	MC	9		46		
Potassium, K....mg	85		0	MC	9		44		
Sodium, Na....mg	406		0	MC	9		211		
Zinc, Zn....mg	1.21		0	MC	9		0.63		
Copper, Cu....mg	0.080		0	MC	9		0.042		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg	0.290		0	MC	9		0.151		
Riboflavin....mg	0.330		0	MC	9		0.172		
Niacin....mg	3.800		0	MC	9		1.976		
Pantothenic acid....mg	0.000		0	MC	9		0.000		
Vitamin B-6....mg	0.400		0	MC	9		0.208		
Folate, total....mcg	100		0	MC	9		52		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	962		0	MC	9		500		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.880		0	MC	9		0.978		
Fatty acids, total monounsaturated....g	6.170		0	MC	9		3.208		
Fatty acids, total polyunsaturated....g	2.560		0	MC	9		1.331		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18486

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry

Measure 1 = 52g: 1 pastry

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18489

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted strawberry

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	12.50		0	MC	9		6.50		
Energy....kcal	390		0	MC	9		203		
Energy....kj	1632		0		9		849		
Protein....g	4.40		0	MC	9		2.29		
Total lipid (fat)....g	9.60		0	MC	9		4.99		
Ash....g	1.10		0	MC	9		0.57		
Carbohydrate, by difference....g	72.40		0	MC	9		37.65		
Fiber, total dietary....g	1.0		0	MC	9		0.5		
Sugars, total....g	37.50		0	MC	9		19.50		
Starch....g									
Minerals:									
Calcium, Ca....mg	22		0	MC	9		11		
Iron, Fe....mg	3.50		0	MC	9		1.82		
Magnesium, Mg....mg	10		0	MC	9		5		
Phosphorus, P....mg	51		0	MC	9		27		
Potassium, K....mg	85		0	MC	9		44		
Sodium, Na....mg	325		0	MC	9		169		
Zinc, Zn....mg	0.30		0	MC	9		0.16		
Copper, Cu....mg	0.000		0	MC	9		0.000		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg	0.300		0	MC	9		0.156		
Riboflavin....mg	0.300		0	MC	9		0.156		
Niacin....mg	3.800		0	MC	9		1.976		
Pantothenic acid....mg	0.000		0	MC	9		0.000		
Vitamin B-6....mg	0.400		0	MC	9		0.208		
Folate, total....mcg	100		0	MC	9		52		
Folate, DFE....mcg_DFE									
Choline, total....mg	7.8		0	AS	1		4.0		
Betaine....mg									
Vitamin B-12....mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	962		0	MC	9		500		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.600		0	MC	9		1.352		
Fatty acids, total monounsaturated....g	5.600		0	MC	9		2.912		
Fatty acids, total polyunsaturated....g	1.400		0	MC	9		0.728		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18489

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted strawberry

Measure 1 = 52g: 1 pastry

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18490

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted wild berry

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	12.50		0	MC	9		6.75		
Energy....kcal	388		0	MC	9		210		
Energy....kj	1623				9		877		
Protein....g	4.30		0	MC	9		2.32		
Total lipid (fat)....g	9.20		0	MC	9		4.97		
Ash....g	1.00		0	MC	9		0.54		
Carbohydrate, by difference....g	72.90		0	MC	9		39.37		
Fiber, total dietary....g	1.0		0	MC	9		0.5		
Sugars, total....g	38.80		0	MC	9		20.95		
Starch....g									
Minerals:									
Calcium, Ca....mg	21		0	MC	9		11		
Iron, Fe....mg	3.30		0	MC	9		1.78		
Magnesium, Mg....mg	10		0	MC	9		5		
Phosphorus, P....mg	49		0	MC	9		26		
Potassium, K....mg	82		0	MC	9		44		
Sodium, Na....mg	311		0	MC	9		168		
Zinc, Zn....mg	0.30		0	MC	9		0.16		
Copper, Cu....mg	0.000		0	MC	9		0.000		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg	0.300		0	MC	9		0.162		
Riboflavin....mg	0.300		0	MC	9		0.162		
Niacin....mg	3.700		0	MC	9		1.998		
Pantothenic acid....mg	0.000		0	MC	9		0.000		
Vitamin B-6....mg	0.400		0	MC	9		0.216		
Folate, total....mcg	100		0	MC	9		54		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	926		0	MC	9		500		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.600		0	MC	9		1.404		
Fatty acids, total monounsaturated....g	5.400		0	MC	9		2.916		
Fatty acids, total polyunsaturated....g	1.300		0	MC	9		0.702		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18490

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted wild berry

Measure 1 = 54g: 1 pastry

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18487

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	12.50		0	MC	9		6.50		
Energy....kcal	392		0	MC	9		204		
Energy....kj	1640				9		853		
Protein....g	6.20		0	MC	9		3.22		
Total lipid (fat)....g	10.50		0	MC	9		5.46		
Ash....g	1.20		0	MC	9		0.62		
Carbohydrate, by difference....g	69.60		0	MC	9		36.19		
Fiber, total dietary....g	1.4		0	MC	9		0.7		
Sugars, total....g	36.50		0	MC	9		18.98		
Starch....g									
Minerals:									
Calcium, Ca....mg	29		0	MC	9		15		
Iron, Fe....mg	3.50		0	MC	9		1.82		
Magnesium, Mg....mg	21		0	MC	9		11		
Phosphorus, P....mg	75		0	MC	9		39		
Potassium, K....mg	125		0	MC	9		65		
Sodium, Na....mg	382		0	MC	9		199		
Zinc, Zn....mg	0.40		0	MC	9		0.21		
Copper, Cu....mg	0.100		0	MC	9		0.052		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg	0.300		0	MC	9		0.156		
Riboflavin....mg	0.300		0	MC	9		0.156		
Niacin....mg	3.800		0	MC	9		1.976		
Pantothenic acid....mg	0.000		0	MC	9		0.000		
Vitamin B-6....mg	0.400		0	MC	9		0.208		
Folate, total....mcg	100		0	MC	9		52		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	962		0	MC	9		500		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.800		0	MC	9		1.456		
Fatty acids, total monounsaturated....g	5.900		0	MC	9		3.068		
Fatty acids, total polyunsaturated....g	1.800		0	MC	9		0.936		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18487
Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores

Measure 1 = 52g: 1 pastry

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18488

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	12.50		0	MC	9		6.50		
Energy kcal	394		0	MC	9		205		
Energy kj	1648		0		9		857		
Protein g	4.70		0	MC	9		2.44		
Total lipid (fat) g	10.50		0	MC	9		5.46		
Ash g	1.20		0	MC	9		0.62		
Carbohydrate, by difference g	71.00		0	MC	9		36.92		
Fiber, total dietary g	1.1		0	MC	9		0.6		
Sugars, total g	33.00		0	MC	9		17.16		
Starch g									
Minerals:									
Calcium, Ca mg	24		0	MC	9		12		
Iron, Fe mg	3.50		0	MC	9		1.82		
Magnesium, Mg mg	11		0	MC	9		6		
Phosphorus, P mg	55		0	MC	9		29		
Potassium, K mg	93		0	MC	9		48		
Sodium, Na mg	355		0	MC	9		185		
Zinc, Zn mg	0.30		0	MC	9		0.16		
Copper, Cu mg	0.000		0	MC	9		0.000		
Manganese, Mn mg									
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	MC	9		0.0		
Thiamin mg	0.300		0	MC	9		0.156		
Riboflavin mg	0.300		0	MC	9		0.156		
Niacin mg	3.800		0	MC	9		1.976		
Pantothenic acid mg	0.000		0	MC	9		0.000		
Vitamin B-6 mg	0.400		0	MC	9		0.208		
Folate, total mcg	100		0	MC	9		52		
Folate, DFE mcg_DFE									
Choline, total mg	8.4		0	AS	1		4.3		
Betaine mg									
Vitamin B-12 mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE mcg_RAE									
Vitamin A, IU IU	962		0	MC	9		500		
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	2.900		0	MC	9		1.508		
Fatty acids, total monounsaturated g	6.200		0	MC	9		3.224		
Fatty acids, total polyunsaturated g	1.500		0	MC	9		0.780		
Fatty acids, total trans g									
Cholesterol mg	0		0	MC	9		0		
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18488
Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry

Measure 1 = 52g: 1 pastry

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18938

Toaster Pastries, fruit, frosted (include apples,blueberry,cherry,strawberry)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	13.79		2	A	1		7.58	3.91	
Energy kcal	391		0	NC	4		215	111	
Energy kj	1636		0	NC	4		900	464	
Protein g	4.23		2	A	1		2.33	1.20	
Total lipid (fat) g	10.08		2	A	1		5.54	2.86	
Ash g	1.09		2	A	1		0.60	0.31	
Carbohydrate, by difference g	70.81		0	NC	4		38.95	20.07	
Fiber, total dietary g	0.7		2	A	1		0.4	0.2	
Sugars, total g	35.52		2	A	1		19.54	10.07	
Sucrose g	10.62		2	A	1		5.84	3.01	
Glucose (dextrose) g	15.65		2	A	1		8.60	4.44	
Fructose g	4.92		2	A	1		2.71	1.40	
Lactose g	0.00		2	A	1		0.00	0.00	
Maltose g	4.33		2	A	1		2.38	1.23	
Galactose g	0.00		2	A	1		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	11		1	A	1		6	3	
Iron, Fe mg	4.05		1	A	1		2.23	1.15	
Magnesium, Mg mg	11		1	A	1		6	3	
Phosphorus, P mg	68		1	A	1		37	19	
Potassium, K mg	71		1	A	1		39	20	
Sodium, Na mg	312		1	A	1		172	88	
Zinc, Zn mg	0.35		1	A	1		0.19	0.10	
Copper, Cu mg	0.060		1	A	1		0.033	0.017	
Manganese, Mn mg	0.303		1	A	1		0.167	0.086	
Selenium, Se mcg	4.9		2	A	1		2.7	1.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		2	A	1		0.0	0.0	
Thiamin mg	0.396		2	A	1		0.218	0.112	
Riboflavin mg	0.360		2	A	1		0.198	0.102	
Niacin mg	4.750		2	A	1		2.612	1.347	
Pantothenic acid mg	0.250		2	A	1		0.137	0.071	
Vitamin B-6 mg	0.380		2	A	1		0.209	0.108	
Folate, total mcg	45		1	A	1		25	13	
Folic acid mcg	36		1	A	1		20	10	
Folate, food mcg	9		0	AS	1		5	3	
Folate, DFE mcg_DFE	70		0	NC	4		39	20	
Choline, total mg	8.4		0	AS	1		4.6	2.4	
Betaine mg									
Vitamin B-12 mcg	0.01		0	FLA	4		0.01	0.00	
Vitamin B-12, added mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE mcg_RAE	202		0	AS	1		111	57	
Retinol mcg	202		2	A	1		111	57	
Carotene, beta mcg	3		2	A	1		1	1	
Carotene, alpha mcg	3		2	A	1		1	1	
Cryptoxanthin, beta mcg	3		2	A	1		1	1	
Vitamin A, IU IU	680		0	AS	1		374	193	
Lycopene mcg	3		2	A	1		1	1	
Lutein + zeaxanthin mcg	7		0	FLA	4		4	2	
Vitamin E (alpha-tocopherol) mg	0.73		2	A	1		0.40	0.21	
Vitamin E, added mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	6.9		2	A	1		3.8	2.0	

NDB No. 18938

Toaster Pastries, fruit, frosted (include apples,blueberry,cherry,strawberry)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.672		0	NC	4		1.470	0.757	
4:0....g	0.000		2	A	1		0.000	0.000	
6:0....g	0.000		2	A	1		0.000	0.000	
8:0....g	0.000		2	A	1		0.000	0.000	
10:0....g	0.000		2	A	1		0.000	0.000	
12:0....g	0.000		2	A	1		0.000	0.000	
13:0....g	0.000		2	A	1		0.000	0.000	
14:0....g	0.000		2	A	1		0.000	0.000	
15:0....g	0.000		2	A	1		0.000	0.000	
16:0....g	1.402		2	A	1		0.771	0.398	
17:0....g	0.000		2	A	1		0.000	0.000	
18:0....g	1.231		2	A	1		0.677	0.349	
20:0....g	0.039		2	A	1		0.021	0.011	
22:0....g	0.000		2	A	1		0.000	0.000	
24:0....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	5.733		0	NC	4		3.153	1.625	
14:1....g	0.000		2	A	1		0.000	0.000	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	
17:1....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated....g	5.719		0	AS	1		3.145	1.621	
20:1....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated....g	0.015		2	A	1		0.008	0.004	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.235		0	NC	4		0.679	0.350	
18:2 undifferentiated....g	1.182		2	A	1		0.650	0.335	
18:3 undifferentiated....g	0.053		0	AS	1		0.029	0.015	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:4 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:5 n-3....g	0.000		2	A	1		0.000	0.000	
22:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	FLA	4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.043		0	FLA	4		0.024	0.012	
Threonine....g	0.106		0	FLA	4		0.058	0.030	
Isoleucine....g	0.139		0	FLA	4		0.077	0.039	
Leucine....g	0.265		0	FLA	4		0.146	0.075	
Lysine....g	0.111		0	FLA	4		0.061	0.031	
Methionine....g	0.058		0	FLA	4		0.032	0.016	
Cystine....g	0.102		0	FLA	4		0.056	0.029	
Phenylalanine....g	0.167		0	FLA	4		0.092	0.047	
Tyrosine....g	0.052		0	FLA	4		0.028	0.015	
Valine....g	0.164		0	FLA	4		0.090	0.047	
Arginine....g	0.141		0	FLA	4		0.077	0.040	
Histidine....g	0.079		0	FLA	4		0.044	0.023	
Alanine....g	0.119		0	FLA	4		0.065	0.034	
Aspartic acid....g	0.166		0	FLA	4		0.091	0.047	
Glutamic acid....g	1.222		0	FLA	4		0.672	0.347	
Glycine....g	0.132		0	FLA	4		0.073	0.038	
Proline....g	0.416		0	FLA	4		0.229	0.118	
Serine....g	0.169		0	FLA	4		0.093	0.048	
Hydroxyproline....g	0.000		2	A	1		0.000	0.000	
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

NDB No. 18938

Toaster Pastries, fruit, frosted (include apples,blueberry,cherry,strawberry)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: 1 pastry

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18361
Toaster pastries, brown-sugar-cinnamon

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	10.80	0.624	4		1		3.06	5.40	
Energy kcal	412		0	NC	4		117	206	
Energy kj	1724				4		489	862	
Protein (N x 5.8) g	5.10	0.280	4		1		1.45	2.55	
Total lipid (fat) g	14.20	1.089	4		1		4.03	7.10	
Ash g	1.80		2		1		0.51	0.90	
Carbohydrate, by difference g	68.10		0	NC	4		19.31	34.05	
Fiber, total dietary g	1.0		0		1		0.3	0.5	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	34		2		1		10	17	
Iron, Fe mg	4.03	0.278	5		1		1.14	2.02	
Magnesium, Mg mg	24	2.850	4		1		7	12	
Phosphorus, P mg	133		2		1		38	67	
Potassium, K mg	114	21.433	4		1		32	57	
Sodium, Na mg	424	17.242	4		1		120	212	
Zinc, Zn mg	0.63	0.090	5		1		0.18	0.32	
Copper, Cu mg	0.132	0.007	5		1		0.037	0.066	
Manganese, Mn mg	0.322	0.024	3		1		0.091	0.161	
Selenium, Se mcg	12.6		0	FLA	4		3.6	6.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.1		0	FLA	4		0.0	0.1	
Thiamin mg	0.373	0.046	4		1		0.106	0.187	
Riboflavin mg	0.576	0.137	4		1		0.163	0.288	
Niacin mg	4.574	0.347	4		1		1.297	2.287	
Pantothenic acid mg	0.265	0.025	4		1		0.075	0.133	
Vitamin B-6 mg	0.425	0.015	4		1		0.120	0.213	
Folate, total mcg	29		0	FLA	4		8	15	
Folic acid mcg	18			FLA	4		5	9	
Folate, food mcg	11			FLA	4		3	6	
Folate, DFE mcg_DFE	42		0	NC	4		12	21	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.22		0	FLA	4		0.06	0.11	
Vitamin A, RAE mcg_RAE	296		0	NC	4		84	148	
Retinol mcg	296		0	NC	4		84	148	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	986		2		1		280	493	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	3.639		0	FLA	4		1.032	1.820	
4:0 g	0.005		0	FLA	4		0.001	0.003	
6:0 g	0.001		0	FLA	4		0.000	0.001	
8:0 g	0.001		0	FLA	4		0.000	0.001	
10:0 g	0.002		0	FLA	4		0.001	0.001	
12:0 g	0.001		0	FLA	4		0.000	0.001	
13:0 g									

NDB No. 18361
Toaster pastries, brown-sugar-cinnamon

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.078		0	FLA	4		0.022	0.039	
15:0....g									
16:0....g	1.871		0	FLA	4		0.530	0.936	
17:0....g									
18:0....g	1.675		0	FLA	4		0.475	0.838	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.032		0	FLA	4		2.277	4.016	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0	FLA	4		0.001	0.002	
17:1....g									
18:1 undifferentiated....g	8.027		0	FLA	4		2.276	4.014	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.802		0	FLA	4		0.511	0.901	
18:2 undifferentiated....g	1.711		0	FLA	4		0.485	0.856	
18:3 undifferentiated....g	0.091		0	FLA	4		0.026	0.046	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.057		0		1		0.016	0.029	
Threonine....g	0.146		0		1		0.041	0.073	
Isoleucine....g	0.169		0		1		0.048	0.085	
Leucine....g	0.324		0		1		0.092	0.162	
Lysine....g	0.137		0		1		0.039	0.069	
Methionine....g	0.080		0		1		0.023	0.040	
Cystine....g	0.094		0		1		0.027	0.047	
Phenylalanine....g	0.214		0		1		0.061	0.107	
Tyrosine....g	0.134		0		1		0.038	0.067	
Valine....g	0.189		0		1		0.054	0.095	
Arginine....g	0.174		0		1		0.049	0.087	
Histidine....g	0.098		0		1		0.028	0.049	
Alanine....g	0.153		0		1		0.043	0.077	
Aspartic acid....g	0.226		0		1		0.064	0.113	
Glutamic acid....g	1.405		0		1		0.398	0.703	
Glycine....g	0.152		0		1		0.043	0.076	
Proline....g	0.484		0		1		0.137	0.242	
Serine....g	0.223		0		1		0.063	0.112	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 50g: 1 toaster pastry

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 3.9

NDB No. 18361
Toaster pastries, brown-sugar-cinnamon

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18362

Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	14.43		2	A	1		4.09	7.79	7.79
Energy kcal	391		0	NC	4		111	211	211
Energy kj	1635		0	NC	4		463	883	883
Protein g	4.67		2	A	1		1.32	2.52	2.52
Total lipid (fat) g	10.56		2	A	1		3.00	5.71	5.71
Ash g	1.11		2	A	1		0.32	0.60	0.60
Carbohydrate, by difference g	69.23		0	NC	4		19.63	37.38	37.38
Fiber, total dietary g	1.1		2	A	1		0.3	0.6	0.6
Sugars, total g	28.59		2	A	1		8.11	15.44	15.44
Starch g									
Minerals:									
Calcium, Ca mg	11		1	A	1		3	6	6
Iron, Fe mg	3.85		1	A	1		1.09	2.08	2.08
Magnesium, Mg mg	12		1	A	1		3	6	6
Phosphorus, P mg	71		1	A	1		20	39	39
Potassium, K mg	75		1	A	1		21	41	41
Sodium, Na mg	334		1	A	1		95	180	180
Zinc, Zn mg	0.35		1	A	1		0.10	0.19	0.19
Copper, Cu mg	0.059		1	A	1		0.017	0.032	0.032
Manganese, Mn mg	0.312		1	A	1		0.088	0.168	0.168
Selenium, Se mcg	5.2		2	A	1		1.5	2.8	2.8
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		2	A	1		0.0	0.0	0.0
Thiamin mg	0.366		2	A	1		0.104	0.197	0.197
Riboflavin mg	0.545		2	A	1		0.154	0.294	0.294
Niacin mg	5.100		2	A	1		1.446	2.754	2.754
Pantothenic acid mg	0.275		2	A	1		0.078	0.149	0.149
Vitamin B-6 mg	0.445		2	A	1		0.126	0.240	0.240
Folate, total mcg	51		2	A	1		14	27	27
Folic acid mcg	43		2	A	1		12	23	23
Folate, food mcg	8		0	AS	1		2	4	4
Folate, DFE mcg_DFE	81		0	NC	4		23	44	44
Choline, total mg	7.8		0	BFZN	4		2.2	4.2	4.2
Betaine mg									
Vitamin B-12 mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin B-12, added mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	306		2	AS	1		87	165	165
Retinol mcg	306		2	A	1		87	165	165
Carotene, beta mcg	3		2	A	1		1	1	1
Carotene, alpha mcg	3		2	A	1		1	1	1
Cryptoxanthin, beta mcg	3		2	A	1		1	1	1
Vitamin A, IU IU	1028		0	AS	1		292	555	555
Lycopene mcg	3		2	A	1		1	1	1
Lutein + zeaxanthin mcg	11		0	FLA	4		3	6	6
Vitamin E (alpha-tocopherol) mg	0.79		2	A	1		0.23	0.43	0.43
Vitamin E, added mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	5.8		2	A	1		1.7	3.1	3.1
Lipids:									
Fatty acids, total saturated g	2.618		0	NC	4		0.742	1.414	1.414
4:0 g	0.000		2	A	1		0.000	0.000	0.000
6:0 g	0.000		2	A	1		0.000	0.000	0.000
8:0 g	0.000		2	A	1		0.000	0.000	0.000
10:0 g	0.000		2	A	1		0.000	0.000	0.000

NDB No. 18362

Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		2	A	1		0.000	0.000	0.000
13:0 g	0.000		2	A	1		0.000	0.000	0.000
14:0 g	0.000		2	A	1		0.000	0.000	0.000
15:0 g	0.000		2	A	1		0.000	0.000	0.000
16:0 g	1.475		2	A	1		0.418	0.796	0.796
17:0 g	0.000		2	A	1		0.000	0.000	0.000
18:0 g	1.108		2	A	1		0.314	0.598	0.598
20:0 g	0.036		2	A	1		0.010	0.019	0.019
22:0 g	0.000		2	A	1		0.000	0.000	0.000
24:0 g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated g	6.404		0	NC	4		1.816	3.458	3.458
14:1 g	0.000		2	A	1		0.000	0.000	0.000
15:1 g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated g	0.000		2	A	1		0.000	0.000	0.000
17:1 g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated g	6.363		0	AS	1		1.804	3.436	3.436
18:1 c g	3.696		2	A	1		1.048	1.996	1.996
18:1-11c (18:1c n-7) g									
18:1 t g	2.668		2	A	1		0.756	1.441	1.441
18:1-11t (18:1t n-7) g									
20:1 g	0.000		2	A	1		0.000	0.000	0.000
22:1 undifferentiated g	0.041		2	A	1		0.012	0.022	0.022
24:1 c g									
Fatty acids, total polyunsaturated g	1.082		0	NC	4		0.307	0.584	0.584
18:2 undifferentiated g	1.042		2	A	1		0.295	0.563	0.563
18:3 undifferentiated g	0.040		0	AS	1		0.011	0.022	0.022
18:3 n-3 c,c,c g	0.040		2	A	1		0.011	0.022	0.022
18:3 n-6 c,c,c g	0.000		2	A	1		0.000	0.000	0.000
18:3i g									
18:4 g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated g	0.000		2	A	1		0.000	0.000	0.000
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000		2	A	1		0.000	0.000	0.000
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 g	0.000		2	A	1		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total trans g	2.668		0	NC	4		0.756	1.441	1.441
Fatty acids, total trans-monoenoic g	2.668		0	NC	4		0.756	1.441	1.441
Fatty acids, total trans-polyenoic g									
Cholesterol mg	0		0	FLA	4		0	0	0
Phytosterols mg	13		0	FLA	4		4	7	7
Amino Acids:									
Tryptophan g	0.043		0	FLA	4		0.012	0.023	0.023
Threonine g	0.104		0	FLA	4		0.029	0.056	0.056
Isoleucine g	0.139		0	FLA	4		0.039	0.075	0.075
Leucine g	0.264		0	FLA	4		0.075	0.143	0.143
Lysine g	0.108		0	FLA	4		0.031	0.058	0.058
Methionine g	0.058		0	FLA	4		0.016	0.031	0.031
Cystine g	0.103		0	FLA	4		0.029	0.055	0.055
Phenylalanine g	0.169		0	FLA	4		0.048	0.091	0.091
Tyrosine g	0.051		0	FLA	4		0.014	0.027	0.027
Valine g	0.165		0	FLA	4		0.047	0.089	0.089
Arginine g	0.142		0	FLA	4		0.040	0.077	0.077
Histidine g	0.080		0	FLA	4		0.023	0.043	0.043
Alanine g	0.118		0	FLA	4		0.034	0.064	0.064
Aspartic acid g	0.163		0	FLA	4		0.046	0.088	0.088
Glutamic acid g	1.239		0	FLA	4		0.351	0.669	0.669

NDB No. 18362

Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.134		0	FLA	4		0.038	0.072	0.072
Proline....g	0.422		0	FLA	4		0.120	0.228	0.228
Serine....g	0.170		0	FLA	4		0.048	0.092	0.092
Hydroxyproline....g	0.000		2	A	1		0.000	0.000	0.000
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0
Theobromine....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 54g: 1 toaster pastry

Measure 3 = 54g: 1 Pop tart

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18939

Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	10.46		2	A	1		5.33	5.33	
Energy kcal	409		0	NC	4		209	209	
Energy kj	1711		0	NC	4		872	872	
Protein g	4.70		2	A	1		2.40	2.40	
Total lipid (fat) g	11.03		2	A	1		5.62	5.62	
Ash g	1.11		2	A	1		0.57	0.57	
Carbohydrate, by difference g	72.70		0	NC	4		37.08	37.08	
Fiber, total dietary g	1.0		2	A	1		0.5	0.5	
Sugars, total g	28.99		2	A	1		14.78	14.78	
Starch g	34.20		2	A	1		17.44	17.44	
Minerals:									
Calcium, Ca mg	11		1	A	1		6	6	
Iron, Fe mg	3.92		1	A	1		2.00	2.00	
Magnesium, Mg mg	12		1	A	1		6	6	
Phosphorus, P mg	76		1	A	1		39	39	
Potassium, K mg	81		1	A	1		41	41	
Sodium, Na mg	354		1	A	1		181	181	
Zinc, Zn mg	0.38		1	A	1		0.20	0.20	
Copper, Cu mg	0.068		1	A	1		0.035	0.035	
Manganese, Mn mg	0.332		1	A	1		0.169	0.169	
Selenium, Se mcg	5.1		2	A	1		2.6	2.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		2	A	1		0.0	0.0	
Thiamin mg	0.365		2	A	1		0.186	0.186	
Riboflavin mg	0.415		2	A	1		0.212	0.212	
Niacin mg	5.250		2	A	1		2.677	2.677	
Pantothenic acid mg	0.340		2	A	1		0.173	0.173	
Vitamin B-6 mg	0.465		2	A	1		0.237	0.237	
Folate, total mcg	48		2	A	1		24	24	
Folic acid mcg	40		2	A	1		20	20	
Folate, food mcg	8		0	AS	1		4	4	
Folate, DFE mcg_DFE	76		0	NC	4		39	39	
Choline, total mg	9.2		0	AS	1		4.7	4.7	
Betaine mg									
Vitamin B-12 mcg									
Vitamin A, RAE mcg_RAE	467		0	AS	1		238	238	
Retinol mcg	467		2	A	1		238	238	
Carotene, beta mcg	3		2	A	1		1	1	
Carotene, alpha mcg	3		2	A	1		1	1	
Cryptoxanthin, beta mcg	3		2	A	1		1	1	
Vitamin A, IU IU	1563		0	AS	1		797	797	
Lycopene mcg	3		2	A	1		1	1	
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg	0.90		2	A	1		0.46	0.46	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	6.6		2	A	1		3.4	3.4	
Lipids:									
Fatty acids, total saturated g	2.637		0	NC	4		1.345	1.345	
4:0 g	0.000		2	A	1		0.000	0.000	
6:0 g	0.000		2	A	1		0.000	0.000	
8:0 g	0.000		2	A	1		0.000	0.000	
10:0 g	0.000		2	A	1		0.000	0.000	
12:0 g	0.000		2	A	1		0.000	0.000	
13:0 g	0.000		2	A	1		0.000	0.000	

NDB No. 18939

Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.000		2	A	1		0.000	0.000	
15:0....g	0.000		2	A	1		0.000	0.000	
16:0....g	1.518		2	A	1		0.774	0.774	
17:0....g	0.000		2	A	1		0.000	0.000	
18:0....g	1.097		2	A	1		0.559	0.559	
20:0....g	0.022		2	A	1		0.011	0.011	
22:0....g	0.000		2	A	1		0.000	0.000	
24:0....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	6.550		0	NC	4		3.340	3.340	
14:1....g	0.000		2	A	1		0.000	0.000	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	
17:1....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated....g	6.527		0	AS	1		3.329	3.329	
18:1 c....g									
18:1-11c (18:1c n-7)....g									
18:1 t....g									
18:1-11t (18:1t n-7)....g									
20:1....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated....g	0.022		2	A	1		0.011	0.011	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.281		0	NC	4		0.653	0.653	
18:2 undifferentiated....g	1.208		2	A	1		0.616	0.616	
18:3 undifferentiated....g	0.073		0	AS	1		0.037	0.037	
18:3 n-3 c,c,c....g	0.073		2	A	1		0.037	0.037	
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000	0.000	
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3....g	0.000		2	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3....g									
22:6 n-3....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg									
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 51g: 1 pastry

Measure 2 = 51g: 1 pop tart

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18363
Tortillas, ready-to-bake or -fry, corn

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	45.89	1.100	6	A	1		8.72	11.01	13.01
Energy kcal	218		0	NC	4		41	52	62
Energy kj	912		0	NC	4		173	219	258
Protein (N x 6.2) g	5.70	0.128	29		1		1.08	1.37	1.62
Total lipid (fat) g	2.85	0.030	6	A	1		0.54	0.68	0.81
Ash g	0.93	0.025	6	A	1		0.18	0.22	0.26
Carbohydrate, by difference g	44.64		0	NC	4		8.48	10.71	12.65
Fiber, total dietary g	6.3		0	NC	4		1.2	1.5	1.8
Sugars, total g	0.88		0	AS	1		0.17	0.21	0.25
Starch g									
Minerals:									
Calcium, Ca mg	81	11.634	6	A	1		15	19	23
Iron, Fe mg	1.23	0.027	6	A	1		0.23	0.29	0.35
Magnesium, Mg mg	72	5.044	6	A	1		14	17	20
Phosphorus, P mg	314	26.162	42		1		60	75	89
Potassium, K mg	186	4.217	6	A	1		35	45	53
Sodium, Na mg	45	3.484	6	A	1		9	11	13
Zinc, Zn mg	1.31	0.060	6	A	1		0.25	0.31	0.37
Copper, Cu mg	0.154	0.012	6	A	1		0.029	0.037	0.044
Manganese, Mn mg	0.326	0.007	6	A	1		0.062	0.078	0.093
Selenium, Se mcg	6.1	0.412	6	A	1		1.2	1.5	1.7
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0	0.000	5		1		0.0	0.0	0.0
Thiamin mg	0.094	0.007	5	A	1		0.018	0.023	0.027
Riboflavin mg	0.065	0.008	5	A	1		0.012	0.016	0.018
Niacin mg	1.498	0.096	33		1		0.285	0.360	0.425
Pantothenic acid mg	0.109	0.005	6	A	1		0.021	0.026	0.031
Vitamin B-6 mg	0.219	0.027	11		1		0.042	0.053	0.062
Folate, total mcg	5	0.890	6	A	1		1	1	1
Folic acid mcg	0		0	Z	7		0	0	0
Folate, food mcg	5		0	O	4		1	1	1
Folate, DFE mcg_DFE	5		0	NC	4		1	1	1
Choline, total mg	13.3		0	A	1		2.5	3.2	3.8
Betaine mg	0.4		0	A	1		0.1	0.1	0.1
Vitamin B-12 mcg	0.00		0		1		0.00	0.00	0.00
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	0
Retinol mcg	0		0	FLA	4		0	0	0
Carotene, beta mcg	1		0	FLA	4		0	0	0
Carotene, alpha mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta mcg	1		0	FLA	4		0	0	0
Vitamin A, IU IU	2		0	NC	4		0	0	1
Lycopene mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin mcg	3		0	FLA	4		1	1	1
Vitamin E (alpha-tocopherol) mg	0.28	0.027	3	A	1		0.05	0.07	0.08
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	0.0		2	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated g	0.453		0	NC	4		0.086	0.109	0.128
4:0 g	0.000		0		1		0.000	0.000	0.000
6:0 g	0.000		0		1		0.000	0.000	0.000
8:0 g	0.000		0		1		0.000	0.000	0.000
10:0 g	0.000		0		1		0.000	0.000	0.000

NDB No. 18363
Tortillas, ready-to-bake or -fry, corn

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0		1		0.000	0.000	0.000
13:0 g									
14:0 g	0.000		0		1		0.000	0.000	0.000
15:0 g									
16:0 g	0.414	0.012	6	A	1		0.079	0.099	0.117
17:0 g									
18:0 g	0.039		0		1		0.007	0.009	0.011
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.692		0	NC	4		0.132	0.166	0.196
14:1 g									
15:1 g									
16:1 undifferentiated g	0.002		0		1		0.000	0.000	0.001
17:1 g									
18:1 undifferentiated g	0.690	0.017	6	A	1		0.131	0.166	0.196
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	1.419		0	NC	4		0.270	0.341	0.402
18:2 undifferentiated g	1.385	0.035	6	A	1		0.263	0.332	0.393
18:3 undifferentiated g	0.034		0		1		0.006	0.008	0.010
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.042		0		1		0.008	0.010	0.012
Threonine g	0.218		0		1		0.041	0.052	0.062
Isoleucine g	0.208		0		1		0.040	0.050	0.059
Leucine g	0.711		0		1		0.135	0.171	0.202
Lysine g	0.163		0		1		0.031	0.039	0.046
Methionine g	0.121		0		1		0.023	0.029	0.034
Cystine g	0.105		0		1		0.020	0.025	0.030
Phenylalanine g	0.285		0		1		0.054	0.068	0.081
Tyrosine g	0.236		0		1		0.045	0.057	0.067
Valine g	0.294		0		1		0.056	0.071	0.083
Arginine g	0.289		0		1		0.055	0.069	0.082
Histidine g	0.177		0		1		0.034	0.042	0.050
Alanine g	0.434		0		1		0.082	0.104	0.123
Aspartic acid g	0.403		0		1		0.077	0.097	0.114
Glutamic acid g	1.087		0		1		0.207	0.261	0.308
Glycine g	0.238		0		1		0.045	0.057	0.067
Proline g	0.506		0		1		0.096	0.121	0.143
Serine g	0.275		0		1		0.052	0.066	0.078
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	FLA	4		0	0	0
Theobromine mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18363
Tortillas, ready-to-bake or -fry, corn

Measure 1 = 19g: 1 enchilada
Measure 2 = 24g: 1 tortilla
Measure 3 = 28.35g: 1 oz

Calories Factors: **Protein** 2.7 **Fat** 8.4 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18449

Tortillas, ready-to-bake or -fry, corn, without added salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	44.10	0.662	42		1		12.50	11.47	
Energy kcal	222		0	NC	4		63	58	
Energy kj	929				4		263	242	
Protein (N x 6.2) g	5.70	0.128	29		1		1.62	1.48	
Total lipid (fat) g	2.50	0.238	25		1		0.71	0.65	
Ash g	1.20	0.058	29		1		0.34	0.31	
Carbohydrate, by difference g	46.60		0		4		13.21	12.12	
Fiber, total dietary g	5.2		0		4		1.5	1.4	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	175	7.154	53		1		50	46	
Iron, Fe mg	1.40	0.071	44		1		0.40	0.36	
Magnesium, Mg mg	65	1.531	30		1		18	17	
Phosphorus, P mg	314	26.162	42		1		89	82	
Potassium, K mg	154	7.238	35		1		44	40	
Sodium, Na mg	11		0		4		3	3	
Zinc, Zn mg	0.94	0.076	33		1		0.27	0.24	
Copper, Cu mg	0.154	0.015	13		1		0.044	0.040	
Manganese, Mn mg	0.402	0.011	12		1		0.114	0.105	
Selenium, Se mcg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0	0.000	5		1		0.0	0.0	
Thiamin mg	0.112	0.015	31		1		0.032	0.029	
Riboflavin mg	0.073	0.008	23		1		0.021	0.019	
Niacin mg	1.498	0.096	33		1		0.425	0.389	
Pantothenic acid mg	0.194	0.014	12		1		0.055	0.050	
Vitamin B-6 mg	0.219	0.027	11		1		0.062	0.057	
Folate, total mcg	114		0	BFZN	4		32	30	
Folic acid mcg	99		0	NC	4		28	26	
Folate, food mcg	15	1.288	11		1		4	4	
Folate, DFE mcg_DFE	183		0	NC	4		52	48	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.00		0		4		0.00	0.00	
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	
Retinol mcg	0		0	Z	7		0	0	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	0		0	BFZN	4		0	0	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	0.334		0		4		0.095	0.087	
4:0 g									
6:0 g									
8:0 g									
10:0 g									
12:0 g									
13:0 g									

NDB No. 18449

Tortillas, ready-to-bake or -fry, corn, without added salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g									
15:0....g									
16:0....g	0.295		0		4		0.084	0.077	
17:0....g									
18:0....g	0.039		0		4		0.011	0.010	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.649		0		4		0.184	0.169	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		4		0.001	0.001	
17:1....g									
18:1 undifferentiated....g	0.647		0		4		0.183	0.168	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.122		0		4		0.318	0.292	
18:2 undifferentiated....g	1.088		0		4		0.308	0.283	
18:3 undifferentiated....g	0.034		0		4		0.010	0.009	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.042		0		4		0.012	0.011	
Threonine....g	0.218		0		4		0.062	0.057	
Isoleucine....g	0.208		0		4		0.059	0.054	
Leucine....g	0.711		0		4		0.202	0.185	
Lysine....g	0.163		0		4		0.046	0.042	
Methionine....g	0.121		0		4		0.034	0.031	
Cystine....g	0.105		0		4		0.030	0.027	
Phenylalanine....g	0.285		0		4		0.081	0.074	
Tyrosine....g	0.236		0		4		0.067	0.061	
Valine....g	0.294		0		4		0.083	0.076	
Arginine....g	0.289		0		4		0.082	0.075	
Histidine....g	0.177		0		4		0.050	0.046	
Alanine....g	0.434		0		4		0.123	0.113	
Aspartic acid....g	0.403		0		4		0.114	0.105	
Glutamic acid....g	1.087		0		4		0.308	0.283	
Glycine....g	0.238		0		4		0.067	0.062	
Proline....g	0.506		0		4		0.143	0.132	
Serine....g	0.275		0		4		0.078	0.072	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 26g: 1 tortilla, medium (approx 6" dia)

Calories Factors: **Protein** 2.7 **Fat** 8.4 **Carbohydrate** 4

NDB No. 18449
Tortillas, ready-to-bake or -fry, corn, without added salt

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18364
Tortillas, ready-to-bake or -fry, flour

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	30.22	0.448	6	A	1		8.57	9.07	13.90
Energy kcal	312		0	NC	4		88	94	143
Energy kj	1305		0	NC	4		370	392	600
Protein (N x 5.7) g	8.29	0.029	5	A	1		2.35	2.49	3.81
Total lipid (fat) g	7.75	0.668	6	A	1		2.20	2.33	3.57
Ash g	2.39	0.049	6	A	1		0.68	0.72	1.10
Carbohydrate, by difference g	51.35		0	NC	4		14.56	15.40	23.62
Fiber, total dietary g	3.1		0	NC	4		0.9	0.9	1.4
Sugars, total g	1.92		0	AS	1		0.54	0.58	0.88
Starch g									
Minerals:									
Calcium, Ca mg	129	9.334	6	A	1		36	39	59
Iron, Fe mg	3.34	0.096	6	A	1		0.95	1.00	1.54
Magnesium, Mg mg	22	0.506	6	A	1		6	7	10
Phosphorus, P mg	124	7.926	38		1		35	37	57
Potassium, K mg	155	6.249	6	A	1		44	46	71
Sodium, Na mg	636	18.624	6	A	1		180	191	293
Zinc, Zn mg	0.54	0.041	6	A	1		0.15	0.16	0.25
Copper, Cu mg	0.142	0.009	6	A	1		0.040	0.043	0.065
Manganese, Mn mg	0.498	0.010	6	A	1		0.141	0.149	0.229
Selenium, Se mcg	22.2	0.544	5	A	1		6.3	6.7	10.2
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0	0.000	4		1		0.0	0.0	0.0
Thiamin mg	0.539	0.016	6	A	1		0.153	0.162	0.248
Riboflavin mg	0.267	0.016	5	A	1		0.076	0.080	0.123
Niacin mg	3.572	0.135	14		1		1.013	1.072	1.643
Pantothenic acid mg	0.164	0.004	6	A	1		0.046	0.049	0.075
Vitamin B-6 mg	0.050		2		1		0.014	0.015	0.023
Folate, total mcg	104		0	FLA	4		30	31	48
Folic acid mcg	92		0	NC	4		26	28	42
Folate, food mcg	12	1.079	10		1		3	4	6
Folate, DFE mcg_DFE	168		0	NC	4		48	51	77
Choline, total mg	7.9		0	A	1		2.2	2.4	3.6
Betaine mg	5.3		0	A	1		1.5	1.6	2.4
Vitamin B-12 mcg	0.00		0		1		0.00	0.00	0.00
Vitamin B-12, added mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	0
Retinol mcg	0		0	FLA	4		0	0	0
Carotene, beta mcg	0		0	FLA	4		0	0	0
Carotene, alpha mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta mcg	0		0	FLA	4		0	0	0
Vitamin A, IU IU	0		0	NC	4		0	0	0
Lycopene mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin mcg	12		0	FLA	4		3	4	5
Vitamin E (alpha-tocopherol) mg	0.19	0.035	3	A	1		0.05	0.06	0.09
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	3.4		2	A	1		1.0	1.0	1.6
Lipids:									
Fatty acids, total saturated g	1.886		0	NC	4		0.535	0.566	0.867
4:0 g	0.000	0.000	6	A	1		0.000	0.000	0.000
6:0 g	0.000	0.000	6	A	1		0.000	0.000	0.000
8:0 g	0.000	0.000	6	A	1		0.000	0.000	0.000
10:0 g	0.000	0.000	6	A	1		0.000	0.000	0.000

NDB No. 18364
Tortillas, ready-to-bake or -fry, flour

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000	0.000	6	A	1		0.000	0.000	0.000
13:0 g									
14:0 g	0.000	0.000	6	A	1		0.000	0.000	0.000
15:0 g	0.000	0.000	6	A	1		0.000	0.000	0.000
16:0 g	1.091	0.194	6	A	1		0.309	0.327	0.502
17:0 g	0.000	0.000	6	A	1		0.000	0.000	0.000
18:0 g	0.794	0.122	6	A	1		0.225	0.238	0.365
20:0 g	0.000	0.000	6	A	1		0.000	0.000	0.000
22:0 g	0.000	0.000	6	A	1		0.000	0.000	0.000
24:0 g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated g	3.894		0	NC	4		1.104	1.168	1.791
14:1 g	0.000	0.000	6	A	1		0.000	0.000	0.000
15:1 g									
16:1 undifferentiated g	0.000	0.000	6	A	1		0.000	0.000	0.000
17:1 g									
18:1 undifferentiated g	3.877	0.629	6	A	1		1.099	1.163	1.783
20:1 g	0.018	0.019	6	A	1		0.005	0.005	0.008
22:1 undifferentiated g	0.000	0.000	6	A	1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	1.584		0	NC	4		0.449	0.475	0.728
18:2 undifferentiated g	1.523	0.208	6	A	1		0.432	0.457	0.701
18:3 undifferentiated g	0.060	0.030	6	A	1		0.017	0.018	0.028
18:4 g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:5 n-3 g	0.000	0.000	6	A	1		0.000	0.000	0.000
22:5 n-3 g	0.000	0.000	6	A	1		0.000	0.000	0.000
22:6 n-3 g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.106		0		1		0.030	0.032	0.049
Threonine g	0.245		0		1		0.069	0.074	0.113
Isoleucine g	0.307		0		1		0.087	0.092	0.141
Leucine g	0.600		0		1		0.170	0.180	0.276
Lysine g	0.213		0		1		0.060	0.064	0.098
Methionine g	0.155		0		1		0.044	0.047	0.071
Cystine g	0.181		0		1		0.051	0.054	0.083
Phenylalanine g	0.435		0		1		0.123	0.131	0.200
Tyrosine g	0.266		0		1		0.075	0.080	0.122
Valine g	0.356		0		1		0.101	0.107	0.164
Arginine g	0.356		0		1		0.101	0.107	0.164
Histidine g	0.195		0		1		0.055	0.059	0.090
Alanine g	0.289		0		1		0.082	0.087	0.133
Aspartic acid g	0.386		0		1		0.109	0.116	0.178
Glutamic acid g	2.850		0		1		0.808	0.855	1.311
Glycine g	0.316		0		1		0.090	0.095	0.145
Proline g	0.979		0		1		0.278	0.294	0.450
Serine g	0.432		0		1		0.122	0.130	0.199
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	FLA	4		0	0	0
Theobromine mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18364
Tortillas, ready-to-bake or -fry, flour

Measure 1 = 28.35g: 1 oz
Measure 2 = 30g: 1 tortilla medium (approx 6" dia)
Measure 3 = 46g: 1 tortilla (approx 7-8" dia)

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18450

Tortillas, ready-to-bake or -fry, flour, without added calcium

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	26.80	0.902	14		1		7.60	8.58	19.30
Energy kcal	325		0	NC	4		92	104	234
Energy kj	1360				4		386	435	979
Protein (N x 5.7) g	8.70	0.581	12		1		2.47	2.78	6.26
Total lipid (fat) g	7.10	0.579	11		1		2.01	2.27	5.11
Ash g	1.80	0.151	12		1		0.51	0.58	1.30
Carbohydrate, by difference g	55.60		0		4		15.76	17.79	40.03
Fiber, total dietary g	3.3		0	BFZN	4		0.9	1.1	2.4
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	39		0		4		11	12	28
Iron, Fe mg	3.30	0.125	38		1		0.94	1.06	2.38
Magnesium, Mg mg	26	1.328	38		1		7	8	19
Phosphorus, P mg	124	7.926	38		1		35	40	89
Potassium, K mg	131	7.293	40		1		37	42	94
Sodium, Na mg	478	24.050	40		1		136	153	344
Zinc, Zn mg	0.71	0.083	40		1		0.20	0.23	0.51
Copper, Cu mg	0.267	0.141	36		1		0.076	0.085	0.192
Manganese, Mn mg	0.462	0.011	35		1		0.131	0.148	0.333
Selenium, Se mcg	23.4	2.389	34	A	1		6.6	7.5	16.8
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0	0.000	4		1		0.0	0.0	0.0
Thiamin mg	0.531	0.025	14		1		0.151	0.170	0.382
Riboflavin mg	0.293	0.069	14		1		0.083	0.094	0.211
Niacin mg	3.572	0.135	14		1		1.013	1.143	2.572
Pantothenic acid mg	0.582	0.061	12		1		0.165	0.186	0.419
Vitamin B-6 mg	0.050		2		1		0.014	0.016	0.036
Folate, total mcg	123		0	BFZN	4		35	39	89
Folic acid mcg	111		0	NC	4		31	36	80
Folate, food mcg	12	1.079	10		1		3	4	9
Folate, DFE mcg_DFE	201		0	NC	4		57	64	145
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE mcg_RAE	0		0	NC	4		0	0	0
Retinol mcg	0		0	Z	7		0	0	0
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	0		0		4		0	0	0
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	1.745		0	BFZN	4		0.495	0.558	1.256
4:0 g	0.000		0		4		0.000	0.000	0.000
6:0 g	0.000		0		4		0.000	0.000	0.000
8:0 g	0.000		0		4		0.000	0.000	0.000
10:0 g	0.000		0		4		0.000	0.000	0.000
12:0 g	0.000		0		4		0.000	0.000	0.000
13:0 g									

NDB No. 18450

Tortillas, ready-to-bake or -fry, flour, without added calcium

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.032		0	BFZN	4		0.009	0.010	0.023
15:0....g									
16:0....g	0.937		0	BFZN	4		0.266	0.300	0.675
17:0....g									
18:0....g	0.776		0	BFZN	4		0.220	0.248	0.559
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.768		0	BFZN	4		1.068	1.206	2.713
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.008		0	BFZN	4		0.002	0.003	0.006
17:1....g									
18:1 undifferentiated....g	3.760		0	BFZN	4		1.066	1.203	2.707
20:1....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.063		0	BFZN	4		0.301	0.340	0.765
18:2 undifferentiated....g	1.009		0	BFZN	4		0.286	0.323	0.726
18:3 undifferentiated....g	0.054		0	BFZN	4		0.015	0.017	0.039
18:4....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.106		0		4		0.030	0.034	0.076
Threonine....g	0.245		0		4		0.069	0.078	0.176
Isoleucine....g	0.307		0		4		0.087	0.098	0.221
Leucine....g	0.600		0		4		0.170	0.192	0.432
Lysine....g	0.213		0		4		0.060	0.068	0.153
Methionine....g	0.155		0		4		0.044	0.050	0.112
Cystine....g	0.181		0		4		0.051	0.058	0.130
Phenylalanine....g	0.435		0		4		0.123	0.139	0.313
Tyrosine....g	0.266		0		4		0.075	0.085	0.192
Valine....g	0.356		0		4		0.101	0.114	0.256
Arginine....g	0.356		0		4		0.101	0.114	0.256
Histidine....g	0.195		0		4		0.055	0.062	0.140
Alanine....g	0.289		0		4		0.082	0.092	0.208
Aspartic acid....g	0.386		0		4		0.109	0.124	0.278
Glutamic acid....g	2.850		0		4		0.808	0.912	2.052
Glycine....g	0.316		0		4		0.090	0.101	0.228
Proline....g	0.979		0		4		0.278	0.313	0.705
Serine....g	0.432		0		4		0.122	0.138	0.311
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18450

Tortillas, ready-to-bake or -fry, flour, without added calcium

Measure 2 = 32g: 1 tortilla, medium (approx 6" dia)

Measure 3 = 72g: 1 tortilla (approx 10" dia)

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18931
USDA Commodity, Bakery , Flour Mix Low-fat

Include commodity code B368
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	10.51		1	A	1				
Energy kcal	361		0	NC	4				
Energy kj	1510		0	NC	4				
Protein (N x 6.25) g	9.07		1	A	1				
Total lipid (fat) g	4.70		1	A	1				
Ash g	5.13		1	A	1				
Carbohydrate, by difference g	70.59		0	NC	4				
Fiber, total dietary g	3.5		1	A	1				
Sugars, total g									
Sucrose g	0.84		1	A	1				
Glucose (dextrose) g	0.00		1	A	1				
Fructose g	0.00		1	A	1				
Lactose g	0.00		1	A	1				
Maltose g	0.00		1	A	1				
Galactose g									
Starch g	64.50		1	A	1				
Minerals:									
Calcium, Ca mg	181		1	A	1				
Iron, Fe mg	4.11		0	T	4				
Magnesium, Mg mg	28		1	A	1				
Phosphorus, P mg	633		1	A	1				
Potassium, K mg	141		1	A	1				
Sodium, Na mg	1360		1	A	1				
Zinc, Zn mg	0.68		1	A	1				
Copper, Cu mg	0.141		1	A	1				
Manganese, Mn mg	0.779		1	A	1				
Selenium, Se mcg	6.7		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1	A	1				
Thiamin mg	0.650		1	A	1				
Riboflavin mg	0.423		1	A	1				
Niacin mg	5.904		0	T	4				
Pantothenic acid mg	0.425		1	A	1				
Vitamin B-6 mg	0.093		1	A	1				
Folate, total mcg	183		0	T	4				
Folic acid mcg	154		0	T	4				
Folate, food mcg	29		0	T	4				
Folate, DFE mcg_DFE	291		0	NC	4				
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg									
Vitamin A, RAE mcg_RAE									
Retinol mcg									
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	0		0	Z	7				
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	0.850		0	NC	4				

NDB No. 18931
USDA Commodity, Bakery , Flour Mix Low-fat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
4:0 g									
6:0 g									
8:0 g	0.000		1	A	1				
10:0 g	0.000		1	A	1				
12:0 g	0.000		1	A	1				
13:0 g									
14:0 g	0.000		1	A	1				
15:0 g	0.000		1	A	1				
16:0 g	0.460		1	A	1				
17:0 g	0.000		1	A	1				
18:0 g	0.370		1	A	1				
20:0 g	0.010		1	A	1				
22:0 g	0.010		1	A	1				
24:0 g	0.000		1	A	1				
Fatty acids, total monounsaturated g	1.830		0	NC	4				
14:1 g	0.000		1	A	1				
15:1 g	0.000		1	A	1				
16:1 undifferentiated g	0.000		1	A	1				
17:1 g	0.000		1	A	1				
18:1 undifferentiated g	1.820		1	A	1				
20:1 g	0.010		1	A	1				
22:1 undifferentiated g	0.000		1	A	1				
24:1 c g									
Fatty acids, total polyunsaturated g	0.650		0	NC	4				
18:2 undifferentiated g	0.620		1	A	1				
18:3 undifferentiated g	0.030		1	A	1				
18:4 g	0.000		1	A	1				
20:2 n-6 c,c g	0.000		1	A	1				
20:3 undifferentiated g	0.000		1	A	1				
20:4 undifferentiated g	0.000		1	A	1				
20:5 n-3 g	0.000		1	A	1				
22:5 n-3 g	0.000		1	A	1				
22:6 n-3 g	0.000		1	A	1				
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7				
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18930
USDA Commodity,Bakery, Flour Mix

Include commodity code B367
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	10.62		1	A	1				
Energy kcal	400		0	NC	4				
Energy kj	1674		0	NC	4				
Protein (N x 6.25) g	8.47		1	A	1				
Total lipid (fat) g	12.90		1	A	1				
Ash g	5.48		1	A	1				
Carbohydrate, by difference g	62.53		0	NC	4				
Fiber, total dietary g	7.1		1	A	1				
Sugars, total g									
Sucrose g	0.86		1	A	1				
Glucose (dextrose) g	0.00		1	A	1				
Fructose g	0.00		1	A	1				
Lactose g	0.00		1	A	1				
Maltose g	0.00		1	A	1				
Galactose g									
Starch g	58.00		1	A	1				
Minerals:									
Calcium, Ca mg	187		1	A	1				
Iron, Fe mg	4.11		1	A	1				
Magnesium, Mg mg	20		1	A	1				
Phosphorus, P mg	630		1	A	1				
Potassium, K mg	124		1	A	1				
Sodium, Na mg	1410		1	A	1				
Zinc, Zn mg	0.55		1	A	1				
Copper, Cu mg	0.103		1	A	1				
Manganese, Mn mg	0.738		1	A	1				
Selenium, Se mcg	6.6		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1	A	1				
Thiamin mg	0.597		1	A	1				
Riboflavin mg	0.857		1	A	1				
Niacin mg	5.904		0	T	4				
Pantothenic acid mg	0.383		1	A	1				
Vitamin B-6 mg	0.080		1	A	1				
Folate, total mcg	183		0	T	4				
Folic acid mcg	154		0	T	4				
Folate, food mcg	29		0	T	4				
Folate, DFE mcg_DFE	291		0	NC	4				
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg									
Vitamin A, RAE mcg_RAE									
Retinol mcg									
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	0		0	T	4				
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	7.9		1	A	1				
Lipids:									
Fatty acids, total saturated g	3.090		0	NC	4				

NDB No. 18930
USDA Commodity,Bakery, Flour Mix

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
4:0....g									
6:0....g									
8:0....g	0.000		1	A	1				
10:0....g	0.000		1	A	1				
12:0....g	0.000		1	A	1				
13:0....g									
14:0....g	0.020		1	A	1				
15:0....g	0.000		1	A	1				
16:0....g	1.480		1	A	1				
17:0....g	0.010		1	A	1				
18:0....g	1.490		1	A	1				
20:0....g	0.040		1	A	1				
22:0....g	0.040		1	A	1				
24:0....g	0.010		1	A	1				
Fatty acids, total monounsaturated....g	6.790		0	NC	4				
14:1....g	0.000		1	A	1				
15:1....g	0.000		1	A	1				
16:1 undifferentiated....g	0.010		1	A	1				
17:1....g	0.000		1	A	1				
18:1 undifferentiated....g	6.750		1	A	1				
20:1....g	0.030		1	A	1				
22:1 undifferentiated....g	0.000		1	A	1				
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.960		0	NC	4				
18:2 undifferentiated....g	1.910		1	A	1				
18:3 undifferentiated....g	0.050		1	A	1				
18:4....g	0.000		1	A	1				
20:2 n-6 c,c....g	0.000		1	A	1				
20:3 undifferentiated....g	0.000		1	A	1				
20:4 undifferentiated....g	0.000		1	A	1				
20:5 n-3....g	0.000		1	A	1				
22:5 n-3....g	0.000		1	A	1				
22:6 n-3....g	0.000		1	A	1				
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7				
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18934
Waffle, buttermilk, frozen, ready-to-heat, microwaved

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	36.48		2	A	1		12.77		
Energy kcal	289		0	NC	4		101		
Energy kj	1209		0	NC	4		423		
Protein g	6.92		2	A	1		2.42		
Total lipid (fat) g	9.40		2	A	1		3.29		
Ash g	3.04		2	A	1		1.06		
Carbohydrate, by difference g	44.16		0	NC	4		15.45		
Fiber, total dietary g	2.4		2	A	1		0.9		
Sugars, total g	4.50		2	A	1		1.57		
Sucrose g	2.77		2	A	1		0.97		
Glucose (dextrose) g	0.00		2	A	1		0.00		
Fructose g	0.00		2	A	1		0.00		
Lactose g	1.39		2	A	1		0.49		
Maltose g	0.34		2	A	1		0.12		
Galactose g	0.00		2	A	1		0.00		
Starch g	38.55		2	A	1		13.49		
Minerals:									
Calcium, Ca mg	125		1	A	1		44		
Iron, Fe mg	6.53		2	A	1		2.29		
Magnesium, Mg mg	20		2	A	1		7		
Phosphorus, P mg	410		2	A	1		144		
Potassium, K mg	110		2	A	1		38		
Sodium, Na mg	663		2	A	1		232		
Zinc, Zn mg	0.58		2	A	1		0.20		
Copper, Cu mg	0.063		2	A	1		0.022		
Manganese, Mn mg	0.235		2	A	1		0.082		
Selenium, Se mcg	10.1		2	A	1		3.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		2	A	1		0.0		
Thiamin mg	0.576		2	A	1		0.201		
Riboflavin mg	0.695		2	A	1		0.243		
Niacin mg	6.730		2	A	1		2.355		
Pantothenic acid mg	0.240		2	A	1		0.084		
Vitamin B-6 mg	1.105		2	A	1		0.387		
Folate, total mcg	64		2	A	1		22		
Folic acid mcg	50		2	A	1		18		
Folate, food mcg	14		0	AS	1		5		
Folate, DFE mcg_DFE	99		0	NC	4		34		
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	2.44		2	A	1		0.86		
Vitamin A, RAE mcg_RAE	429		0	AS	1		150		
Retinol mcg	429		2	A	1		150		
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	1430		0	AS	1		501		
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg	0.63		2	A	1		0.22		
Tocopherol, beta mg	0.08		2	A	1		0.03		
Tocopherol, gamma mg	4.21		2	A	1		1.47		
Tocopherol, delta mg	1.33		2	A	1		0.47		
Vitamin D IU									
Vitamin K (phylloquinone) mcg	10.8		1	A	1		3.8		
Lipids:									
Fatty acids, total saturated g	2.057		0	NC	4		0.720		

NDB No. 18934
Waffle, buttermilk, frozen, ready-to-heat, microwaved

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
4:0....g									
6:0....g									
8:0....g	0.000		2	A	1		0.000		
10:0....g	0.000		2	A	1		0.000		
12:0....g	0.000		2	A	1		0.000		
13:0....g									
14:0....g	0.023		2	A	1		0.008		
15:0....g	0.000		2	A	1		0.000		
16:0....g	1.112		2	A	1		0.389		
17:0....g	0.011		2	A	1		0.004		
18:0....g	0.843		2	A	1		0.295		
20:0....g	0.032		2	A	1		0.011		
22:0....g	0.035		2	A	1		0.012		
24:0....g									
Fatty acids, total monounsaturated....g	4.864		0	NC	4		1.702		
14:1....g	0.000		2	A	1		0.000		
15:1....g	0.000		2	A	1		0.000		
16:1 undifferentiated....g	0.024		2	A	1		0.008		
17:1....g	0.000		2	A	1		0.000		
18:1 undifferentiated....g	4.797		2	A	1		1.679		
20:1....g	0.043		2	A	1		0.015		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.615		0	NC	4		0.565		
18:2 undifferentiated....g	1.482		2	A	1		0.519		
18:3 undifferentiated....g	0.123		2	A	1		0.043		
18:3 n-3 c,c,c....g									
18:3 n-6 c,c,c....g	0.005		2	A	1		0.002		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000		2	A	1		0.000		
20:3 undifferentiated....g	0.000		2	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.005		2	A	1		0.002		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3....g									
21:5....g									
22:4....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	16		2	A	1		6		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 35g: 1 waffle

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

NDB No. 18933
Waffle, buttermilk, frozen, ready-to-heat, toasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	31.57	0.600	6	A	1		10.42	10.42	8.84
Energy kcal	309		0	NC	4		102	102	86
Energy kj	1291		0	NC	4		426	426	362
Protein g	7.42	0.108	6	A	1		2.45	2.45	2.08
Total lipid (fat) g	9.49	0.057	6	A	1		3.13	3.13	2.66
Ash g	3.13	0.113	6	A	1		1.03	1.03	0.88
Carbohydrate, by difference g	48.39		0	NC	4		15.97	15.97	13.55
Fiber, total dietary g	2.6	0.164	3	A	1		0.8	0.8	0.7
Sugars, total g	4.41	0.464	3	A	1		1.46	1.46	1.24
Sucrose g	2.85	0.275	3	A	1		0.94	0.94	0.80
Glucose (dextrose) g	0.05	0.045	3	A	1		0.01	0.01	0.01
Fructose g	0.00	0.000	3	A	1		0.00	0.00	0.00
Lactose g	1.35	0.365	3	A	1		0.45	0.45	0.38
Maltose g	0.17	0.073	3	A	1		0.06	0.06	0.05
Galactose g	0.00	0.000	3	A	1		0.00	0.00	0.00
Starch g	39.70	0.728	3	A	1		13.10	13.10	11.12
Minerals:									
Calcium, Ca mg	299	89.839	5	A	1		99	99	84
Iron, Fe mg	6.59	0.436	6	A	1		2.18	2.18	1.85
Magnesium, Mg mg	22	1.922	6	A	1		7	7	6
Phosphorus, P mg	444	4.137	6	A	1		146	146	124
Potassium, K mg	138	14.101	6	A	1		46	46	39
Sodium, Na mg	710	38.481	6	A	1		234	234	199
Zinc, Zn mg	0.48	0.049	6	A	1		0.16	0.16	0.13
Copper, Cu mg	0.037	0.008	6	A	1		0.012	0.012	0.010
Manganese, Mn mg	0.223	0.038	6	A	1		0.074	0.074	0.062
Selenium, Se mcg	10.3	0.361	3	A	1		3.4	3.4	2.9
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0	0.000	3	A	1		0.0	0.0	0.0
Thiamin mg	0.563	0.049	5	A	1		0.186	0.186	0.158
Riboflavin mg	0.648	0.072	5	A	1		0.214	0.214	0.181
Niacin mg	7.942	0.750	5	A	1		2.621	2.621	2.224
Pantothenic acid mg	0.217	0.019	3	A	1		0.071	0.071	0.061
Vitamin B-6 mg	1.110	0.132	3	A	1		0.366	0.366	0.311
Folate, total mcg	68	6.557	3	A	1		22	22	19
Folic acid mcg	55	5.364	3	A	1		18	18	15
Folate, food mcg	13	2.667	3	AS	1		4	4	4
Folate, DFE mcg_DFE	107		0	NC	4		35	35	30
Choline, total mg	28.1		0	BFZN	4		9.3	9.3	7.9
Betaine mg									
Vitamin B-12 mcg	1.62	0.662	3	A	1		0.53	0.53	0.45
Vitamin B-12, added mcg	1.50		0	RA	4		0.50	0.50	0.42
Vitamin A, RAE mcg_RAE	437		0	AS	1		144	144	122
Retinol mcg	437	137.497	3	A	1		144	144	122
Carotene, beta mcg	2		0	RA	4		1	1	1
Carotene, alpha mcg	0		0	RA	4		0	0	0
Cryptoxanthin, beta mcg	2		0	RA	4		1	1	0
Vitamin A, IU IU	1463		0	NC	4		483	483	410
Lycopene mcg	0		0	RA	4		0	0	0
Lutein + zeaxanthin mcg	66		0	RA	4		22	22	19
Vitamin E (alpha-tocopherol) mg	0.68	0.066	3	A	1		0.22	0.22	0.19
Vitamin E, added mg	0.00		0	RA	4		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	12.5		1	A	1		4.1	4.1	3.5

NDB No. 18933

Waffle, buttermilk, frozen, ready-to-heat, toasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.283		0	NC	4		0.754	0.754	0.639
4:0....g	0.005		0	RA	4		0.002	0.002	0.001
6:0....g	0.003		0	RA	4		0.001	0.001	0.001
8:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
10:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
12:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.027	0.002	3	A	1		0.009	0.009	0.008
15:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:0....g	1.202	0.052	3	A	1		0.397	0.397	0.337
17:0....g	0.013	0.000	3	A	1		0.004	0.004	0.004
18:0....g	0.967	0.076	3	A	1		0.319	0.319	0.271
20:0....g	0.031	0.001	3	A	1		0.010	0.010	0.009
22:0....g	0.036	0.001	3	A	1		0.012	0.012	0.010
24:0....g									
Fatty acids, total monounsaturated....g	5.292		0	NC	4		1.746	1.746	1.482
14:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.022	0.005	3	A	1		0.007	0.007	0.006
17:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	5.230	0.411	3	A	1		1.726	1.726	1.464
20:1....g	0.040	0.006	3	A	1		0.013	0.013	0.011
22:1 undifferentiated....g	0.000		0	RA	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.526		0	NC	4		0.504	0.504	0.427
18:2 undifferentiated....g	1.396	0.290	3	A	1		0.461	0.461	0.391
18:3 undifferentiated....g	0.099	0.058	3	A	1		0.033	0.033	0.028
18:3 n-3 c,c,c....g									
18:3 n-6 c,c,c....g	0.003	0.003	3	A	1		0.001	0.001	0.001
18:3i....g									
18:4....g	0.003		0	RA	4		0.001	0.001	0.001
20:2 n-6 c,c....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.004	0.004	3	A	1		0.001	0.001	0.001
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3....g	0.013		0	RA	4		0.004	0.004	0.004
21:5....g									
22:4....g									
22:5 n-3....g	0.000		0	RA	4		0.000	0.000	0.000
22:6 n-3....g	0.008		0	RA	4		0.003	0.003	0.002
Fatty acids, total trans....g									
Cholesterol....mg	13	6.346	3	A	1		4	4	4
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.082		0	RA	4		0.027	0.027	0.023
Threonine....g	0.250		0	RA	4		0.083	0.083	0.070
Isoleucine....g	0.312		0	RA	4		0.103	0.103	0.087
Leucine....g	0.544		0	RA	4		0.179	0.179	0.152
Lysine....g	0.329		0	RA	4		0.109	0.109	0.092
Methionine....g	0.148		0	RA	4		0.049	0.049	0.041
Cystine....g	0.172		0	RA	4		0.057	0.057	0.048
Phenylalanine....g	0.337		0	RA	4		0.111	0.111	0.094
Tyrosine....g	0.172		0	RA	4		0.057	0.057	0.048
Valine....g	0.362		0	RA	4		0.120	0.120	0.101
Arginine....g	0.314		0	RA	4		0.103	0.103	0.088
Histidine....g	0.159		0	RA	4		0.052	0.052	0.044
Alanine....g	0.276		0	RA	4		0.091	0.091	0.077
Aspartic acid....g	0.451		0	RA	4		0.149	0.149	0.126
Glutamic acid....g	1.793		0	RA	4		0.592	0.592	0.502

NDB No. 18933
Waffle, buttermilk, frozen, ready-to-heat, toasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.237		0	RA	4		0.078	0.078	0.066
Proline....g	0.621		0	RA	4		0.205	0.205	0.174
Serine....g	0.385		0	RA	4		0.127	0.127	0.108
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0	0.0	0.0
Caffeine....mg	0		0	RA	4		0	0	0
Theobromine....mg	0		0	RA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 33g: 1 waffle round (4" dia)

Measure 2 = 33g: 1 waffle square (4" square)

Measure 3 = 28g: 1 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18935
Waffle, plain, frozen, ready-to-heat, microwave

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	34.95		2	A	1		11.18		
Energy kcal	298		0	NC	4		95		
Energy kj	1245		0	NC	4		399		
Protein g	6.71		2	A	1		2.15		
Total lipid (fat) g	9.91		2	A	1		3.17		
Ash g	3.02		2	A	1		0.97		
Carbohydrate, by difference g	45.41		0	NC	4		14.53		
Fiber, total dietary g	2.4		2	A	1		0.8		
Sugars, total g	5.04		2	A	1		1.61		
Sucrose g	3.31		2	A	1		1.06		
Glucose (dextrose) g	0.00		2	A	1		0.00		
Fructose g	0.00		2	A	1		0.00		
Lactose g	1.46		2	A	1		0.47		
Maltose g	0.28		2	A	1		0.09		
Galactose g	0.00		2	A	1		0.00		
Starch g	38.63		2	A	1		12.36		
Minerals:									
Calcium, Ca mg	197		1	A	1		63		
Iron, Fe mg	5.81		2	A	1		1.86		
Magnesium, Mg mg	25		2	A	1		8		
Phosphorus, P mg	410		2	A	1		131		
Potassium, K mg	148		2	A	1		47		
Sodium, Na mg	682		2	A	1		218		
Zinc, Zn mg	0.45		2	A	1		0.15		
Copper, Cu mg	0.038		1	A	1		0.012		
Manganese, Mn mg	0.154		2	A	1		0.049		
Selenium, Se mcg	12.8		2	A	1		4.1		
Vitamins:									
Vitamin C, total ascorbic acid mg									
Thiamin mg	0.544		2	A	1		0.174		
Riboflavin mg	0.655		2	A	1		0.210		
Niacin mg	7.785		2	A	1		2.491		
Pantothenic acid mg	0.325		2	A	1		0.104		
Vitamin B-6 mg	1.016		2	A	1		0.325		
Folate, total mcg	67		1	A	1		21		
Folic acid mcg	56		1	A	1		18		
Folate, food mcg	11		0	AS	1		4		
Folate, DFE mcg_DFE	106		0	NC	4		34		
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	2.18		2	A	1		0.70		
Vitamin A, RAE mcg_RAE									
Retinol mcg									
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU									
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg	0.95		2	A	1		0.31		
Tocopherol, beta mg	0.07		2	A	1		0.02		
Tocopherol, gamma mg	4.52		2	A	1		1.45		
Tocopherol, delta mg	1.18		2	A	1		0.38		
Vitamin D IU									
Vitamin K (phylloquinone) mcg	8.1		1	A	1		2.6		
Lipids:									
Fatty acids, total saturated g	1.580		0	NC	4		0.506		

NDB No. 18935
Waffle, plain, frozen, ready-to-heat, microwave

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
4:0....g									
6:0....g									
8:0....g	0.000		2	A	1		0.000		
10:0....g	0.000		2	A	1		0.000		
12:0....g	0.000		2	A	1		0.000		
13:0....g									
14:0....g	0.012		2	A	1		0.004		
15:0....g	0.000		2	A	1		0.000		
16:0....g	0.909		2	A	1		0.291		
17:0....g	0.005		2	A	1		0.002		
18:0....g	0.576		2	A	1		0.184		
20:0....g	0.042		2	A	1		0.014		
22:0....g	0.035		2	A	1		0.011		
24:0....g									
Fatty acids, total monounsaturated....g	5.195		0	NC	4		1.663		
14:1....g	0.000		2	A	1		0.000		
15:1....g	0.000		2	A	1		0.000		
16:1 undifferentiated....g	0.026		2	A	1		0.008		
17:1....g	0.000		2	A	1		0.000		
18:1 undifferentiated....g	5.099		2	A	1		1.632		
20:1....g	0.070		2	A	1		0.022		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.240		0	NC	4		0.717		
18:2 undifferentiated....g	1.856		2	A	1		0.594		
18:3 undifferentiated....g	0.371		2	A	1		0.119		
18:3 n-3 c,c,c....g									
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.007		2	A	1		0.002		
20:3 undifferentiated....g	0.000		2	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.005		2	A	1		0.002		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3....g									
21:5....g									
22:4....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	16		2	A	1		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: 1 waffle, round (4"dia)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18932
Waffles, buttermilk, frozen, ready-to-heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	40.34		2	A	1		15.73	15.33	
Energy kcal	273		0	NC	4		107	104	
Energy kj	1144		0	NC	4		446	435	
Protein g	6.58		2	A	1		2.57	2.50	
Total lipid (fat) g	9.22		2	A	1		3.60	3.50	
Ash g	2.81		2	A	1		1.10	1.07	
Carbohydrate, by difference g	41.05		0	NC	4		16.01	15.60	
Fiber, total dietary g	2.2		2	A	1		0.8	0.8	
Sugars, total g	4.30		2	A	1		1.68	1.63	
Sucrose g	2.67		2	A	1		1.04	1.01	
Glucose (dextrose) g	0.00		2	A	1		0.00	0.00	
Fructose g	0.00		2	A	1		0.00	0.00	
Lactose g	1.35		2	A	1		0.53	0.51	
Maltose g	0.29		2	A	1		0.11	0.11	
Galactose g	0.00		2	A	1		0.00	0.00	
Starch g	35.51		2	A	1		13.85	13.49	
Minerals:									
Calcium, Ca mg	279		2	A	1		109	106	
Iron, Fe mg	6.04		2	A	1		2.36	2.30	
Magnesium, Mg mg	19		2	A	1		7	7	
Phosphorus, P mg	388		2	A	1		151	147	
Potassium, K mg	126		2	A	1		49	48	
Sodium, Na mg	621		2	A	1		242	236	
Zinc, Zn mg	0.48		2	A	1		0.19	0.18	
Copper, Cu mg	0.040		2	A	1		0.016	0.015	
Manganese, Mn mg	0.215		2	A	1		0.084	0.082	
Selenium, Se mcg	9.5		2	A	1		3.7	3.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		2	A	1		0.0	0.0	
Thiamin mg	0.499		2	A	1		0.195	0.190	
Riboflavin mg	0.665		2	A	1		0.259	0.253	
Niacin mg	6.675		2	A	1		2.603	2.536	
Pantothenic acid mg	0.240		2	A	1		0.094	0.091	
Vitamin B-6 mg	0.972		2	A	1		0.379	0.369	
Folate, total mcg	63		2	A	1		24	24	
Folic acid mcg	49		2	A	1		19	18	
Folate, food mcg	14		0	AS	1		5	5	
Folate, DFE mcg_DFE	96		0	NC	4		38	37	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	2.86		2	A	1		1.12	1.09	
Vitamin B-12, added mcg	2.70		0	FLA	4		1.05	1.03	
Vitamin A, RAE mcg_RAE	401		0	AS	1		156	152	
Retinol mcg	401		2	A	1		156	152	
Carotene, beta mcg	2		0	FLA	4		1	1	
Carotene, alpha mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta mcg	2		0	FLA	4		1	1	
Vitamin A, IU IU	1335		0	AS	1		521	507	
Lycopene mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin mcg	63		0	FLA	4		25	24	
Vitamin E (alpha-tocopherol) mg	0.62		2	A	1		0.24	0.23	
Vitamin E, added mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta mg	0.07		2	A	1		0.03	0.03	
Tocopherol, gamma mg	4.03		2	A	1		1.57	1.53	
Tocopherol, delta mg	1.27		2	A	1		0.50	0.48	
Vitamin D IU									
Vitamin K (phylloquinone) mcg	10.5		1	A	1		4.1	4.0	

NDB No. 18932
Waffles, buttermilk, frozen, ready-to-heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.890		0	NC	4		0.737	0.718	
4:0....g	0.005		0	FLA	4		0.002	0.002	
6:0....g	0.003		0	FLA	4		0.001	0.001	
8:0....g	0.000		2	A	1		0.000	0.000	
10:0....g	0.000		2	A	1		0.000	0.000	
12:0....g	0.000		2	A	1		0.000	0.000	
13:0....g									
14:0....g	0.021		2	A	1		0.008	0.008	
15:0....g	0.000		2	A	1		0.000	0.000	
16:0....g	1.025		2	A	1		0.400	0.389	
17:0....g	0.010		2	A	1		0.004	0.004	
18:0....g	0.772		2	A	1		0.301	0.293	
20:0....g	0.031		2	A	1		0.012	0.012	
22:0....g	0.030		2	A	1		0.012	0.011	
24:0....g									
Fatty acids, total monounsaturated....g	4.530		0	NC	4		1.767	1.722	
14:1....g	0.000		2	A	1		0.000	0.000	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.022		2	A	1		0.009	0.008	
17:1....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated....g	4.469		2	A	1		1.743	1.698	
20:1....g	0.039		2	A	1		0.015	0.015	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.539		0	NC	4		0.600	0.585	
18:2 undifferentiated....g	1.414		2	A	1		0.552	0.537	
18:3 undifferentiated....g	0.000		0	AS	1		0.000	0.000	
18:3 n-3 c,c,c....g									
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.002		0	FLA	4		0.001	0.001	
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.009		2	A	1		0.004	0.003	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3....g	0.012		0	FLA	4		0.005	0.004	
21:5....g									
22:4....g									
22:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3....g	0.007		0	FLA	4		0.003	0.003	
Fatty acids, total trans....g									
Cholesterol....mg	15		2	A	1		6	6	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.074		0	FLA	4		0.029	0.028	
Threonine....g	0.225		0	FLA	4		0.088	0.086	
Isoleucine....g	0.281		0	FLA	4		0.110	0.107	
Leucine....g	0.489		0	FLA	4		0.191	0.186	
Lysine....g	0.296		0	FLA	4		0.116	0.113	
Methionine....g	0.133		0	FLA	4		0.052	0.051	
Cystine....g	0.154		0	FLA	4		0.060	0.059	
Phenylalanine....g	0.304		0	FLA	4		0.118	0.115	
Tyrosine....g	0.154		0	FLA	4		0.060	0.059	
Valine....g	0.326		0	FLA	4		0.127	0.124	
Arginine....g	0.282		0	FLA	4		0.110	0.107	
Histidine....g	0.143		0	FLA	4		0.056	0.054	
Alanine....g	0.249		0	FLA	4		0.097	0.095	
Aspartic acid....g	0.406		0	FLA	4		0.158	0.154	
Glutamic acid....g	1.614		0	FLA	4		0.629	0.613	

NDB No. 18932
Waffles, buttermilk, frozen, ready-to-heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.214		0	FLA	4		0.083	0.081	
Proline....g	0.559		0	FLA	4		0.218	0.212	
Serine....g	0.347		0	FLA	4		0.135	0.132	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 39g: 1 waffle, square

Measure 2 = 38g: 1 waffle, round

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18403
Waffles, plain, frozen, ready -to-heat, toasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	30.59	0.559	6	A	1		8.67	10.09	10.09
Energy kcal	312		0	NC	4		89	103	103
Energy kj	1307		0	NC	4		371	431	431
Protein g	7.19	0.102	6	A	1		2.04	2.37	2.37
Total lipid (fat) g	9.61	0.239	6	A	1		2.73	3.17	3.17
Ash g	3.32	0.104	6	A	1		0.94	1.10	1.10
Carbohydrate, by difference g	49.29		0	NC	4		13.97	16.26	16.26
Fiber, total dietary g	2.4	0.194	3	A	1		0.7	0.8	0.8
Sugars, total g	5.02	1.053	3	A	1		1.42	1.66	1.66
Sucrose g	3.24	0.714	3	A	1		0.92	1.07	1.07
Glucose (dextrose) g	0.00	0.000	3	A	1		0.00	0.00	0.00
Fructose g	0.00	0.000	3	A	1		0.00	0.00	0.00
Lactose g	1.56	0.308	3	A	1		0.44	0.51	0.51
Maltose g	0.22	0.035	3	A	1		0.06	0.07	0.07
Galactose g	0.00	0.000	3	A	1		0.00	0.00	0.00
Starch g	40.94	1.272	3	A	1		11.61	13.51	13.51
Minerals:									
Calcium, Ca mg	307	52.957	6	A	1		87	101	101
Iron, Fe mg	6.91	0.490	6	A	1		1.96	2.28	2.28
Magnesium, Mg mg	24	1.262	6	A	1		7	8	8
Phosphorus, P mg	429	10.669	6	A	1		122	142	142
Potassium, K mg	144	7.499	6	A	1		41	47	47
Sodium, Na mg	730	18.186	6	A	1		207	241	241
Zinc, Zn mg	0.53	0.062	6	A	1		0.15	0.17	0.17
Copper, Cu mg	0.031	0.002	6	A	1		0.009	0.010	0.010
Manganese, Mn mg	0.299	0.012	6	A	1		0.085	0.099	0.099
Selenium, Se mcg	12.6	2.567	3	A	1		3.6	4.1	4.1
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	RA	4		0.0	0.0	0.0
Thiamin mg	0.525	0.035	5	A	1		0.149	0.173	0.173
Riboflavin mg	0.704	0.023	5	A	1		0.200	0.232	0.232
Niacin mg	8.888	0.410	5	A	1		2.520	2.933	2.933
Pantothenic acid mg	0.323	0.029	3	A	1		0.092	0.107	0.107
Vitamin B-6 mg	1.044	0.134	3	A	1		0.296	0.344	0.344
Folate, total mcg	75		2	A	1		21	25	25
Folic acid mcg	64		2	A	1		18	21	21
Folate, food mcg	11		0	AS	1		3	4	4
Folate, DFE mcg_DFE	119		0	NC	4		34	39	39
Choline, total mg	28.1		0	BFZN	4		8.0	9.3	9.3
Betaine mg									
Vitamin B-12 mcg	2.90	0.291	3	A	1		0.82	0.96	0.96
Vitamin B-12, added mcg	2.83		0	RA	4		0.80	0.93	0.93
Vitamin A, RAE mcg_RAE	398		0	RA	4		113	131	131
Retinol mcg	398		0	RA	4		113	131	131
Carotene, beta mcg	1		0	RA	4		0	0	0
Carotene, alpha mcg	0		0	RA	4		0	0	0
Cryptoxanthin, beta mcg	1		0	RA	4		0	0	0
Vitamin A, IU IU	1331		0	RA	4		377	439	439
Lycopene mcg	0		0	RA	4		0	0	0
Lutein + zeaxanthin mcg	51		0	RA	4		14	17	17
Vitamin E (alpha-tocopherol) mg	0.98	0.169	3	A	1		0.28	0.32	0.32
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg	6.8		1	A	1		1.9	2.2	2.2

NDB No. 18403
Waffles, plain, frozen, ready-to-heat, toasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.638		0	NC	4		0.464	0.541	0.541
4:0....g	0.001		0	RA	4		0.000	0.000	0.000
6:0....g	0.000		0	RA	4		0.000	0.000	0.000
8:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
10:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
12:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.012	0.000	3	A	1		0.003	0.004	0.004
15:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:0....g	0.920	0.150	3	A	1		0.261	0.304	0.304
17:0....g	0.009	0.001	3	A	1		0.003	0.003	0.003
18:0....g	0.624	0.149	3	A	1		0.177	0.206	0.206
20:0....g	0.038	0.011	3	A	1		0.011	0.013	0.013
22:0....g	0.033	0.004	3	A	1		0.009	0.011	0.011
24:0....g	0.000		0	RA	4		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	4.914		0	NC	4		1.393	1.622	1.622
14:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.024	0.004	3	A	1		0.007	0.008	0.008
17:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	4.829	0.749	3	A	1		1.369	1.594	1.594
20:1....g	0.061	0.029	3	A	1		0.017	0.020	0.020
22:1 undifferentiated....g	0.000		0	RA	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.197		0	NC	4		0.623	0.725	0.725
18:2 undifferentiated....g	1.874	0.514	3	A	1		0.531	0.618	0.618
18:3 undifferentiated....g	0.312	0.247	3	A	1		0.088	0.103	0.103
18:3 n-3 c,c,c....g									
18:3 n-6 c,c,c....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:3i....g									
18:4....g	0.001		0	RA	4		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.005	0.005	3	A	1		0.001	0.002	0.002
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3....g	0.005		0	RA	4		0.001	0.002	0.002
21:5....g									
22:4....g									
22:5 n-3....g	0.000		0	RA	4		0.000	0.000	0.000
22:6 n-3....g	0.003		0	RA	4		0.001	0.001	0.001
Fatty acids, total trans....g									
Cholesterol....mg	15	5.521	3	A	1		4	5	5
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.084		0	RA	4		0.024	0.028	0.028
Threonine....g	0.253		0	RA	4		0.072	0.084	0.084
Isoleucine....g	0.298		0	RA	4		0.084	0.098	0.098
Leucine....g	0.526		0	RA	4		0.149	0.174	0.174
Lysine....g	0.311		0	RA	4		0.088	0.103	0.103
Methionine....g	0.134		0	RA	4		0.038	0.044	0.044
Cystine....g	0.174		0	RA	4		0.049	0.058	0.058
Phenylalanine....g	0.310		0	RA	4		0.088	0.102	0.102
Tyrosine....g	0.149		0	RA	4		0.042	0.049	0.049
Valine....g	0.337		0	RA	4		0.096	0.111	0.111
Arginine....g	0.287		0	RA	4		0.081	0.095	0.095
Histidine....g	0.148		0	RA	4		0.042	0.049	0.049
Alanine....g	0.268		0	RA	4		0.076	0.088	0.088
Aspartic acid....g	0.437		0	RA	4		0.124	0.144	0.144
Glutamic acid....g	1.813		0	RA	4		0.514	0.598	0.598

NDB No. 18403
Waffles, plain, frozen, ready -to-heat, toasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.230		0	RA	4		0.065	0.076	0.076
Proline....g	0.611		0	RA	4		0.173	0.202	0.202
Serine....g	0.360		0	RA	4		0.102	0.119	0.119
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0	0.0	0.0
Caffeine....mg	0		0	RA	4		0	0	0
Theobromine....mg	0		0	RA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 33g: 1 waffle, round (4" dia)

Measure 3 = 33g: 1 waffle, square (4" square)

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18365
Waffles, plain, frozen, ready-to-heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	37.95		2	A	1		10.76	13.28	
Energy kcal	285		0	NC	4		81	100	
Energy kj	1193		0	NC	4		338	418	
Protein g	6.47		2	A	1		1.84	2.27	
Total lipid (fat) g	9.70		2	A	1		2.75	3.39	
Ash g	2.90		2	A	1		0.82	1.01	
Carbohydrate, by difference g	42.98		0	NC	4		12.18	15.04	
Fiber, total dietary g	2.2		2	A	1		0.6	0.8	
Sugars, total g	4.91		2	A	1		1.39	1.72	
Sucrose g	3.16		2	A	1		0.90	1.11	
Glucose (dextrose) g	0.00		2	A	1		0.00	0.00	
Fructose g	0.00		2	A	1		0.00	0.00	
Lactose g	1.48		2	A	1		0.42	0.52	
Maltose g	0.26		2	A	1		0.07	0.09	
Galactose g	0.00		2	A	1		0.00	0.00	
Starch g	34.90		2	A	1		9.90	12.22	
Minerals:									
Calcium, Ca mg	308		2	A	1		87	108	
Iron, Fe mg	5.61		2	A	1		1.59	1.96	
Magnesium, Mg mg	23		2	A	1		7	8	
Phosphorus, P mg	361		2	A	1		102	126	
Potassium, K mg	125		2	A	1		35	44	
Sodium, Na mg	638		2	A	1		181	223	
Zinc, Zn mg	0.59		2	A	1		0.17	0.20	
Copper, Cu mg	0.043		2	A	1		0.012	0.015	
Manganese, Mn mg	0.225		2	A	1		0.064	0.079	
Selenium, Se mcg	12.2		2	A	1		3.4	4.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0	0.000	3		1		0.0	0.0	
Thiamin mg	0.620		2	A	1		0.176	0.217	
Riboflavin mg	0.620		2	A	1		0.176	0.217	
Niacin mg	7.575		2	A	1		2.147	2.651	
Pantothenic acid mg	0.315		2	A	1		0.089	0.110	
Vitamin B-6 mg	0.898		2	A	1		0.255	0.314	
Folate, total mcg	68		1	A	1		19	24	
Folic acid mcg	57		1	A	1		16	20	
Folate, food mcg	11		0	AS	1		3	4	
Folate, DFE mcg_DFE	108		0	NC	4		31	38	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	2.93		2	A	1		0.83	1.03	
Vitamin B-12, added mcg	2.70		0	FLA	4		0.77	0.94	
Vitamin A, RAE mcg_RAE	381		0	FLA	4		108	133	
Retinol mcg	380		0	FLA	4		108	133	
Carotene, beta mcg	1		0	FLA	4		0	0	
Carotene, alpha mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta mcg	1		0	FLA	4		0	0	
Vitamin A, IU IU	1271		0	FLA	4		360	445	
Lycopene mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin mcg	48		0	FLA	4		14	17	
Vitamin E (alpha-tocopherol) mg	1.05		2	A	1		0.30	0.37	
Vitamin E, added mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta mg	0.07		2	A	1		0.02	0.03	
Tocopherol, gamma mg	4.40		2	A	1		1.25	1.54	
Tocopherol, delta mg	0.97		2	A	1		0.27	0.34	
Vitamin D IU									
Vitamin K (phylloquinone) mcg	7.8		1	A	1		2.2	2.7	

NDB No. 18365
Waffles, plain, frozen, ready-to-heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.531		0	NC	4		0.434	0.536	
4:0....g	0.001		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		2	A	1		0.000	0.000	
10:0....g	0.000		2	A	1		0.000	0.000	
12:0....g	0.000		2	A	1		0.000	0.000	
13:0....g									
14:0....g	0.011		2	A	1		0.003	0.004	
15:0....g	0.000		2	A	1		0.000	0.000	
16:0....g	0.880		2	A	1		0.250	0.308	
17:0....g	0.005		2	A	1		0.001	0.002	
18:0....g	0.560		2	A	1		0.159	0.196	
20:0....g	0.040		2	A	1		0.011	0.014	
22:0....g	0.036		2	A	1		0.010	0.012	
24:0....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total monounsaturated....g	5.129		0	NC	4		1.454	1.795	
14:1....g	0.000		2	A	1		0.000	0.000	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.025		2	A	1		0.007	0.009	
17:1....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated....g	5.036		2	A	1		1.428	1.763	
20:1....g	0.068		2	A	1		0.019	0.024	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.165		0	NC	4		0.614	0.758	
18:2 undifferentiated....g	1.798		2	A	1		0.510	0.629	
18:3 undifferentiated....g	0.354		2	A	1		0.100	0.124	
18:3 n-3 c,c,c....g									
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.001		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.005		2	A	1		0.001	0.002	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3....g	0.004		0	FLA	4		0.001	0.001	
21:5....g									
22:4....g									
22:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3....g	0.003		0	FLA	4		0.001	0.001	
Fatty acids, total trans....g									
Cholesterol....mg	14		2	A	1		4	5	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.076		0	FLA	4		0.021	0.026	
Threonine....g	0.228		0	FLA	4		0.065	0.080	
Isoleucine....g	0.268		0	FLA	4		0.076	0.094	
Leucine....g	0.474		0	FLA	4		0.134	0.166	
Lysine....g	0.280		0	FLA	4		0.079	0.098	
Methionine....g	0.120		0	FLA	4		0.034	0.042	
Cystine....g	0.157		0	FLA	4		0.044	0.055	
Phenylalanine....g	0.279		0	FLA	4		0.079	0.098	
Tyrosine....g	0.134		0	FLA	4		0.038	0.047	
Valine....g	0.304		0	FLA	4		0.086	0.106	
Arginine....g	0.259		0	FLA	4		0.073	0.091	
Histidine....g	0.133		0	FLA	4		0.038	0.046	
Alanine....g	0.241		0	FLA	4		0.068	0.084	
Aspartic acid....g	0.394		0	FLA	4		0.112	0.138	
Glutamic acid....g	1.631		0	FLA	4		0.462	0.571	

NDB No. 18365
Waffles, plain, frozen, ready-to-heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.207		0	FLA	4		0.059	0.072	
Proline....g	0.550		0	FLA	4		0.156	0.192	
Serine....g	0.324		0	FLA	4		0.092	0.113	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 35g: 1 waffle, square (4" square) (include frozen)

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18367
Waffles, plain, prepared from recipe

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	42.00		0		1		11.91	31.50	
Energy kcal	291		0	NC	4		82	218	
Energy kj	1218				4		345	913	
Protein (N x 0) g	7.90		0		1		2.24	5.93	
Total lipid (fat) g	14.10		0		1		4.00	10.58	
Ash g	3.10		0		1		0.88	2.33	
Carbohydrate, by difference g	32.90		0	NC	4		9.33	24.68	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	255		0		1		72	191	
Iron, Fe mg	2.31		0		1		0.65	1.73	
Magnesium, Mg mg	19		0		1		5	14	
Phosphorus, P mg	190		0		1		54	143	
Potassium, K mg	159		0		1		45	119	
Sodium, Na mg	511		0		1		145	383	
Zinc, Zn mg	0.68		0		1		0.19	0.51	
Copper, Cu mg	0.062		0		1		0.018	0.047	
Manganese, Mn mg	0.265		0		1		0.075	0.199	
Selenium, Se mcg	46.2		0	RK	4		13.1	34.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.4		0		1		0.1	0.3	
Thiamin mg	0.263		0		1		0.075	0.197	
Riboflavin mg	0.347		0		1		0.098	0.260	
Niacin mg	2.073		0		1		0.588	1.555	
Pantothenic acid mg	0.485		0		1		0.137	0.364	
Vitamin B-6 mg	0.056		0		1		0.016	0.042	
Folate, total mcg	46		0	RK	4		13	35	
Folic acid mcg	31		0	NC	4		9	23	
Folate, food mcg	15		0		1		4	11	
Folate, DFE mcg_DFE	68		0	NC	4		19	51	
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.25		0		1		0.07	0.19	
Vitamin A, RAE mcg_RAE	65		0	NC	4		18	48	
Retinol mcg	64		0	NC	4		18	48	
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	228		0		1		65	171	
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	2.866		0		1		0.813	2.150	
4:0 g	0.041		0		1		0.012	0.031	
6:0 g	0.025		0		1		0.007	0.019	
8:0 g	0.014		0		1		0.004	0.011	
10:0 g	0.032		0		1		0.009	0.024	
12:0 g	0.036		0		1		0.010	0.027	
13:0 g									

NDB No. 18367
Waffles, plain, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.145		0		1		0.041	0.109	
15:0....g									
16:0....g	1.865		0		1		0.529	1.399	
17:0....g									
18:0....g	0.696		0		1		0.197	0.522	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.521		0		1		0.998	2.641	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.096		0		1		0.027	0.072	
17:1....g									
18:1 undifferentiated....g	3.395		0		1		0.962	2.546	
20:1....g	0.026		0		1		0.007	0.020	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	6.785		0		1		1.924	5.089	
18:2 undifferentiated....g	5.975		0		1		1.694	4.481	
18:3 undifferentiated....g	0.782		0		1		0.222	0.587	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.021		0		1		0.006	0.016	
20:5 n-3....g	0.001		0		1		0.000	0.001	
22:5 n-3....g	0.000		0		1		0.000	0.000	
22:6 n-3....g	0.006		0		1		0.002	0.005	
Fatty acids, total trans....g									
Cholesterol....mg	69		0		1		20	52	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.099		0		1		0.028	0.074	
Threonine....g	0.289		0		1		0.082	0.217	
Isoleucine....g	0.362		0		1		0.103	0.272	
Leucine....g	0.630		0		1		0.179	0.473	
Lysine....g	0.384		0		1		0.109	0.288	
Methionine....g	0.179		0		1		0.051	0.134	
Cystine....g	0.145		0		1		0.041	0.109	
Phenylalanine....g	0.395		0		1		0.112	0.296	
Tyrosine....g	0.293		0		1		0.083	0.220	
Valine....g	0.409		0		1		0.116	0.307	
Arginine....g	0.345		0		1		0.098	0.259	
Histidine....g	0.187		0		1		0.053	0.140	
Alanine....g	0.301		0		1		0.085	0.226	
Aspartic acid....g	0.509		0		1		0.144	0.382	
Glutamic acid....g	1.989		0		1		0.564	1.492	
Glycine....g	0.247		0		1		0.070	0.185	
Proline....g	0.726		0		1		0.206	0.545	
Serine....g	0.447		0		1		0.127	0.335	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 75g: 1 waffle, round (7" dia)

Calories Factors: Protein Fat Carbohydrate

NDB No. 18367
Waffles, plain, prepared from recipe

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 18368
Wonton wrappers (includes egg roll wrappers)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	28.80		0		1		8.16	9.22	2.30
Energy kcal	291		0	NC	4		82	93	23
Energy kj	1218				4		345	390	97
Protein (N x 0) g	9.80		0		1		2.78	3.14	0.78
Total lipid (fat) g	1.50		0		1		0.43	0.48	0.12
Ash g	1.90		0		1		0.54	0.61	0.15
Carbohydrate, by difference g	57.90		0	NC	4		16.41	18.53	4.63
Fiber, total dietary g	1.8		0		4		0.5	0.6	0.1
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	47		0		1		13	15	4
Iron, Fe mg	3.36		0		1		0.95	1.08	0.27
Magnesium, Mg mg	20		0		1		6	6	2
Phosphorus, P mg	81		0		1		23	26	6
Potassium, K mg	82		0		1		23	26	7
Sodium, Na mg	572		0		1		162	183	46
Zinc, Zn mg	0.71		0		1		0.20	0.23	0.06
Copper, Cu mg	0.147		0		1		0.042	0.047	0.012
Manganese, Mn mg	0.638		0		1		0.181	0.204	0.051
Selenium, Se mcg	28.2		0	FLA	4		8.0	9.0	2.3
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	0.0
Thiamin mg	0.519		0		1		0.147	0.166	0.042
Riboflavin mg	0.378		0		1		0.107	0.121	0.030
Niacin mg	5.424		0		1		1.538	1.736	0.434
Pantothenic acid mg	0.025		0		1		0.007	0.008	0.002
Vitamin B-6 mg	0.030		0		1		0.009	0.010	0.002
Folate, total mcg	86		0	FLA	4		24	28	7
Folic acid mcg	69		0	NC	4		20	22	6
Folate, food mcg	17		0		1		5	5	1
Folate, DFE mcg_DFE	134		0	NC	4		38	43	11
Choline, total mg									
Betaine mg									
Vitamin B-12 mcg	0.02		0		1		0.01	0.01	0.00
Vitamin A, RAE mcg_RAE	4		0	NC	4		1	1	0
Retinol mcg	4		0	NC	4		1	1	0
Carotene, beta mcg									
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Vitamin A, IU IU	14		0		1		4	4	1
Lycopene mcg									
Lutein + zeaxanthin mcg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Vitamin D IU									
Vitamin K (phylloquinone) mcg									
Lipids:									
Fatty acids, total saturated g	0.263		0		1		0.075	0.084	0.021
4:0 g	0.000		0		1		0.000	0.000	0.000
6:0 g	0.000		0		1		0.000	0.000	0.000
8:0 g	0.000		0		1		0.000	0.000	0.000
10:0 g	0.000		0		1		0.000	0.000	0.000
12:0 g	0.000		0		1		0.000	0.000	0.000
13:0 g									

NDB No. 18368
Wonton wrappers (includes egg roll wrappers)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.002		0		1		0.001	0.001	0.000
15:0....g									
16:0....g	0.223		0		1		0.063	0.071	0.018
17:0....g									
18:0....g	0.025		0		1		0.007	0.008	0.002
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.195		0		1		0.055	0.062	0.016
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.010		0		1		0.003	0.003	0.001
17:1....g									
18:1 undifferentiated....g	0.183		0		1		0.052	0.059	0.015
20:1....g	0.001		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.610		0		1		0.173	0.195	0.049
18:2 undifferentiated....g	0.571		0		1		0.162	0.183	0.046
18:3 undifferentiated....g	0.035		0		1		0.010	0.011	0.003
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.003		0		1		0.001	0.001	0.000
20:5 n-3....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3....g	0.001		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	9		0		1		3	3	1
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.114		0		1		0.032	0.036	0.009
Threonine....g	0.268		0		1		0.076	0.086	0.021
Isoleucine....g	0.369		0		1		0.105	0.118	0.030
Leucine....g	0.684		0		1		0.194	0.219	0.055
Lysine....g	0.204		0		1		0.058	0.065	0.016
Methionine....g	0.176		0		1		0.050	0.056	0.014
Cystine....g	0.221		0		1		0.063	0.071	0.018
Phenylalanine....g	0.486		0		1		0.138	0.156	0.039
Tyrosine....g	0.273		0		1		0.077	0.087	0.022
Valine....g	0.417		0		1		0.118	0.133	0.033
Arginine....g	0.348		0		1		0.099	0.111	0.028
Histidine....g	0.209		0		1		0.059	0.067	0.017
Alanine....g	0.307		0		1		0.087	0.098	0.025
Aspartic acid....g	0.413		0		1		0.117	0.132	0.033
Glutamic acid....g	3.384		0		1		0.959	1.083	0.271
Glycine....g	0.336		0		1		0.095	0.108	0.027
Proline....g	1.134		0		1		0.321	0.363	0.091
Serine....g	0.483		0		1		0.137	0.155	0.039
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

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Wonton wrappers (includes egg roll wrappers)

Measure 2 = 32g: 1 wrapper, eggroll (7" square)

Measure 3 = 8.0g: 1 wrapper, wonton (3-1/2" square)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)