

NDB No. 04609
 Animal fat, bacon grease

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 | 0.00 | | 0 | RA | 4 | | 0.00 | | |
| Energy.....kcal | 896 | | 0 | NC | 4 | | 39 | | |
| Energy.....kj | 3747 | | 0 | NC | 4 | | 161 | | |
| Protein.....g | 0.00 | | 0 | RA | 4 | | 0.00 | | |
| Total lipid (fat).....g | 99.50 | | 0 | RA | 4 | | 4.28 | | |
| Ash.....g | 0.50 | | 0 | RA | 4 | | 0.02 | | |
| Carbohydrate, by difference.....g | 0.00 | | 0 | RA | 4 | | 0.00 | | |
| Fiber, total dietary.....g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Sugars, total.....g | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 0 | | 0 | RA | 4 | | 0 | | |
| Iron, Fe.....mg | 0.00 | | 0 | RA | 4 | | 0.00 | | |
| Magnesium, Mg.....mg | 0 | | 0 | RA | 4 | | 0 | | |
| Phosphorus, P.....mg | 0 | | 0 | RA | 4 | | 0 | | |
| Potassium, K.....mg | 0 | | 0 | RA | 4 | | 0 | | |
| Sodium, Na.....mg | 150 | | 0 | RA | 4 | | 6 | | |
| Zinc, Zn.....mg | 0.11 | | 0 | RA | 4 | | 0.00 | | |
| Copper, Cu.....mg | 0.000 | | 0 | RA | 4 | | 0.000 | | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | RA | 4 | | 0.0 | | |
| Thiamin.....mg | 0.000 | | 0 | RA | 4 | | 0.000 | | |
| Riboflavin.....mg | 0.000 | | 0 | RA | 4 | | 0.000 | | |
| Niacin.....mg | 0.000 | | 0 | RA | 4 | | 0.000 | | |
| Pantothenic acid.....mg | 0.000 | | 0 | RA | 4 | | 0.000 | | |
| Vitamin B-6.....mg | 0.000 | | 0 | RA | 4 | | 0.000 | | |
| Folate, total.....mcg | 0 | | 0 | RA | 4 | | 0 | | |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food.....mcg | 0 | | 0 | RA | 4 | | 0 | | |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | | |
| Choline, total.....mg | 42.2 | | 0 | BFSN | 4 | | 1.8 | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.00 | | 0 | RA | 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 | BFFN | 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 | Z | 7 | | 0 | | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin E (alpha-tocopherol).....mg | 0.60 | | 0 | BFFN | 4 | | 0.03 | | |
| 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 | BFFN | 4 | | 0.0 | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 39.004 | | 0 | RA | 4 | | 1.677 | | |
| 4:0.....g | 0.000 | | 0 | RA | 4 | | 0.000 | | |
| 6:0.....g | 0.000 | | 0 | RA | 4 | | 0.000 | | |
| 8:0.....g | 0.000 | | 0 | RA | 4 | | 0.000 | | |
| 10:0.....g | 0.100 | | 0 | RA | 4 | | 0.004 | | |

NDB No. 04609
 Animal fat, bacon grease

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.199 | | 0 | RA | 4 | | 0.009 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 1.294 | | 0 | RA | 4 | | 0.056 | | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 23.681 | | 0 | RA | 4 | | 1.018 | | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 13.432 | | 0 | RA | 4 | | 0.578 | | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 44.874 | | 0 | RA | 4 | | 1.930 | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 2.686 | | 0 | RA | 4 | | 0.115 | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 40.994 | | 0 | RA | 4 | | 1.763 | | |
| 20:1.....g | 0.995 | | 0 | RA | 4 | | 0.043 | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | RA | 4 | | 0.000 | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 11.144 | | 0 | RA | 4 | | 0.479 | | |
| 18:2 undifferentiated.....g | 10.149 | | 0 | RA | 4 | | 0.436 | | |
| 18:3 undifferentiated.....g | 0.995 | | 0 | RA | 4 | | 0.043 | | |
| 18:4.....g | 0.000 | | 0 | RA | 4 | | 0.000 | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | RA | 4 | | 0.000 | | |
| 20:5 n-3.....g | 0.000 | | 0 | RA | 4 | | 0.000 | | |
| 22:5 n-3.....g | 0.000 | | 0 | RA | 4 | | 0.000 | | |
| 22:6 n-3.....g | 0.000 | | 0 | RA | 4 | | 0.000 | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 95 | | 0 | RA | 4 | | 4 | | |
| Phytosterols.....mg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 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:

Measure 1 = 4.3g: 1 tsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 43214

Butter replacement, without fat, powder

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 | 5.00 | | 0 | | 4 | | 4.00 | | |
| Energy.....kcal | 373 | | 0 | | 4 | | 298 | | |
| Energy.....kj | 1561 | | 0 | | 4 | | 1249 | | |
| Protein.....g | 2.00 | | 0 | | 4 | | 1.60 | | |
| Total lipid (fat).....g | 1.00 | | 0 | | 4 | | 0.80 | | |
| Ash.....g | 3.00 | | 0 | NC | 4 | | 2.40 | | |
| Carbohydrate, by difference.....g | 89.00 | | 0 | | 4 | | 71.20 | | |
| Fiber, total dietary.....g | 0.0 | | 0 | | 4 | | 0.0 | | |
| Sugars, total.....g | 5.30 | | 0 | O | 4 | | 4.24 | | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 23 | | 0 | | 4 | | 18 | | |
| Iron, Fe.....mg | 2.00 | | 0 | | 4 | | 1.60 | | |
| Magnesium, Mg.....mg | 0 | | 0 | | 4 | | 0 | | |
| Phosphorus, P.....mg | 8 | | 0 | | 4 | | 6 | | |
| Potassium, K.....mg | 2 | | 0 | | 4 | | 2 | | |
| Sodium, Na.....mg | 1200 | | 0 | | 4 | | 960 | | |
| Zinc, Zn.....mg | 0.00 | | 0 | | 4 | | 0.00 | | |
| Copper, Cu.....mg | 0.000 | | 0 | | 4 | | 0.000 | | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 4 | | 0.0 | | |
| Thiamin.....mg | 0.000 | | 0 | | 4 | | 0.000 | | |
| Riboflavin.....mg | 0.000 | | 0 | | 4 | | 0.000 | | |
| Niacin.....mg | 0.000 | | 0 | | 4 | | 0.000 | | |
| Pantothenic acid.....mg | | | | | | | | | |
| Vitamin B-6.....mg | 0.000 | | 0 | | 4 | | 0.000 | | |
| Folate, total.....mcg | 0 | | 0 | | 4 | | 0 | | |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food.....mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | | |
| Choline, total.....mg | 0.4 | | 0 | O | 4 | | 0.3 | | |
| 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 | Z | 7 | | 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 | 0.589 | | 0 | | 4 | | 0.471 | | |
| 4:0.....g | 0.029 | | 0 | | 4 | | 0.023 | | |
| 6:0.....g | 0.017 | | 0 | | 4 | | 0.014 | | |
| 8:0.....g | 0.011 | | 0 | | 4 | | 0.009 | | |
| 10:0.....g | 0.026 | | 0 | | 4 | | 0.021 | | |

NDB No. 43214

Butter replacement, without fat, powder

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.031 | | 0 | | 4 | | 0.025 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.092 | | 0 | | 4 | | 0.074 | | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 0.253 | | 0 | | 4 | | 0.202 | | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 0.111 | | 0 | | 4 | | 0.089 | | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 0.276 | | 0 | | 4 | | 0.221 | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.020 | | 0 | | 4 | | 0.016 | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.243 | | 0 | | 4 | | 0.194 | | |
| 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 | 0.057 | | 0 | | 4 | | 0.046 | | |
| 18:2 undifferentiated.....g | 0.039 | | 0 | | 4 | | 0.031 | | |
| 18:3 undifferentiated.....g | 0.018 | | 0 | | 4 | | 0.014 | | |
| 18:4.....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 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 | 2 | | 0 | | 4 | | 2 | | |
| Phytosterols.....mg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | | 4 | | 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:

Measure 1 = 80g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04601
Butter, light, stick, with salt

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 | 42.10 | | 0 | | | | | | 1 |
| Energy.....kcal | 509 | | 0 | NC | | | | | 4 |
| Energy.....kj | 2130 | | 0 | NC | | | | | 4 |
| Protein.....g | 3.30 | | 0 | | | | | | 1 |
| Total lipid (fat).....g | 55.10 | | 0 | | | | | | 1 |
| Ash.....g | 1.00 | | 0 | NR | | | | | 4 |
| Carbohydrate, by difference.....g | 0.00 | | 0 | | | | | | 1 |
| Fiber, total dietary.....g | 0.0 | | 0 | | | | | | 7 |
| Sugars, total.....g | 0.00 | | 0 | Z | | | | | 7 |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 48 | | 0 | | | | | | 1 |
| Iron, Fe.....mg | 1.09 | | 0 | | | | | | 1 |
| Magnesium, Mg.....mg | 5 | | 0 | | | | | | 1 |
| Phosphorus, P.....mg | 34 | | 0 | | | | | | 1 |
| Potassium, K.....mg | 71 | | 0 | | | | | | 1 |
| Sodium, Na.....mg | 450 | | 0 | | | | | | 1 |
| Zinc, Zn.....mg | 0.26 | | 0 | | | | | | 1 |
| Copper, Cu.....mg | 0.000 | | 0 | | | | | | 1 |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 1.0 | | 0 | BFZN | | | | | 4 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | | | | | 1 |
| Thiamin.....mg | 0.010 | | 0 | | | | | | 1 |
| Riboflavin.....mg | 0.070 | | 0 | | | | | | 1 |
| Niacin.....mg | 0.020 | | 0 | | | | | | 1 |
| Pantothenic acid.....mg | | | | | | | | | |
| Vitamin B-6.....mg | 0.010 | | 0 | | | | | | 1 |
| Folate, total.....mcg | 1 | | 0 | | | | | | 1 |
| Folic acid.....mcg | 0 | | 0 | Z | | | | | 7 |
| Folate, food.....mcg | 1 | | 0 | | | | | | 1 |
| Folate, DFE.....mcg_DFE | 1 | | 0 | NC | | | | | 4 |
| Choline, total.....mg | 12.9 | | 0 | BFSN | | | | | 4 |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.13 | | 0 | | | | | | 1 |
| Vitamin B-12, added.....mcg | 0.00 | | 0 | Z | | | | | 7 |
| Vitamin A, RAE.....mcg_RAE | 465 | | 0 | NC | | | | | 4 |
| Retinol.....mcg | 456 | | 0 | BFFN | | | | | 4 |
| Carotene, beta.....mcg | 107 | | 0 | BFFN | | | | | 4 |
| Carotene, alpha.....mcg | 0 | | 0 | Z | | | | | 7 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | Z | | | | | 7 |
| Vitamin A, IU.....IU | 1698 | | 0 | NC | | | | | 4 |
| Lycopene.....mcg | 0 | | 0 | Z | | | | | 7 |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | Z | | | | | 7 |
| Vitamin E (alpha-tocopherol).....mg | 1.58 | | 0 | BFFN | | | | | 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 | 4.8 | | 0 | BFFN | | | | | 4 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 34.321 | | 0 | | | | | | 4 |
| 4:0.....g | 1.788 | | 0 | | | | | | 4 |
| 6:0.....g | 1.060 | | 0 | | | | | | 4 |
| 8:0.....g | 0.619 | | 0 | | | | | | 4 |
| 10:0.....g | 1.380 | | 0 | | | | | | 4 |

NDB No. 04601
Butter, light, stick, with salt

| 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 | | Measure 1 | Measure 2 | Measure 3 |
| | | | Deriv Code | Source Code | | | |
| 12:0.....g | 1.550 | | 0 | | 4 | | |
| 13:0.....g | | | | | | | |
| 14:0.....g | 5.547 | | 0 | | 4 | | |
| 15:0.....g | | | | | | | |
| 16:0.....g | 14.499 | | 0 | | 4 | | |
| 17:0.....g | | | | | | | |
| 18:0.....g | 6.682 | | 0 | | 4 | | |
| 20:0.....g | | | | | | | |
| 22:0.....g | | | | | | | |
| 24:0.....g | | | | | | | |
| Fatty acids, total monounsaturated.....g | 15.927 | | 0 | | 4 | | |
| 14:1.....g | | | | | | | |
| 15:1.....g | | | | | | | |
| 16:1 undifferentiated.....g | 1.237 | | 0 | | 4 | | |
| 17:1.....g | | | | | | | |
| 18:1 undifferentiated.....g | 13.867 | | 0 | | 4 | | |
| 20:1.....g | 0.000 | | 0 | | 7 | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 7 | | |
| 24:1 c.....g | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 2.046 | | 0 | | 4 | | |
| 18:2 undifferentiated.....g | 1.244 | | 0 | | 4 | | |
| 18:3 undifferentiated.....g | 0.802 | | 0 | | 4 | | |
| 18:4.....g | 0.000 | | 0 | | 7 | | |
| 20:2 n-6 c,c.....g | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 7 | | |
| 20:5 n-3.....g | 0.000 | | 0 | | 7 | | |
| 22:5 n-3.....g | 0.000 | | 0 | | 7 | | |
| 22:6 n-3.....g | 0.000 | | 0 | | 7 | | |
| Fatty acids, total trans.....g | | | | | | | |
| Cholesterol.....mg | 106 | | 0 | | 4 | | |
| Phytosterols.....mg | | | | | | | |
| Others: | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | | 7 | | |
| Caffeine.....mg | 0 | | 0 | Z | 7 | | |
| Theobromine.....mg | 0 | | 0 | Z | 7 | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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: 04 Fats and Oils

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

NDB No. 04602
Butter, light, stick, without salt

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 | 43.20 | | 0 | | | | | | 1 |
| Energy.....kcal | 499 | | 0 | NC | | | | | 4 |
| Energy.....kj | 2088 | | 0 | | | | | | 4 |
| Protein.....g | 3.30 | | 0 | | | | | | 1 |
| Total lipid (fat).....g | 55.10 | | 0 | | | | | | 1 |
| Ash.....g | 0.50 | | 0 | NR | | | | | 4 |
| Carbohydrate, by difference.....g | 0.00 | | 0 | | | | | | 1 |
| Fiber, total dietary.....g | 0.0 | | 0 | | | | | | 7 |
| Sugars, total.....g | 0.00 | | 0 | Z | | | | | 7 |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 48 | | 0 | | | | | | 1 |
| Iron, Fe.....mg | 1.09 | | 0 | | | | | | 1 |
| Magnesium, Mg.....mg | 5 | | 0 | | | | | | 1 |
| Phosphorus, P.....mg | 34 | | 0 | | | | | | 1 |
| Potassium, K.....mg | 71 | | 0 | | | | | | 1 |
| Sodium, Na.....mg | 36 | | 0 | | | | | | 1 |
| Zinc, Zn.....mg | 0.26 | | 0 | | | | | | 1 |
| Copper, Cu.....mg | 0.000 | | 0 | | | | | | 1 |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 1.0 | | 0 | BFZN | | | | | 4 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | | | | | 1 |
| Thiamin.....mg | 0.010 | | 0 | | | | | | 1 |
| Riboflavin.....mg | 0.070 | | 0 | | | | | | 1 |
| Niacin.....mg | 0.020 | | 0 | | | | | | 1 |
| Pantothenic acid.....mg | | | | | | | | | |
| Vitamin B-6.....mg | 0.010 | | 0 | | | | | | 1 |
| Folate, total.....mcg | 1 | | 0 | | | | | | 1 |
| Folic acid.....mcg | 0 | | 0 | Z | | | | | 7 |
| Folate, food.....mcg | 1 | | 0 | | | | | | 1 |
| Folate, DFE.....mcg_DFE | 1 | | 0 | NC | | | | | 4 |
| Choline, total.....mg | 12.9 | | 0 | BFZN | | | | | 4 |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.13 | | 0 | | | | | | 1 |
| Vitamin B-12, added.....mcg | 0.00 | | 0 | Z | | | | | 7 |
| Vitamin A, RAE.....mcg_RAE | 465 | | 0 | NC | | | | | 4 |
| Retinol.....mcg | 456 | | 0 | BFZN | | | | | 4 |
| Carotene, beta.....mcg | 107 | | 0 | BFZN | | | | | 4 |
| Carotene, alpha.....mcg | 0 | | 0 | Z | | | | | 7 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | Z | | | | | 7 |
| Vitamin A, IU.....IU | 1698 | | 0 | NC | | | | | 4 |
| Lycopene.....mcg | 0 | | 0 | Z | | | | | 7 |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | Z | | | | | 7 |
| Vitamin E (alpha-tocopherol).....mg | 1.58 | | 0 | BFZN | | | | | 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 | 4.8 | | 0 | BFZN | | | | | 4 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 34.321 | | 0 | | | | | | 4 |
| 4:0.....g | 1.788 | | 0 | | | | | | 4 |
| 6:0.....g | 1.060 | | 0 | | | | | | 4 |
| 8:0.....g | 0.619 | | 0 | | | | | | 4 |
| 10:0.....g | 1.380 | | 0 | | | | | | 4 |

NDB No. 04602
Butter, light, stick, without salt

| 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 | | Measure 1 | Measure 2 | Measure 3 |
| | | | Deriv Code | Source Code | | | |
| 12:0.....g | 1.550 | | 0 | | 4 | | |
| 13:0.....g | | | | | | | |
| 14:0.....g | 5.547 | | 0 | | 4 | | |
| 15:0.....g | | | | | | | |
| 16:0.....g | 14.499 | | 0 | | 4 | | |
| 17:0.....g | | | | | | | |
| 18:0.....g | 6.682 | | 0 | | 4 | | |
| 20:0.....g | | | | | | | |
| 22:0.....g | | | | | | | |
| 24:0.....g | | | | | | | |
| Fatty acids, total monounsaturated.....g | 15.927 | | 0 | | 4 | | |
| 14:1.....g | | | | | | | |
| 15:1.....g | | | | | | | |
| 16:1 undifferentiated.....g | 1.237 | | 0 | | 4 | | |
| 17:1.....g | | | | | | | |
| 18:1 undifferentiated.....g | 13.867 | | 0 | | 4 | | |
| 20:1.....g | 0.000 | | 0 | | 7 | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 7 | | |
| 24:1 c.....g | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 2.046 | | 0 | | 4 | | |
| 18:2 undifferentiated.....g | 1.244 | | 0 | | 4 | | |
| 18:3 undifferentiated.....g | 0.802 | | 0 | | 4 | | |
| 18:4.....g | 0.000 | | 0 | | 7 | | |
| 20:2 n-6 c,c.....g | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 7 | | |
| 20:5 n-3.....g | 0.000 | | 0 | | 7 | | |
| 22:5 n-3.....g | 0.000 | | 0 | | 7 | | |
| 22:6 n-3.....g | 0.000 | | 0 | | 7 | | |
| Fatty acids, total trans.....g | | | | | | | |
| Cholesterol.....mg | 106 | | 0 | | 4 | | |
| Phytosterols.....mg | | | | | | | |
| Others: | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | | 7 | | |
| Caffeine.....mg | 0 | | 0 | Z | 7 | | |
| Theobromine.....mg | 0 | | 0 | Z | 7 | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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: 04 Fats and Oils

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

NDB No. 42307

Butter-margarine blend, stick, unsalted

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 | 15.80 | | 0 | | 4 | | 2.21 | | |
| Energy.....kcal | 718 | | 0 | | 4 | | 101 | | |
| Energy.....kj | 3004 | | 0 | | 4 | | 421 | | |
| Protein.....g | 0.90 | | 0 | | 4 | | 0.13 | | |
| Total lipid (fat).....g | 80.70 | | 0 | | 4 | | 11.30 | | |
| Ash.....g | 2.00 | | 0 | O | 4 | | 0.28 | | |
| Carbohydrate, by difference.....g | 0.60 | | 0 | | 4 | | 0.08 | | |
| Fiber, total dietary.....g | 0.0 | | 0 | | 7 | | 0.0 | | |
| Sugars, total.....g | 0.00 | | 0 | CAZN | 4 | | 0.00 | | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 28 | | 0 | | 4 | | 4 | | |
| Iron, Fe.....mg | 0.09 | | 0 | | 4 | | 0.01 | | |
| Magnesium, Mg.....mg | 2 | | 0 | | 4 | | 0 | | |
| Phosphorus, P.....mg | 23 | | 0 | | 4 | | 3 | | |
| Potassium, K.....mg | 37 | | 0 | | 4 | | 5 | | |
| Sodium, Na.....mg | 28 | | 0 | | 4 | | 4 | | |
| Zinc, Zn.....mg | 0.02 | | 0 | | 4 | | 0.00 | | |
| Copper, Cu.....mg | 0.005 | | 0 | | 4 | | 0.001 | | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.5 | | 0 | RA | 4 | | 0.1 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.1 | | 0 | | 4 | | 0.0 | | |
| Thiamin.....mg | 0.010 | | 0 | | 4 | | 0.001 | | |
| Riboflavin.....mg | 0.040 | | 0 | | 4 | | 0.006 | | |
| Niacin.....mg | 0.030 | | 0 | | 4 | | 0.004 | | |
| Pantothenic acid.....mg | | | | | | | | | |
| Vitamin B-6.....mg | 0.010 | | 0 | | 4 | | 0.001 | | |
| Folate, total.....mcg | 2 | | 0 | | 4 | | 0 | | |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food.....mcg | 2 | | 0 | NC | 4 | | 0 | | |
| Folate, DFE.....mcg_DFE | 2 | | 0 | NC | 4 | | 0 | | |
| Choline, total.....mg | 15.0 | | 0 | RA | 4 | | 2.1 | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.10 | | 0 | | 4 | | 0.01 | | |
| Vitamin B-12, added.....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE.....mcg_RAE | 819 | | 0 | NC | 4 | | 115 | | |
| Retinol.....mcg | 768 | | 0 | CAZN | 4 | | 108 | | |
| Carotene, beta.....mcg | 610 | | 0 | CAZN | 4 | | 85 | | |
| Carotene, alpha.....mcg | 0 | | 0 | CAZN | 4 | | 0 | | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | CAZN | 4 | | 0 | | |
| Vitamin A, IU.....IU | 3577 | | 0 | NC | 4 | | 501 | | |
| Lycopene.....mcg | 0 | | 0 | CAZN | 4 | | 0 | | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | CAZN | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol).....mg | 5.00 | | 0 | BFZN | 4 | | 0.70 | | |
| 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 | 70.9 | | 0 | CAZN | 4 | | 9.9 | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 26.904 | | 0 | | 4 | | 3.767 | | |
| 4:0.....g | 0.842 | | 0 | | 4 | | 0.118 | | |
| 6:0.....g | 0.499 | | 0 | | 4 | | 0.070 | | |
| 8:0.....g | 0.290 | | 0 | | 4 | | 0.041 | | |
| 10:0.....g | 0.650 | | 0 | | 4 | | 0.091 | | |

NDB No. 42307

Butter-margarine blend, stick, unsalted

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.730 | | 0 | | 4 | | 0.102 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 2.747 | | 0 | | 4 | | 0.385 | | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 13.412 | | 0 | | 4 | | 1.878 | | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 7.158 | | 0 | | 4 | | 1.002 | | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 31.832 | | 0 | | 4 | | 4.456 | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.582 | | 0 | | 4 | | 0.081 | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 30.872 | | 0 | | 4 | | 4.322 | | |
| 20:1.....g | 0.000 | | 0 | | 7 | | 0.000 | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 7 | | 0.000 | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 18.236 | | 0 | | 4 | | 2.553 | | |
| 18:2 undifferentiated.....g | 17.110 | | 0 | | 4 | | 2.395 | | |
| 18:3 undifferentiated.....g | 1.126 | | 0 | | 4 | | 0.158 | | |
| 18:4.....g | 0.000 | | 0 | | 7 | | 0.000 | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 7 | | 0.000 | | |
| 20:5 n-3.....g | 0.000 | | 0 | | 7 | | 0.000 | | |
| 22:5 n-3.....g | 0.000 | | 0 | | 7 | | 0.000 | | |
| 22:6 n-3.....g | 0.000 | | 0 | | 7 | | 0.000 | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 88 | | 0 | s | 4 | | 12 | | |
| Phytosterols.....mg | | | | | | | | | |
| 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:

Measure 1 = 14.0g: 1 tablespoon

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate3.87

Food Group: 04 Fats and Oils

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

NDB No. 42116

Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie

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 | 74.00 | | 1 | | 1 | | 181.30 | 11.10 | |
| Energy.....kcal | 160 | | 1 | | 1 | | 392 | 24 | |
| Energy.....kj | 669 | | 1 | | 1 | | 1640 | 100 | |
| Protein.....g | 1.50 | | 1 | | 1 | | 3.68 | 0.23 | |
| Total lipid (fat).....g | 14.00 | | 1 | | 1 | | 34.30 | 2.10 | |
| Ash.....g | 3.50 | | 0 | NC | 4 | | 8.58 | 0.53 | |
| Carbohydrate, by difference.....g | 7.00 | | 0 | NC | 4 | | 17.15 | 1.05 | |
| Fiber, total dietary.....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Sugars, total.....g | 5.65 | | 0 | FLA | 4 | | 13.84 | 0.85 | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 6 | | 0 | | 4 | | 15 | 1 | |
| Iron, Fe.....mg | 0.13 | | 0 | | 4 | | 0.32 | 0.02 | |
| Magnesium, Mg.....mg | 2 | | 0 | | 4 | | 5 | 0 | |
| Phosphorus, P.....mg | 7 | | 0 | | 4 | | 17 | 1 | |
| Potassium, K.....mg | 36 | | 0 | | 4 | | 88 | 5 | |
| Sodium, Na.....mg | 1023 | | 1 | | 1 | | 2506 | 153 | |
| Zinc, Zn.....mg | 0.04 | | 0 | | 4 | | 0.10 | 0.01 | |
| Copper, Cu.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 1.6 | | 0 | CAZN | 4 | | 3.9 | 0.2 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.4 | | 0 | | 4 | | 1.0 | 0.1 | |
| Thiamin.....mg | 0.010 | | 0 | | 4 | | 0.025 | 0.002 | |
| Riboflavin.....mg | 0.010 | | 0 | | 4 | | 0.025 | 0.002 | |
| Niacin.....mg | 0.020 | | 0 | | 4 | | 0.049 | 0.003 | |
| Pantothenic acid.....mg | | | | | | | | | |
| Vitamin B-6.....mg | 0.030 | | 0 | | 4 | | 0.074 | 0.005 | |
| Folate, total.....mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folic acid.....mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, food.....mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total.....mg | 16.0 | | 0 | BFZN | 4 | | 39.2 | 2.4 | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.07 | | 0 | | 4 | | 0.17 | 0.01 | |
| 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 | 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 | | 1 | 0 | |
| Lycopene.....mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol).....mg | 2.39 | | 0 | FLA | 4 | | 5.86 | 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 | 3.5 | | 0 | FLA | 4 | | 8.5 | 0.5 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 2.115 | | 0 | | 4 | | 5.182 | 0.317 | |
| 4:0.....g | 0.007 | | 0 | | 4 | | 0.017 | 0.001 | |
| 6:0.....g | 0.004 | | 0 | | 4 | | 0.010 | 0.001 | |
| 8:0.....g | 0.002 | | 0 | | 4 | | 0.005 | 0.000 | |
| 10:0.....g | 0.005 | | 0 | | 4 | | 0.012 | 0.001 | |

NDB No. 42116

Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.006 | | 0 | | 4 | | 0.015 | 0.001 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.035 | | 0 | | 4 | | 0.086 | 0.005 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 1.475 | | 0 | | 4 | | 3.614 | 0.221 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 0.549 | | 0 | | 4 | | 1.345 | 0.082 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 3.273 | | 0 | | 4 | | 8.019 | 0.491 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.032 | | 0 | | 4 | | 0.078 | 0.005 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 3.197 | | 0 | | 4 | | 7.833 | 0.480 | |
| 20:1.....g | 0.028 | | 0 | | 4 | | 0.069 | 0.004 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 7.994 | | 0 | | 4 | | 19.585 | 1.199 | |
| 18:2 undifferentiated.....g | 7.039 | | 0 | | 4 | | 17.246 | 1.056 | |
| 18:3 undifferentiated.....g | 0.941 | | 0 | | 4 | | 2.305 | 0.141 | |
| 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 | | 7 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| 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:

Measure 1 = 245g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 42158

Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free

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 | 73.00 | | 0 | | 8 | | 170.82 | 10.95 | |
| Energy.....kcal | 140 | | 0 | | 8 | | 328 | 21 | |
| Energy.....kj | 586 | | 0 | | 8 | | 1371 | 88 | |
| Protein.....g | 1.00 | | 0 | | 8 | | 2.34 | 0.15 | |
| Total lipid (fat).....g | 8.00 | | 0 | | 8 | | 18.72 | 1.20 | |
| Ash.....g | 2.00 | | 0 | NC | 4 | | 4.68 | 0.30 | |
| Carbohydrate, by difference.....g | 16.00 | | 0 | | 8 | | 37.44 | 2.40 | |
| Fiber, total dietary.....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total.....g | 3.28 | | 0 | BFZN | 4 | | 7.67 | 0.49 | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 36 | | 0 | | 4 | | 84 | 5 | |
| Iron, Fe.....mg | 0.26 | | 0 | | 4 | | 0.61 | 0.04 | |
| Magnesium, Mg.....mg | 5 | | 0 | | 4 | | 12 | 1 | |
| Phosphorus, P.....mg | 100 | | 0 | | 4 | | 234 | 15 | |
| Potassium, K.....mg | 49 | | 0 | | 4 | | 115 | 7 | |
| Sodium, Na.....mg | 932 | | 0 | | 4 | | 2181 | 140 | |
| Zinc, Zn.....mg | 0.18 | | 0 | | 4 | | 0.42 | 0.03 | |
| Copper, Cu.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 1.6 | | 0 | CAZN | 4 | | 3.7 | 0.2 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Thiamin.....mg | 0.010 | | 0 | | 4 | | 0.023 | 0.002 | |
| Riboflavin.....mg | 0.060 | | 0 | | 4 | | 0.140 | 0.009 | |
| Niacin.....mg | 0.040 | | 0 | | 4 | | 0.094 | 0.006 | |
| Pantothenic acid.....mg | | | | | | | | | |
| Vitamin B-6.....mg | 0.020 | | 0 | | 4 | | 0.047 | 0.003 | |
| Folate, total.....mcg | 4 | | 0 | BFZN | 4 | | 10 | 1 | |
| Folic acid.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Folate, food.....mcg | 4 | | 0 | BFZN | 4 | | 10 | 1 | |
| Folate, DFE.....mcg_DFE | 4 | | 0 | NC | 4 | | 10 | 1 | |
| Choline, total.....mg | 16.0 | | 0 | BFZN | 4 | | 37.4 | 2.4 | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.10 | | 0 | | 4 | | 0.23 | 0.02 | |
| Vitamin B-12, added.....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE.....mcg_RAE | 18 | | 0 | BFZN | 4 | | 42 | 3 | |
| Retinol.....mcg | 17 | | 0 | BFZN | 4 | | 41 | 3 | |
| Carotene, beta.....mcg | 4 | | 0 | BFZN | 4 | | 10 | 1 | |
| Carotene, alpha.....mcg | 2 | | 0 | BFZN | 4 | | 4 | 0 | |
| Cryptoxanthin, beta.....mcg | 2 | | 0 | BFZN | 4 | | 4 | 0 | |
| Vitamin A, IU.....IU | 67 | | 0 | NC | 4 | | 158 | 10 | |
| Lycopene.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Lutein + zeaxanthin.....mcg | 49 | | 0 | BFZN | 4 | | 116 | 7 | |
| Vitamin E (alpha-tocopherol).....mg | 4.92 | | 0 | NR | 4 | | 11.51 | 0.74 | |
| 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 | 34.8 | | 0 | BFZN | 4 | | 81.4 | 5.2 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 1.355 | | 0 | | 4 | | 3.171 | 0.203 | |
| 4:0.....g | 0.011 | | 0 | | 4 | | 0.026 | 0.002 | |
| 6:0.....g | 0.007 | | 0 | | 4 | | 0.016 | 0.001 | |
| 8:0.....g | 0.004 | | 0 | | 4 | | 0.009 | 0.001 | |
| 10:0.....g | 0.008 | | 0 | | 4 | | 0.019 | 0.001 | |

NDB No. 42158

Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.010 | | 0 | | 4 | | 0.023 | 0.002 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.042 | | 0 | | 4 | | 0.098 | 0.006 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 0.841 | | 0 | | 4 | | 1.968 | 0.126 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 0.425 | | 0 | | 4 | | 0.995 | 0.064 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 3.391 | | 0 | | 4 | | 7.935 | 0.509 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.038 | | 0 | | 4 | | 0.089 | 0.006 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 3.340 | | 0 | | 4 | | 7.816 | 0.501 | |
| 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 | 2.891 | | 0 | | 4 | | 6.765 | 0.434 | |
| 18:2 undifferentiated.....g | 2.680 | | 0 | | 4 | | 6.271 | 0.402 | |
| 18:3 undifferentiated.....g | 0.204 | | 0 | | 4 | | 0.477 | 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 | | 8 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | BFZN | 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 = 234g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 42157

Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free

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 | 74.70 | | 1 | | 1 | | 197.21 | 12.70 | |
| Energy.....kcal | 107 | | 1 | | 1 | | 282 | 18 | |
| Energy.....kj | 448 | | 1 | | 1 | | 1182 | 76 | |
| Protein.....g | 1.40 | | 1 | | 1 | | 3.70 | 0.24 | |
| Total lipid (fat).....g | 2.70 | | 1 | | 1 | | 7.13 | 0.46 | |
| Ash.....g | 1.20 | | 0 | NC | 4 | | 3.17 | 0.20 | |
| Carbohydrate, by difference.....g | 20.00 | | 0 | NC | 4 | | 52.80 | 3.40 | |
| Fiber, total dietary.....g | 0.0 | | 1 | | 1 | | 0.0 | 0.0 | |
| Sugars, total.....g | 5.35 | | 0 | BFZN | 4 | | 14.12 | 0.91 | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 36 | | 1 | | 1 | | 95 | 6 | |
| Iron, Fe.....mg | 0.25 | | 1 | | 1 | | 0.66 | 0.04 | |
| Magnesium, Mg.....mg | 5 | | 1 | | 1 | | 13 | 1 | |
| Phosphorus, P.....mg | 77 | | 1 | | 1 | | 203 | 13 | |
| Potassium, K.....mg | 133 | | 1 | | 1 | | 351 | 23 | |
| Sodium, Na.....mg | 1000 | | 1 | | 1 | | 2640 | 170 | |
| Zinc, Zn.....mg | 0.18 | | 1 | | 1 | | 0.48 | 0.03 | |
| Copper, Cu.....mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 1.6 | | 0 | CAZN | 4 | | 4.2 | 0.3 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 1 | | 1 | | 0.0 | 0.0 | |
| Thiamin.....mg | 0.010 | | 1 | | 1 | | 0.026 | 0.002 | |
| Riboflavin.....mg | 0.060 | | 1 | | 1 | | 0.158 | 0.010 | |
| Niacin.....mg | 0.040 | | 1 | | 1 | | 0.106 | 0.007 | |
| Pantothenic acid.....mg | | | | | | | | | |
| Vitamin B-6.....mg | 0.020 | | 1 | | 1 | | 0.053 | 0.003 | |
| Folate, total.....mcg | 6 | | 0 | BFZN | 4 | | 15 | 1 | |
| Folic acid.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Folate, food.....mcg | 6 | | 0 | BFZN | 4 | | 15 | 1 | |
| Folate, DFE.....mcg_DFE | 6 | | 0 | NC | 4 | | 15 | 1 | |
| Choline, total.....mg | 16.0 | | 0 | BFZN | 4 | | 42.2 | 2.7 | |
| 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 | BFZN | 4 | | 2 | 0 | |
| Retinol.....mcg | 1 | | 0 | BFZN | 4 | | 2 | 0 | |
| Carotene, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Carotene, alpha.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Vitamin A, IU.....IU | 3 | | 0 | NC | 4 | | 9 | 1 | |
| Lycopene.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Lutein + zeaxanthin.....mcg | 4 | | 0 | BFZN | 4 | | 11 | 1 | |
| Vitamin E (alpha-tocopherol).....mg | 0.67 | | 0 | NR | 4 | | 1.77 | 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 | 2.3 | | 0 | BFZN | 4 | | 6.1 | 0.4 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 0.494 | | 1 | | 1 | | 1.304 | 0.084 | |
| 4:0.....g | 0.007 | | 0 | | 4 | | 0.018 | 0.001 | |
| 6:0.....g | 0.005 | | 0 | | 4 | | 0.013 | 0.001 | |
| 8:0.....g | 0.003 | | 0 | | 4 | | 0.008 | 0.001 | |
| 10:0.....g | 0.005 | | 0 | | 4 | | 0.013 | 0.001 | |

NDB No. 42157

Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.005 | | 0 | | 4 | | 0.013 | 0.001 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.025 | | 0 | | 4 | | 0.066 | 0.004 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 0.313 | | 0 | | 4 | | 0.826 | 0.053 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 0.122 | | 0 | | 4 | | 0.322 | 0.021 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 0.640 | | 1 | | 1 | | 1.690 | 0.109 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.010 | | 0 | | 4 | | 0.026 | 0.002 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.620 | | 0 | | 4 | | 1.637 | 0.105 | |
| 20:1.....g | 0.005 | | 0 | | 4 | | 0.013 | 0.001 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 1.444 | | 1 | | 1 | | 3.812 | 0.245 | |
| 18:2 undifferentiated.....g | 1.271 | | 0 | | 4 | | 3.355 | 0.216 | |
| 18:3 undifferentiated.....g | 0.171 | | 0 | | 4 | | 0.451 | 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 | | 1 | | 1 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | BFZN | 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 = 264g: 1 cup

Measure 2 = 17g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04001

Fat, beef tallow

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 | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | |
| Energy.....kcal | 902 | | 0 | NC | 4 | | 1849 | 115 | |
| Energy.....kj | 3774 | | 0 | NC | 4 | | 7737 | 483 | |
| Protein (N x 0).....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | |
| Total lipid (fat).....g | 100.00 | | 0 | | 1 | | 205.00 | 12.80 | |
| Ash.....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | |
| 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 | | 0 | | 4 | | 0 | 0 | |
| Iron, Fe.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Magnesium, Mg.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Phosphorus, P.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Potassium, K.....mg | 0 | | 1 | | 1 | | 0 | 0 | |
| Sodium, Na.....mg | 0 | | 1 | | 1 | | 0 | 0 | |
| Zinc, Zn.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Copper, Cu.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.2 | | 0 | BFZN | 4 | | 0.4 | 0.0 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Thiamin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Riboflavin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Niacin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Pantothenic acid.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Vitamin B-6.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Folate, total.....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food.....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total.....mg | 79.8 | | 0 | BFFN | 4 | | 163.7 | 10.2 | |
| 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 | AS | 1 | | 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 | AS | 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 | 2.70 | | 1 | | 1 | | 5.54 | 0.35 | |
| 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 | 49.800 | | 0 | | 1 | | 102.090 | 6.374 | |
| 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 | |

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.900 | 0.508 | 5 | | 1 | | 1.845 | 0.115 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 3.700 | 0.421 | 14 | | 1 | | 7.585 | 0.474 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 24.900 | 0.819 | 15 | | 1 | | 51.045 | 3.187 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 18.900 | 0.927 | 15 | | 1 | | 38.745 | 2.419 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 41.800 | | 0 | | 1 | | 85.690 | 5.350 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 4.200 | 0.551 | 15 | | 1 | | 8.610 | 0.538 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 36.000 | 1.275 | 15 | | 1 | | 73.800 | 4.608 | |
| 20:1.....g | 0.300 | 0.107 | 4 | | 1 | | 0.615 | 0.038 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 4.000 | | 0 | | 1 | | 8.200 | 0.512 | |
| 18:2 undifferentiated.....g | 3.100 | 0.511 | 15 | | 1 | | 6.355 | 0.397 | |
| 18:3 undifferentiated.....g | 0.600 | 0.160 | 9 | | 1 | | 1.230 | 0.077 | |
| 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 | 109 | | 0 | | 1 | | 223 | 14 | |
| Phytosterols.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Threonine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Isoleucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Leucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Lysine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Methionine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Cystine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Phenylalanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Tyrosine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Valine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Arginine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Histidine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Alanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Aspartic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Glutamic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Glycine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Proline.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Serine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 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. 04001

Fat, beef tallow

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04542

Fat, chicken

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 | 0.20 | 0.026 | 3 | | 1 | | 0.41 | 0.03 | |
| Energy.....kcal | 900 | | 0 | NC | 4 | | 1845 | 115 | |
| Energy.....kj | 3766 | | 0 | NC | 4 | | 7721 | 482 | |
| Protein (N x 0).....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | |
| Total lipid (fat).....g | 99.80 | 0.026 | 3 | | 1 | | 204.59 | 12.77 | |
| Ash.....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | |
| 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 | | 0 | | 4 | | 0 | 0 | |
| Iron, Fe.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Magnesium, Mg.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Phosphorus, P.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Potassium, K.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Sodium, Na.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Zinc, Zn.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Copper, Cu.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.2 | | 0 | BFZN | 4 | | 0.4 | 0.0 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Thiamin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Riboflavin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Niacin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Pantothenic acid.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Vitamin B-6.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Folate, total.....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food.....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total.....mg | 122.4 | | 0 | BFFN | 4 | | 250.8 | 15.7 | |
| 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 | AS | 1 | | 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 | AS | 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 | 2.70 | | 0 | | 4 | | 5.54 | 0.35 | |
| 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 | 29.800 | | 0 | | 1 | | 61.090 | 3.814 | |
| 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 | |

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.100 | 0.016 | 14 | | 1 | | 0.205 | 0.013 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.900 | 0.048 | 62 | | 1 | | 1.845 | 0.115 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 21.600 | 0.381 | 70 | | 1 | | 44.280 | 2.765 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 6.000 | 0.186 | 70 | | 1 | | 12.300 | 0.768 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 44.700 | | 0 | | 1 | | 91.635 | 5.722 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 5.700 | 0.187 | 70 | | 1 | | 11.685 | 0.730 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 37.300 | 0.499 | 70 | | 1 | | 76.465 | 4.774 | |
| 20:1.....g | 1.100 | 0.305 | 12 | | 1 | | 2.255 | 0.141 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 20.900 | | 0 | | 1 | | 42.845 | 2.675 | |
| 18:2 undifferentiated.....g | 19.500 | 0.617 | 70 | | 1 | | 39.975 | 2.496 | |
| 18:3 undifferentiated.....g | 1.000 | 0.075 | 56 | | 1 | | 2.050 | 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 | 0.100 | 0.038 | 5 | | 1 | | 0.205 | 0.013 | |
| 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 | 85 | | 0 | | 1 | | 174 | 11 | |
| Phytosterols.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Threonine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Isoleucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Leucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Lysine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Methionine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Cystine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Phenylalanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Tyrosine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Valine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Arginine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Histidine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Alanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Aspartic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Glutamic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Glycine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Proline.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Serine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 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. 04542

Fat, chicken

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04574

Fat, duck

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 | 0.20 | 0.026 | 3 | | 1 | | 0.41 | 0.03 | |
| Energy.....kcal | 882 | | 0 | NC | 4 | | 1809 | 113 | |
| Energy.....kj | 3691 | | 0 | NC | 4 | | 7567 | 472 | |
| Protein (N x 0).....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | |
| Total lipid (fat).....g | 99.80 | 0.026 | 3 | | 1 | | 204.59 | 12.77 | |
| Ash.....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | |
| 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 | | 0 | | 4 | | 0 | 0 | |
| Iron, Fe.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Magnesium, Mg.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Phosphorus, P.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Potassium, K.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Sodium, Na.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Zinc, Zn.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Copper, Cu.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.2 | | 0 | BFZN | 4 | | 0.4 | 0.0 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Thiamin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Riboflavin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Niacin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Pantothenic acid.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Vitamin B-6.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Folate, total.....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food.....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total.....mg | 122.4 | | 0 | BFFN | 4 | | 250.8 | 15.7 | |
| 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 | AS | 1 | | 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 | AS | 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 | 2.70 | | 0 | | 4 | | 5.54 | 0.35 | |
| 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 | 33.200 | | 0 | | 1 | | 68.060 | 4.250 | |
| 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 | |

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.700 | 0.013 | 93 | | 1 | | 1.435 | 0.090 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 24.700 | 0.213 | 98 | | 1 | | 50.635 | 3.162 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 7.800 | 0.114 | 98 | | 1 | | 15.990 | 0.998 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 49.300 | | 0 | | 1 | | 101.065 | 6.310 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 4.000 | 0.090 | 98 | | 1 | | 8.200 | 0.512 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 44.200 | 0.290 | 98 | | 1 | | 90.610 | 5.658 | |
| 20:1.....g | 1.100 | 0.043 | 91 | | 1 | | 2.255 | 0.141 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 12.900 | | 0 | | 1 | | 26.445 | 1.651 | |
| 18:2 undifferentiated.....g | 12.000 | 0.237 | 98 | | 1 | | 24.600 | 1.536 | |
| 18:3 undifferentiated.....g | 1.000 | 0.033 | 93 | | 1 | | 2.050 | 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 | 100 | | 0 | | 1 | | 205 | 13 | |
| Phytosterols.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Threonine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Isoleucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Leucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Lysine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Methionine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Cystine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Phenylalanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Tyrosine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Valine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Arginine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Histidine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Alanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Aspartic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Glutamic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Glycine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Proline.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Serine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 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. 04574

Fat, duck

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

| 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 | 0.500 | 0.060 | 21 | | 1 | | 1.025 | 0.064 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 20.700 | 0.492 | 21 | | 1 | | 42.435 | 2.650 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 6.100 | 0.168 | 21 | | 1 | | 12.505 | 0.781 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 56.700 | | 0 | | 1 | | 116.235 | 7.258 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 2.800 | 0.257 | 21 | | 1 | | 5.740 | 0.358 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 53.500 | | 0 | | 1 | | 109.675 | 6.848 | |
| 20:1.....g | 0.100 | | 2 | | 1 | | 0.205 | 0.013 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 11.000 | | 0 | | 1 | | 22.550 | 1.408 | |
| 18:2 undifferentiated.....g | 9.800 | 0.536 | 21 | | 1 | | 20.090 | 1.254 | |
| 18:3 undifferentiated.....g | 0.500 | 0.326 | 6 | | 1 | | 1.025 | 0.064 | |
| 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 | | 1 | | 1 | | 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 | 100 | | 0 | | 1 | | 205 | 13 | |
| Phytosterols.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Threonine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Isoleucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Leucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Lysine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Methionine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Cystine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Phenylalanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Tyrosine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Valine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Arginine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Histidine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Alanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Aspartic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Glutamic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Glycine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Proline.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Serine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 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 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

NDB No. 04576
Fat, goose

Food Group: 04 Fats and Oils
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 04520
Fat, mutton tallow

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 | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | |
| Energy.....kcal | 902 | | 0 | NC | 4 | | 1849 | 115 | |
| Energy.....kj | 3774 | | 0 | NC | 4 | | 7737 | 483 | |
| Protein (N x 0).....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | |
| Total lipid (fat).....g | 100.00 | | 0 | | 1 | | 205.00 | 12.80 | |
| Ash.....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | |
| 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 | | 0 | | 4 | | 0 | 0 | |
| Iron, Fe.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Magnesium, Mg.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Phosphorus, P.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Potassium, K.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Sodium, Na.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Zinc, Zn.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Copper, Cu.....mg | 0.0000 | | 0 | | 4 | | 0.0000 | 0.0000 | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.2 | | 0 | BFZN | 4 | | 0.4 | 0.0 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Thiamin.....mg | 0.0000 | | 0 | | 4 | | 0.0000 | 0.0000 | |
| Riboflavin.....mg | 0.0000 | | 0 | | 4 | | 0.0000 | 0.0000 | |
| Niacin.....mg | 0.0000 | | 0 | | 4 | | 0.0000 | 0.0000 | |
| Pantothenic acid.....mg | 0.0000 | | 0 | | 4 | | 0.0000 | 0.0000 | |
| Vitamin B-6.....mg | 0.0000 | | 0 | | 4 | | 0.0000 | 0.0000 | |
| Folate, total.....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food.....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total.....mg | 79.8 | | 0 | BFFN | 4 | | 163.7 | 10.2 | |
| 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 | AS | 1 | | 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 | AS | 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 | 2.80 | | 0 | | 4 | | 5.74 | 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 | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 47.300 | | 0 | | 1 | | 96.965 | 6.054 | |
| 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. 04520
Fat, mutton tallow

| 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 | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | Deriv Code | Points | | | | | |
| 12:0.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 3.800 | 0.186 | 64 | | 1 | | 7.790 | 0.486 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 21.500 | 0.290 | 64 | | 1 | | 44.075 | 2.752 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 19.500 | 0.761 | 64 | | 1 | | 39.975 | 2.496 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 40.600 | | 0 | | 1 | | 83.230 | 5.197 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 2.300 | 0.208 | 31 | | 1 | | 4.715 | 0.294 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 37.600 | 0.452 | 64 | | 1 | | 77.080 | 4.813 | |
| 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 | 7.800 | | 0 | | 1 | | 15.990 | 0.998 | |
| 18:2 undifferentiated.....g | 5.500 | 0.284 | 64 | | 1 | | 11.275 | 0.704 | |
| 18:3 undifferentiated.....g | 2.300 | 0.133 | 64 | | 1 | | 4.715 | 0.294 | |
| 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 | 102 | | 0 | | 1 | | 209 | 13 | |
| Phytosterols.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| <u>Amino Acids:</u> | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Threonine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Isoleucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Leucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Lysine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Methionine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Cystine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Phenylalanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Tyrosine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Valine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Arginine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Histidine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Alanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Aspartic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Glutamic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Glycine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Proline.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Serine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Hydroxyproline.....g | | | | | | | | | |
| <u>Others:</u> | | | | | | | | | |
| 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. 04520
Fat, mutton tallow

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04575

Fat, turkey

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 | 0.20 | 0.026 | 3 | | 1 | | 0.41 | 0.03 | 0.01 |
| Energy.....kcal | 900 | | 0 | NC | 4 | | 1846 | 115 | 39 |
| Energy.....kj | 3767 | | 0 | | 4 | | 7723 | 482 | 162 |
| Protein (N x 0).....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat).....g | 99.80 | 0.026 | 3 | | 1 | | 204.59 | 12.77 | 4.29 |
| Ash.....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Carbohydrate, by difference.....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary.....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total.....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Iron, Fe.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Magnesium, Mg.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Phosphorus, P.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Potassium, K.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Sodium, Na.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Zinc, Zn.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Copper, Cu.....mg | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.2 | | 0 | BFZN | 4 | | 0.4 | 0.0 | 0.0 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Riboflavin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Niacin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total.....mcg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food.....mcg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total.....mg | 122.4 | | 0 | BFFN | 4 | | 250.8 | 15.7 | 5.3 |
| 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 | 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 | 0 | | 0 | AS | 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 | 2.90 | | 0 | | 4 | | 5.95 | 0.37 | 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 | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 29.400 | | 0 | | 1 | | 60.270 | 3.763 | 1.264 |
| 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 |

| 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 | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | Deriv Code | Points | | | | | |
| 12:0.....g | 0.000 | 0.031 | 3 | | 1 | | 0.000 | 0.000 | 0.000 |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.900 | 0.058 | 32 | | 1 | | 1.845 | 0.115 | 0.039 |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 20.600 | 0.520 | 32 | | 1 | | 42.230 | 2.637 | 0.886 |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 6.200 | 0.349 | 32 | | 1 | | 12.710 | 0.794 | 0.267 |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 42.900 | | 0 | | 1 | | 87.945 | 5.491 | 1.845 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 6.000 | 0.297 | 32 | | 1 | | 12.300 | 0.768 | 0.258 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 35.900 | 0.750 | 32 | | 1 | | 73.595 | 4.595 | 1.544 |
| 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 | 23.100 | | 0 | | 1 | | 47.355 | 2.957 | 0.993 |
| 18:2 undifferentiated.....g | 21.200 | 0.660 | 32 | | 1 | | 43.460 | 2.714 | 0.912 |
| 18:3 undifferentiated.....g | 1.400 | 0.079 | 32 | | 1 | | 2.870 | 0.179 | 0.060 |
| 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 | 0.300 | 0.031 | 11 | | 1 | | 0.615 | 0.038 | 0.013 |
| 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 | 102 | | 0 | | 1 | | 209 | 13 | 4 |
| Phytosterols.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Threonine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Isoleucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Leucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Lysine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Methionine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Cystine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Phenylalanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Tyrosine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Valine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Arginine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Histidine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Alanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Glycine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Proline.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Serine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 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. 04575

Fat, turkey

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

Measure 3 = 4.3g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04589
Fish oil, cod liver

| Nutrients and Units | <u>Amount in 100 grams of edible portion</u> | | | | <u>Amount in edible portion of common</u> | | | |
|--|--|------------|----------------|------------|---|-----------|-----------|-------------|
| | Mean | Std. Error | Number | | Measure 1 | Measure 2 | Measure 3 | |
| | | | of Data Points | Deriv Code | | | | Source Code |
| 14:0.....g | 3.568 | | 2 | | 1 | 7.778 | 0.485 | 0.161 |
| 15:0.....g | | | | | | | | |
| 16:0.....g | 10.630 | | 2 | | 1 | 23.173 | 1.446 | 0.478 |
| 17:0.....g | | | | | | | | |
| 18:0.....g | 2.799 | | 2 | | 1 | 6.102 | 0.381 | 0.126 |
| 20:0.....g | | | | | | | | |
| 22:0.....g | | | | | | | | |
| 24:0.....g | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 46.711 | | 0 | | 1 | 101.830 | 6.353 | 2.102 |
| 14:1.....g | | | | | | | | |
| 15:1.....g | | | | | | | | |
| 16:1 undifferentiated.....g | 8.309 | | 2 | | 1 | 18.114 | 1.130 | 0.374 |
| 17:1.....g | | | | | | | | |
| 18:1 undifferentiated.....g | 20.653 | | 2 | | 1 | 45.024 | 2.809 | 0.929 |
| 20:1.....g | 10.422 | | 2 | | 1 | 22.720 | 1.417 | 0.469 |
| 22:1 undifferentiated.....g | 7.328 | | 2 | | 1 | 15.975 | 0.997 | 0.330 |
| 24:1 c.....g | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 22.541 | | 0 | | 1 | 49.139 | 3.066 | 1.014 |
| 18:2 undifferentiated.....g | 0.935 | | 2 | | 1 | 2.038 | 0.127 | 0.042 |
| 18:3 undifferentiated.....g | 0.935 | | 2 | | 1 | 2.038 | 0.127 | 0.042 |
| 18:4.....g | 0.935 | | 2 | | 1 | 2.038 | 0.127 | 0.042 |
| 20:2 n-6 c.c.....g | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | |
| 20:4 undifferentiated.....g | 0.935 | | 2 | | 1 | 2.038 | 0.127 | 0.042 |
| 20:5 n-3.....g | 6.898 | | 2 | | 1 | 15.038 | 0.938 | 0.310 |
| 22:5 n-3.....g | 0.935 | | 2 | | 1 | 2.038 | 0.127 | 0.042 |
| 22:6 n-3.....g | 10.968 | | 2 | | 1 | 23.910 | 1.492 | 0.494 |
| Fatty acids, total trans.....g | | | | | | | | |
| Cholesterol.....mg | 570 | | 1 | | 1 | 1243 | 78 | 26 |
| 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 = 218g: 1 cup
- Measure 2 = 13.6g: 1 tbsp
- Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04590
Fish oil, herring

| Nutrients and Units | <u>Amount in 100 grams of edible portion</u> | | | | <u>Amount in edible portion of common</u> | | | | |
|--|--|------------|----------------|------------|---|-------------------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number | | | <u>measures of food</u> | | | |
| | | | of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0.....g | 7.186 | | 17 | | 1 | | 15.665 | 0.977 | 0.323 |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 11.704 | | 17 | | 1 | | 25.515 | 1.592 | 0.527 |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 0.818 | | 17 | | 1 | | 1.783 | 0.111 | 0.037 |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 56.564 | | 0 | | 1 | | 123.310 | 7.693 | 2.545 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 9.642 | | 17 | | 1 | | 21.020 | 1.311 | 0.434 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 11.955 | | 17 | | 1 | | 26.062 | 1.626 | 0.538 |
| 20:1.....g | 13.625 | | 17 | | 1 | | 29.703 | 1.853 | 0.613 |
| 22:1 undifferentiated.....g | 20.613 | | 17 | | 1 | | 44.936 | 2.803 | 0.928 |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 15.604 | | 0 | | 1 | | 34.017 | 2.122 | 0.702 |
| 18:2 undifferentiated.....g | 1.149 | | 17 | | 1 | | 2.505 | 0.156 | 0.052 |
| 18:3 undifferentiated.....g | 0.763 | | 17 | | 1 | | 1.663 | 0.104 | 0.034 |
| 18:4.....g | 2.305 | | 17 | | 1 | | 5.025 | 0.313 | 0.104 |
| 20:2 n-6 c.c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.289 | | 17 | | 1 | | 0.630 | 0.039 | 0.013 |
| 20:5 n-3.....g | 6.273 | | 17 | | 1 | | 13.675 | 0.853 | 0.282 |
| 22:5 n-3.....g | 0.619 | 0.000 | 17 | | 1 | | 1.349 | 0.084 | 0.028 |
| 22:6 n-3.....g | 4.206 | | 17 | | 1 | | 9.169 | 0.572 | 0.189 |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 766 | | 1 | | 1 | | 1670 | 104 | 34 |
| 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 = 218g: 1 cup
- Measure 2 = 13.6g: 1 tbsp
- Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04591
Fish oil, menhaden

| Nutrients and Units | <u>Amount in 100 grams of edible portion</u> | | | | <u>Amount in edible portion of common</u> | | | |
|--|--|------------|----------------|------------|---|-----------|-----------|-------------|
| | Mean | Std. Error | Number | | Measure 1 | Measure 2 | Measure 3 | |
| | | | of Data Points | Deriv Code | | | | Source Code |
| 14:0.....g | 7.958 | | 4 | | 1 | 17.348 | 1.082 | 0.358 |
| 15:0.....g | | | | | | | | |
| 16:0.....g | 15.146 | | 4 | | 1 | 33.018 | 2.060 | 0.682 |
| 17:0.....g | | | | | | | | |
| 18:0.....g | 3.775 | | 4 | | 1 | 8.230 | 0.513 | 0.170 |
| 20:0.....g | | | | | | | | |
| 22:0.....g | | | | | | | | |
| 24:0.....g | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 26.694 | | 0 | | 1 | 58.193 | 3.630 | 1.201 |
| 14:1.....g | | | | | | | | |
| 15:1.....g | | | | | | | | |
| 16:1 undifferentiated.....g | 10.482 | | 4 | | 1 | 22.851 | 1.426 | 0.472 |
| 17:1.....g | | | | | | | | |
| 18:1 undifferentiated.....g | 14.527 | | 4 | | 1 | 31.669 | 1.976 | 0.654 |
| 20:1.....g | 1.332 | | 4 | | 1 | 2.904 | 0.181 | 0.060 |
| 22:1 undifferentiated.....g | 0.352 | | 4 | | 1 | 0.767 | 0.048 | 0.016 |
| 24:1 c.....g | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 34.197 | | 0 | | 1 | 74.549 | 4.651 | 1.539 |
| 18:2 undifferentiated.....g | 2.154 | | 4 | | 1 | 4.696 | 0.293 | 0.097 |
| 18:3 undifferentiated.....g | 1.490 | | 4 | | 1 | 3.248 | 0.203 | 0.067 |
| 18:4.....g | 2.739 | | 4 | | 1 | 5.971 | 0.373 | 0.123 |
| 20:2 n-6 c.c.....g | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | |
| 20:4 undifferentiated.....g | 1.169 | | 4 | | 1 | 2.548 | 0.159 | 0.053 |
| 20:5 n-3.....g | 13.168 | | 4 | | 1 | 28.706 | 1.791 | 0.593 |
| 22:5 n-3.....g | 4.915 | 0.000 | 4 | | 1 | 10.715 | 0.668 | 0.221 |
| 22:6 n-3.....g | 8.562 | | 4 | | 1 | 18.665 | 1.164 | 0.385 |
| Fatty acids, total trans.....g | | | | | | | | |
| Cholesterol.....mg | 521 | | 1 | | 1 | 1136 | 71 | 23 |
| 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 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04592

Fish oil, menhaden, fully hydrogenated

| 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 | 9.057 | | 1 | | 1 | | 18.567 | 1.132 | 0.408 |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 35.221 | | 1 | | 1 | | 72.203 | 4.403 | 1.585 |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 21.133 | | 1 | | 1 | | 43.323 | 2.642 | 0.951 |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total polyunsaturated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 500 | | 1 | | 1 | | 1025 | 63 | 23 |
| 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 = 205g: 1 cup
- Measure 2 = 12.5g: 1 tbsp
- Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

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

| 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 | | | Measure 1 | Measure 2 | Measure 3 |
| | | | Deriv Code | Source Code | Confidence Code | | | |
| 14:0.....g | 3.280 | | 1 | | 1 | 7.150 | 0.446 | 0.148 |
| 15:0.....g | | | | | | | | |
| 16:0.....g | 9.840 | | 1 | | 1 | 21.451 | 1.338 | 0.443 |
| 17:0.....g | | | | | | | | |
| 18:0.....g | 4.245 | | 1 | | 1 | 9.254 | 0.577 | 0.191 |
| 20:0.....g | | | | | | | | |
| 22:0.....g | | | | | | | | |
| 24:0.....g | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 29.037 | | 0 | | 1 | 63.301 | 3.949 | 1.307 |
| 14:1.....g | | | | | | | | |
| 15:1.....g | | | | | | | | |
| 16:1 undifferentiated.....g | 4.823 | | 1 | | 1 | 10.514 | 0.656 | 0.217 |
| 17:1.....g | | | | | | | | |
| 18:1 undifferentiated.....g | 16.978 | | 1 | | 1 | 37.012 | 2.309 | 0.764 |
| 20:1.....g | 3.859 | | 1 | | 1 | 8.413 | 0.525 | 0.174 |
| 22:1 undifferentiated.....g | 3.376 | | 1 | | 1 | 7.360 | 0.459 | 0.152 |
| 24:1 c.....g | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 40.324 | | 0 | | 1 | 87.906 | 5.484 | 1.815 |
| 18:2 undifferentiated.....g | 1.543 | | 1 | | 1 | 3.364 | 0.210 | 0.069 |
| 18:3 undifferentiated.....g | 1.061 | | 1 | | 1 | 2.313 | 0.144 | 0.048 |
| 18:4.....g | 2.798 | | 1 | | 1 | 6.100 | 0.381 | 0.126 |
| 20:2 n-6 c.c.....g | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | |
| 20:4 undifferentiated.....g | 0.675 | | 1 | | 1 | 1.472 | 0.092 | 0.030 |
| 20:5 n-3.....g | 13.023 | | 1 | | 1 | 28.390 | 1.771 | 0.586 |
| 22:5 n-3.....g | 2.991 | | 1 | | 1 | 6.520 | 0.407 | 0.135 |
| 22:6 n-3.....g | 18.232 | | 1 | | 1 | 39.746 | 2.480 | 0.820 |
| Fatty acids, total trans.....g | | | | | | | | |
| Cholesterol.....mg | 485 | | 1 | | 1 | 1057 | 66 | 22 |
| 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 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04594
Fish oil, sardine

| Nutrients and Units | <u>Amount in 100 grams of edible portion</u> | | | | <u>Amount in edible portion of common</u> | | | | |
|--|--|------------|----------------|------------|---|------------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number | | | measures of food | | | |
| | | | of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0.....g | 6.525 | | 2 | | 1 | | 14.225 | 0.887 | 0.294 |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 16.646 | | 2 | | 1 | | 36.288 | 2.264 | 0.749 |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 3.887 | | 2 | | 1 | | 8.474 | 0.529 | 0.175 |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 33.841 | | 0 | | 1 | | 73.773 | 4.602 | 1.523 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 7.514 | | 2 | | 1 | | 16.381 | 1.022 | 0.338 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 14.752 | | 2 | | 1 | | 32.159 | 2.006 | 0.664 |
| 20:1.....g | 5.986 | | 2 | | 1 | | 13.049 | 0.814 | 0.269 |
| 22:1 undifferentiated.....g | 5.589 | | 2 | | 1 | | 12.184 | 0.760 | 0.252 |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 31.867 | | 0 | | 1 | | 69.470 | 4.334 | 1.434 |
| 18:2 undifferentiated.....g | 2.014 | | 2 | | 1 | | 4.391 | 0.274 | 0.091 |
| 18:3 undifferentiated.....g | 1.327 | | 2 | | 1 | | 2.893 | 0.180 | 0.060 |
| 18:4.....g | 3.025 | | 2 | | 1 | | 6.595 | 0.411 | 0.136 |
| 20:2 n-6 c.c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 1.756 | | 2 | | 1 | | 3.828 | 0.239 | 0.079 |
| 20:5 n-3.....g | 10.137 | | 2 | | 1 | | 22.099 | 1.379 | 0.456 |
| 22:5 n-3.....g | 1.973 | | 2 | | 1 | | 4.301 | 0.268 | 0.089 |
| 22:6 n-3.....g | 10.656 | | 2 | | 1 | | 23.230 | 1.449 | 0.480 |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 710 | | 1 | | 1 | | 1548 | 97 | 32 |
| 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 = 218g: 1 cup
- Measure 2 = 13.6g: 1 tbsp
- Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 42231

Flaxseed oil

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 | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | |
| Energy.....kcal | 884 | | 0 | | 1 | | 1927 | 120 | |
| Energy.....kj | 3699 | | 0 | | 1 | | 8063 | 503 | |
| Protein.....g | 0.00 | | 0 | | 7 | | 0.00 | 0.00 | |
| Total lipid (fat).....g | 100.00 | | 0 | | 1 | | 218.00 | 13.60 | |
| Ash.....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Carbohydrate, by difference.....g | 0.00 | | 0 | | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary.....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Sugars, total.....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Iron, Fe.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Magnesium, Mg.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Phosphorus, P.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Potassium, K.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Sodium, Na.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Zinc, Zn.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Copper, Cu.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Thiamin.....mg | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| Riboflavin.....mg | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| Niacin.....mg | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| Pantothenic acid.....mg | | | | | | | | | |
| Vitamin B-6.....mg | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| Folate, total.....mcg | 0 | | 0 | | 7 | | 0 | 0 | |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food.....mcg | 0 | | 0 | | 7 | | 0 | 0 | |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total.....mg | 0.2 | | 0 | CAZN | 4 | | 0.4 | 0.0 | |
| 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 | AS | 1 | | 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 | | 4 | | 0 | 0 | |
| Lycopene.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol).....mg | 17.50 | | 0 | NR | 4 | | 38.15 | 2.38 | |
| 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 | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 9.400 | | 0 | | 1 | | 20.492 | 1.278 | |
| 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 | |

| Nutrients and Units | <u>Amount in 100 grams of edible portion</u> | | | | <u>Amount in edible portion of common measures of food</u> | | | | |
|--|--|------------|-----------------------|------------|--|-----------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | 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 | 5.300 | | 0 | | 1 | | 11.554 | 0.721 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 4.100 | | 0 | | 1 | | 8.938 | 0.558 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 20.200 | | 0 | | 1 | | 44.036 | 2.747 | |
| 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 | 20.200 | | 0 | | 1 | | 44.036 | 2.747 | |
| 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 | 66.000 | | 0 | | 1 | | 143.880 | 8.976 | |
| 18:2 undifferentiated.....g | 12.700 | | 0 | | 1 | | 27.686 | 1.727 | |
| 18:3 undifferentiated.....g | 53.300 | | 0 | | 1 | | 116.194 | 7.249 | |
| 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 | | 7 | | 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 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04002

Lard

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 | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | |
| Energy.....kcal | 902 | | 0 | NC | 4 | | 1849 | 115 | |
| Energy.....kj | 3774 | | 0 | NC | 4 | | 7737 | 483 | |
| Protein (N x 0).....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | |
| Total lipid (fat).....g | 100.00 | | 0 | | 1 | | 205.00 | 12.80 | |
| Ash.....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | |
| 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 | | 4 | | 0 | 0 | |
| Iron, Fe.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Magnesium, Mg.....mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phosphorus, P.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Potassium, K.....mg | 0 | | 3 | | 1 | | 0 | 0 | |
| Sodium, Na.....mg | 0 | | 3 | | 1 | | 0 | 0 | |
| Zinc, Zn.....mg | 0.11 | | 1 | | 4 | | 0.23 | 0.01 | |
| Copper, Cu.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Manganese, Mn.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Selenium, Se.....mcg | 0.2 | | 2 | A | 1 | | 0.4 | 0.0 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Thiamin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Riboflavin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Niacin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Pantothenic acid.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Vitamin B-6.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Folate, total.....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food.....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total.....mg | 49.7 | | 0 | BFFN | 4 | | 101.8 | 6.4 | |
| 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 | AS | 1 | | 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 | AS | 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 | 0.60 | | 1 | | 1 | | 1.23 | 0.08 | |
| Vitamin E, added.....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta.....mg | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | |
| Tocopherol, gamma.....mg | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | |
| Tocopherol, delta.....mg | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....mcg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 39.200 | | 0 | | 1 | | 80.360 | 5.018 | |
| 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 | 0.100 | 0.014 | 18 | | 1 | | 0.205 | 0.013 | |

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.200 | 0.087 | 22 | | 1 | | 0.410 | 0.026 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 1.300 | 0.068 | 33 | | 1 | | 2.665 | 0.166 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 23.800 | 0.295 | 38 | | 1 | | 48.790 | 3.046 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 13.500 | 0.435 | 38 | | 1 | | 27.675 | 1.728 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 45.100 | | 0 | | 1 | | 92.455 | 5.773 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 2.700 | 0.270 | 36 | | 1 | | 5.535 | 0.346 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 41.200 | 0.532 | 38 | | 1 | | 84.460 | 5.274 | |
| 20:1.....g | 1.000 | 0.210 | 7 | | 1 | | 2.050 | 0.128 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 11.200 | | 0 | | 1 | | 22.960 | 1.434 | |
| 18:2 undifferentiated.....g | 10.200 | 0.243 | 38 | | 1 | | 20.910 | 1.306 | |
| 18:3 undifferentiated.....g | 1.000 | 0.107 | 29 | | 1 | | 2.050 | 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 | 95 | | 0 | | 1 | | 195 | 12 | |
| Phytosterols.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Threonine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Isoleucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Leucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Lysine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Methionine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Cystine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Phenylalanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Tyrosine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Valine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Arginine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Histidine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Alanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Aspartic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Glutamic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Glycine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Proline.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Serine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 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. 04002

Lard

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04630

Margarine Spread, approximately 48% fat, tub

| 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 | | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | Points | Deriv Code | Code | | | | | |
| 14:0.....g | 0.038 | 0.001 | 6 | A | 1 | | | 0.005 | | |
| 15:0.....g | 0.000 | 0.000 | 6 | A | 1 | | | 0.000 | | |
| 16:0.....g | 4.862 | 0.026 | 6 | A | 1 | | | 0.681 | | |
| 17:0.....g | 0.049 | 0.001 | 6 | A | 1 | | | 0.007 | | |
| 18:0.....g | 3.425 | 0.027 | 6 | A | 1 | | | 0.479 | | |
| 20:0.....g | 0.162 | 0.003 | 6 | A | 1 | | | 0.023 | | |
| 22:0.....g | 0.185 | 0.003 | 6 | A | 1 | | | 0.026 | | |
| 24:0.....g | 0.071 | 0.002 | 6 | A | 1 | | | 0.010 | | |
| Fatty acids, total monounsaturated.....g | 16.416 | | 0 | NC | 4 | | | 2.298 | | |
| 14:1.....g | 0.000 | 0.000 | 6 | A | 1 | | | 0.000 | | |
| 15:1.....g | | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.034 | | 0 | AS | 1 | | | 0.005 | | |
| 16:1 c.....g | 0.034 | 0.001 | 6 | A | 1 | | | 0.005 | | |
| 16:1 t.....g | 0.000 | 0.000 | 6 | A | 1 | | | 0.000 | | |
| 17:1.....g | | | | | | | | | | |
| 18:1 undifferentiated.....g | 16.316 | | 0 | AS | 1 | | | 2.284 | | |
| 18:1 c.....g | 11.894 | 0.434 | 6 | A | 1 | | | 1.665 | | |
| 18:1-11c (18:1c n-7).....g | | | | | | | | | | |
| 18:1 t.....g | 4.422 | 0.442 | 6 | A | 1 | | | 0.619 | | |
| 18:1-11t (18:1t n-7).....g | | | | | | | | | | |
| 20:1.....g | 0.066 | 0.003 | 6 | A | 1 | | | 0.009 | | |
| 22:1 undifferentiated.....g | 0.000 | 0.000 | 6 | A | 1 | | | 0.000 | | |
| 24:1 c.....g | 0.000 | 0.000 | 6 | A | 1 | | | 0.000 | | |
| Fatty acids, total polyunsaturated.....g | 20.235 | | 0 | NC | 4 | | | 2.833 | | |
| 18:2 undifferentiated.....g | 17.886 | | 0 | AS | 1 | | | 2.504 | | |
| 18:2 n-6 c,c.....g | 17.355 | 0.938 | 6 | A | 1 | | | 2.430 | | |
| 18:2 CLAs.....g | | | | | | | | | | |
| 18:2 c,t.....g | | | | | | | | | | |
| 18:2 t,c.....g | | | | | | | | | | |
| 18:2 t,t.....g | | | | | | | | | | |
| 18:2 i.....g | 0.532 | 0.319 | 6 | A | 1 | | | 0.074 | | |
| 18:2 t not further defined.....g | | | | | | | | | | |
| 18:3 undifferentiated.....g | 2.121 | | 0 | AS | 1 | | | 0.297 | | |
| 18:3 n-3 c,c,c.....g | 2.121 | 0.255 | 6 | A | 1 | | | 0.297 | | |
| 18:3 n-6 c,c,c.....g | | | | | | | | | | |
| 18:3i.....g | | | | | | | | | | |
| 18:4.....g | 0.000 | | 6 | A | 1 | | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.228 | 0.026 | 6 | A | 1 | | | 0.032 | | |
| 20:3 undifferentiated.....g | 0.000 | 0.000 | 6 | A | 1 | | | 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 | | |
| 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 | | | | | | | | | | |
| 22:5 n-3.....g | 0.000 | 0.000 | 6 | A | 1 | | | 0.000 | | |
| 22:6 n-3.....g | 0.000 | | 6 | A | 1 | | | 0.000 | | |
| Fatty acids, total trans.....g | 4.422 | | 0 | NC | 4 | | | 0.619 | | |
| Fatty acids, total trans-monoenoic.....g | 4.422 | | 0 | NC | 4 | | | 0.619 | | |
| Fatty acids, total trans-polyenoic.....g | | | | | | | | | | |
| Cholesterol.....mg | 1 | 0.070 | 3 | A | 1 | | | 0 | | |
| Phytosterols.....mg | | | | | | | | | | |
| Stigmasterol.....mg | 20 | 0.521 | 6 | A | 1 | | | 3 | | |
| Campesterol.....mg | 22 | 0.664 | 6 | A | 1 | | | 3 | | |
| Beta-sitosterol.....mg | 62 | 1.070 | 6 | A | 1 | | | 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. 04630

Margarine Spread, approximately 48% fat, tub

Measure 1 = 14.0g: 1 tbsp

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

Food Group: 04 Fats and Oils

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

NDB No. 04631
Margarine spread, fat-free, tub

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 | 90.69 | | 2 | A | 1 | | 211.31 | 13.24 | |
| Energy.....kcal | 44 | | 0 | NC | 4 | | 103 | 6 | |
| Energy.....kj | 184 | | 0 | NC | 4 | | 430 | 27 | |
| Protein.....g | 0.10 | | 2 | A | 1 | | 0.23 | 0.01 | |
| Total lipid (fat).....g | 3.04 | | 2 | A | 1 | | 7.08 | 0.44 | |
| Ash.....g | 1.83 | | 2 | A | 1 | | 4.27 | 0.27 | |
| Carbohydrate, by difference.....g | 4.34 | | 0 | NC | 4 | | 10.10 | 0.63 | |
| Fiber, total dietary.....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total.....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 8 | | 2 | A | 1 | | 18 | 1 | |
| Iron, Fe.....mg | 0.08 | | 2 | A | 1 | | 0.19 | 0.01 | |
| Magnesium, Mg.....mg | 1 | | 2 | A | 1 | | 3 | 0 | |
| Phosphorus, P.....mg | 2 | | 2 | A | 1 | | 5 | 0 | |
| Potassium, K.....mg | 36 | | 2 | A | 1 | | 85 | 5 | |
| Sodium, Na.....mg | 580 | | 2 | A | 1 | | 1350 | 85 | |
| Zinc, Zn.....mg | 0.07 | | 2 | A | 1 | | 0.16 | 0.01 | |
| Copper, Cu.....mg | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| Manganese, Mn.....mg | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| Selenium, Se.....mcg | 0.0 | | 1 | A | 1 | | 0.0 | 0.0 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin.....mg | 1.011 | | 1 | A | 1 | | 2.356 | 0.148 | |
| Riboflavin.....mg | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| Niacin.....mg | 0.883 | | 1 | A | 1 | | 2.057 | 0.129 | |
| Pantothenic acid.....mg | 0.271 | | 1 | A | 1 | | 0.631 | 0.040 | |
| Vitamin B-6.....mg | 0.001 | | 1 | A | 1 | | 0.002 | 0.000 | |
| Folate, total.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total.....mg | 8.3 | | 0 | RA | 4 | | 19.4 | 1.2 | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin B-12, added.....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE.....mcg_RAE | 993 | | 0 | NC | 4 | | 2314 | 145 | |
| Retinol.....mcg | 993 | | 0 | NC | 4 | | 2314 | 145 | |
| 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 | 3307 | | 0 | Z | 4 | | 7705 | 483 | |
| Lycopene.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol).....mg | 0.52 | | 2 | A | 1 | | 1.21 | 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 | 0.1 | | 2 | A | 1 | | 0.1 | 0.0 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 2.128 | | 0 | NC | 4 | | 4.958 | 0.311 | |
| 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 | |

NDB No. 04631
Margarine spread, fat-free, tub

| 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 |
| | | | | | | | | | |
| 10:0.....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| 12:0.....g | 0.009 | | 2 | A | 1 | | 0.020 | 0.001 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.028 | | 2 | A | 1 | | 0.064 | 0.004 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 0.953 | | 2 | A | 1 | | 2.221 | 0.139 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 1.126 | | 2 | A | 1 | | 2.624 | 0.164 | |
| 20:0.....g | 0.012 | | 2 | A | 1 | | 0.028 | 0.002 | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 0.356 | | 0 | NC | 4 | | 0.829 | 0.052 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.178 | | 0 | AS | 1 | | 0.415 | 0.026 | |
| 18:1 c.....g | 0.010 | | 2 | A | 1 | | 0.023 | 0.001 | |
| 18:1-11c (18:1c n-7).....g | | | | | | | | | |
| 18:1 t.....g | 0.168 | | 2 | A | 1 | | 0.392 | 0.025 | |
| 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 | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.422 | | 0 | NC | 4 | | 0.984 | 0.062 | |
| 18:2 undifferentiated.....g | 0.376 | | 0 | AS | 1 | | 0.877 | 0.055 | |
| 18:2 n-6 c,c.....g | 0.376 | | 2 | A | 1 | | 0.877 | 0.055 | |
| 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 | | | | | | | | | |
| 18:3 undifferentiated.....g | 0.046 | | 0 | AS | 1 | | 0.108 | 0.007 | |
| 18:3 n-3 c,c,c.....g | 0.046 | | 2 | A | 1 | | 0.108 | 0.007 | |
| 18:3 n-6 c,c,c.....g | | | | | | | | | |
| 18:3i.....g | | | | | | | | | |
| 18:4.....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 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 | | 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 | 0.168 | | 0 | NC | 4 | | 0.392 | 0.025 | |
| Fatty acids, total trans-monoenoic.....g | 0.168 | | 0 | NC | 4 | | 0.392 | 0.025 | |
| Fatty acids, total trans-polyenoic.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 2 | A | 1 | | 1 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| Stigmasterol.....mg | 1 | | 2 | A | 1 | | 1 | 0 | |
| Campesterol.....mg | 1 | | 2 | A | 1 | | 2 | 0 | |
| Beta-sitosterol.....mg | 2 | | 2 | A | 1 | | 4 | 0 | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

NDB No. 04631
Margarine spread, fat-free, tub

| Nutrients and Units | <u>Amount in 100 grams of edible portion</u> | | | | <u>Amount in edible portion of common measures of food</u> | | | | |
|---------------------|--|------------|--------------------------|---------------|--|--------------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | 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 = 233g: 1 cup

Measure 2 = 14.6g: 1 tbsp

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate3.87

Food Group: 04 Fats and Oils

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

NDB No. 04628

Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils
(1)

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 | 16.52 | 0.265 | 10 | A | 1 | | 2.31 | | |
| Energy.....kcal | 717 | | 0 | NC | 4 | | 100 | | |
| Energy.....kj | 2999 | | 0 | NC | 4 | | 420 | | |
| Protein.....g | 0.16 | 0.015 | 10 | A | 1 | | 0.02 | | |
| Total lipid (fat).....g | 80.71 | 0.222 | 10 | A | 1 | | 11.30 | | |
| Ash.....g | 1.92 | 0.083 | 10 | A | 1 | | 0.27 | | |
| Carbohydrate, by difference.....g | 0.70 | | 0 | NC | 4 | | 0.10 | | |
| Fiber, total dietary.....g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Sugars, total.....g | | | | | | | | | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 3 | 0.166 | 8 | A | 1 | | 0 | | |
| Iron, Fe.....mg | 0.12 | 0.015 | 8 | A | 1 | | 0.02 | | |
| Magnesium, Mg.....mg | 1 | 0.030 | 8 | A | 1 | | 0 | | |
| Phosphorus, P.....mg | 5 | 0.202 | 8 | A | 1 | | 1 | | |
| Potassium, K.....mg | 18 | 0.862 | 6 | A | 1 | | 2 | | |
| Sodium, Na.....mg | 654 | 19.966 | 8 | A | 1 | | 92 | | |
| Zinc, Zn.....mg | 0.11 | 0.021 | 8 | A | 1 | | 0.01 | | |
| Copper, Cu.....mg | | | | | | | | | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | | | | | | | | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | | | | | | | | | |
| Thiamin.....mg | 0.012 | | 1 | A | 1 | | 0.002 | | |
| Riboflavin.....mg | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| Niacin.....mg | 0.003 | 0.003 | 4 | A | 1 | | 0.000 | | |
| Pantothenic acid.....mg | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| Vitamin B-6.....mg | 0.000 | | 1 | A | 1 | | 0.000 | | |
| Folate, total.....mcg | 1 | | 2 | A | 1 | | 0 | | |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food.....mcg | 1 | | 2 | A | 1 | | 0 | | |
| Folate, DFE.....mcg_DFE | 1 | | 0 | NC | 4 | | 0 | | |
| 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 | 5.23 | | 1 | A | 1 | | 0.73 | | |
| Tocopherol, beta.....mg | 0.36 | | 1 | A | 1 | | 0.05 | | |
| Tocopherol, gamma.....mg | 43.79 | | 1 | A | 1 | | 6.13 | | |
| Tocopherol, delta.....mg | 15.28 | | 1 | A | 1 | | 2.14 | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....mcg | 75.0 | 9.109 | 16 | A | 1 | | 10.5 | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 15.189 | | 0 | NC | 4 | | 2.126 | | |
| 4:0.....g | 0.000 | 0.000 | 9 | A | 1 | | 0.000 | | |
| 6:0.....g | 0.000 | 0.000 | 10 | A | 1 | | 0.000 | | |
| 8:0.....g | 0.000 | 0.000 | 10 | A | 1 | | 0.000 | | |
| 10:0.....g | 0.000 | 0.000 | 9 | A | 1 | | 0.000 | | |
| 12:0.....g | 0.000 | 0.000 | 10 | A | 1 | | 0.000 | | |

NDB No. 04628

Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils

(1)

| 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 |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.046 | 0.002 | 10 | A | 1 | | 0.006 | | |
| 15:0.....g | 0.016 | 0.001 | 10 | A | 1 | | 0.002 | | |
| 16:0.....g | 8.431 | 0.087 | 10 | A | 1 | | 1.180 | | |
| 17:0.....g | 0.068 | 0.002 | 10 | A | 1 | | 0.010 | | |
| 18:0.....g | 6.173 | 0.190 | 10 | A | 1 | | 0.864 | | |
| 20:0.....g | 0.261 | 0.006 | 10 | A | 1 | | 0.037 | | |
| 22:0.....g | 0.109 | 0.036 | 9 | A | 1 | | 0.015 | | |
| 24:0.....g | 0.085 | 0.004 | 10 | A | 1 | | 0.012 | | |
| Fatty acids, total monounsaturated.....g | 38.877 | | 0 | NC | 4 | | 5.443 | | |
| 14:1.....g | 0.000 | 0.000 | 10 | A | 1 | | 0.000 | | |
| 15:1.....g | 0.000 | 0.000 | 10 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.045 | 0.002 | 10 | AS | 1 | | 0.006 | | |
| 16:1 c.....g | 0.045 | 0.002 | 10 | A | 1 | | 0.006 | | |
| 16:1 t.....g | 0.000 | 0.000 | 10 | A | 1 | | 0.000 | | |
| 17:1.....g | 0.023 | 0.002 | 10 | A | 1 | | 0.003 | | |
| 18:1 undifferentiated.....g | 38.675 | 0.915 | 10 | AS | 1 | | 5.415 | | |
| 18:1 c.....g | 24.488 | 1.033 | 10 | A | 1 | | 3.428 | | |
| 18:1-11c (18:1c n-7).....g | | | | | | | | | |
| 18:1 t.....g | 14.187 | 0.901 | 10 | A | 1 | | 1.986 | | |
| 18:1-11t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.133 | 0.008 | 10 | A | 1 | | 0.019 | | |
| 22:1 undifferentiated.....g | 0.000 | 0.000 | 10 | AS | 1 | | 0.000 | | |
| 22:1 c.....g | 0.000 | 0.000 | 10 | A | 1 | | 0.000 | | |
| 22:1 t.....g | 0.000 | 0.000 | 10 | A | 1 | | 0.000 | | |
| 24:1 c.....g | 0.001 | 0.001 | 10 | A | 1 | | 0.000 | | |
| Fatty acids, total polyunsaturated.....g | 24.302 | | 0 | NC | 4 | | 3.402 | | |
| 18:2 undifferentiated.....g | 22.252 | 0.842 | 10 | AS | 1 | | 3.115 | | |
| 18:2 n-6 c,c.....g | 21.522 | 0.919 | 10 | A | 1 | | 3.013 | | |
| 18:2 CLAs.....g | 0.027 | 0.003 | 10 | A | 1 | | 0.004 | | |
| 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 | 0.703 | 0.096 | 10 | A | 1 | | 0.098 | | |
| 18:3 undifferentiated.....g | 2.040 | 0.330 | 10 | AS | 1 | | 0.286 | | |
| 18:3 n-3 c,c,c.....g | 1.957 | 0.313 | 10 | A | 1 | | 0.274 | | |
| 18:3 n-6 c,c,c.....g | 0.083 | 0.018 | 10 | A | 1 | | 0.012 | | |
| 18:3i.....g | | | | | | | | | |
| 18:4.....g | 0.000 | 0.000 | 10 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.004 | 0.001 | 10 | A | 1 | | 0.001 | | |
| 20:3 undifferentiated.....g | 0.001 | 0.001 | 10 | AS | 1 | | 0.000 | | |
| 20:3 n-3.....g | 0.000 | 0.000 | 10 | A | 1 | | 0.000 | | |
| 20:3 n-6.....g | 0.001 | 0.001 | 10 | A | 1 | | 0.000 | | |
| 20:4 undifferentiated.....g | 0.000 | 0.000 | 10 | A | 1 | | 0.000 | | |
| 20:4 n-3.....g | | | | | | | | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3.....g | 0.000 | 0.000 | 10 | A | 1 | | 0.000 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.000 | 0.000 | 10 | A | 1 | | 0.000 | | |
| 22:5 n-3.....g | 0.006 | 0.003 | 9 | A | 1 | | 0.001 | | |
| 22:6 n-3.....g | 0.000 | 0.000 | 10 | A | 1 | | 0.000 | | |
| Fatty acids, total trans.....g | 14.890 | | 0 | NC | 4 | | 2.085 | | |
| Fatty acids, total trans-monoenoic.....g | 14.187 | | 0 | NC | 4 | | 1.986 | | |
| Fatty acids, total trans-polyenoic.....g | 0.703 | | 0 | NC | 4 | | 0.098 | | |
| Cholesterol.....mg | 0 | 0.000 | 4 | A | 1 | | 0 | | |
| Phytosterols.....mg | | | | | | | | | |
| Stigmasterol.....mg | 35 | | 1 | A | 1 | | 5 | | |
| Campesterol.....mg | 75 | | 1 | A | 1 | | 11 | | |
| Beta-sitosterol.....mg | 275 | | 1 | A | 1 | | 38 | | |

Blanks in the 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. 04628

Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils
(1)

| Nutrients and Units | <u>Amount in 100 grams of edible portion</u> | | | | | | <u>Amount in edible portion of common measures of food</u> | | |
|---------------------|--|------------|--------------------------|---------------|----------------|--------------------|--|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | 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 = 14.0g: 1 tbsp

Footnotes:

1 Other phytosterols and phytosteranols identified include: beta-sitosterol (10.27 mg), campestanol (2.93 mg) and delta-5 avenasterol (11.62 mg)

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate3.87

Food Group: 04 Fats and Oils

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

NDB No. 04684

Margarine, 80% fat, tub, CANOLA HARVEST Soft Spread (canola, palm and palm kernel oils)

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 | 16.06 | 0.429 | 4 | A | 1 | | 2.25 | | |
| Energy.....kcal | 730 | | 0 | NC | 4 | | 102 | | |
| Energy.....kj | 3055 | | 0 | NC | 4 | | 428 | | |
| Protein.....g | 0.41 | 0.083 | 4 | A | 1 | | 0.06 | | |
| Total lipid (fat).....g | 80.32 | 0.339 | 4 | A | 1 | | 11.24 | | |
| Ash.....g | 1.82 | 0.046 | 4 | A | 1 | | 0.26 | | |
| Carbohydrate, by difference.....g | 1.39 | | 0 | NC | 4 | | 0.19 | | |
| 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 | 714 | | 0 | LC | 8 | | 100 | | |
| Zinc, Zn.....mg | | | | | | | | | |
| Copper, Cu.....mg | | | | | | | | | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 11.648 | | 0 | NC | 4 | | 1.631 | | |
| 4:0.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 6:0.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 8:0.....g | 0.015 | 0.004 | 4 | A | 1 | | 0.002 | | |
| 10:0.....g | 0.046 | 0.012 | 4 | A | 1 | | 0.006 | | |
| 12:0.....g | 1.183 | 0.052 | 4 | A | 1 | | 0.166 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.572 | 0.031 | 4 | A | 1 | | 0.080 | | |
| 15:0.....g | 0.021 | 0.004 | 4 | A | 1 | | 0.003 | | |
| 16:0.....g | 7.362 | 0.085 | 4 | A | 1 | | 1.031 | | |
| 17:0.....g | 0.047 | 0.001 | 4 | A | 1 | | 0.007 | | |
| 18:0.....g | 1.812 | 0.051 | 4 | A | 1 | | 0.254 | | |
| 20:0.....g | 0.434 | 0.008 | 4 | A | 1 | | 0.061 | | |
| 22:0.....g | 0.059 | 0.059 | 4 | A | 1 | | 0.008 | | |
| 24:0.....g | 0.098 | 0.002 | 4 | A | 1 | | 0.014 | | |
| Fatty acids, total monounsaturated.....g | 45.262 | | 0 | NC | 4 | | 6.337 | | |
| 14:1.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 15:1.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.142 | 0.002 | 4 | AS | 1 | | 0.020 | | |
| 16:1 c.....g | 0.142 | 0.002 | 4 | A | 1 | | 0.020 | | |
| 16:1 t.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 17:1.....g | 0.053 | 0.000 | 4 | A | 1 | | 0.007 | | |
| 18:1 undifferentiated.....g | 43.641 | 0.294 | 4 | AS | 1 | | 6.110 | | |
| 18:1 c.....g | 43.556 | 0.302 | 4 | A | 1 | | 6.098 | | |
| 18:1-11c (18:1c n-7).....g | | | | | | | | | |
| 18:1 t.....g | 0.085 | 0.010 | 4 | A | 1 | | 0.012 | | |
| 18:1-11t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 1.263 | 0.056 | 4 | A | 1 | | 0.177 | | |
| 22:1 undifferentiated.....g | 0.033 | 0.003 | 4 | AS | 1 | | 0.005 | | |
| 22:1 c.....g | 0.033 | 0.003 | 4 | A | 1 | | 0.005 | | |
| 22:1 t.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 24:1 c.....g | 0.131 | 0.003 | 4 | A | 1 | | 0.018 | | |
| Fatty acids, total polyunsaturated.....g | 21.344 | | 0 | NC | 4 | | 2.988 | | |
| 18:2 undifferentiated.....g | 14.489 | 0.080 | 4 | AS | 1 | | 2.029 | | |
| 18:2 n-6 c,c.....g | 14.231 | 0.096 | 4 | A | 1 | | 1.992 | | |
| 18:2 CLAs.....g | 0.040 | 0.001 | 4 | A | 1 | | 0.006 | | |

NDB No. 04684

Margarine, 80% fat, tub, CANOLA HARVEST Soft Spread (canola, palm and palm kernel oils)

| 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 | | | Measure 1 | Measure 2 | Measure 3 |
| | | | Deriv Code | Source Code | Confidence Code | | | |
| 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 | 0.219 | 0.042 | 4 | A | 1 | | | 0.031 |
| 18:3 undifferentiated.....g | 6.766 | 0.189 | 4 | AS | 1 | | | 0.947 |
| 18:3 n-3 c,c,c.....g | 6.176 | 0.230 | 4 | A | 1 | | | 0.865 |
| 18:3 n-6 c,c,c.....g | 0.590 | 0.059 | 4 | A | 1 | | | 0.083 |
| 18:3i.....g | | | | | | | | |
| 18:4.....g | 0.000 | 0.000 | 4 | A | 1 | | | 0.000 |
| 20:2 n-6 c,c.....g | 0.041 | 0.004 | 4 | A | 1 | | | 0.006 |
| 20:3 undifferentiated.....g | 0.039 | 0.002 | 4 | AS | 1 | | | 0.005 |
| 20:3 n-3.....g | 0.000 | 0.000 | 4 | A | 1 | | | 0.000 |
| 20:3 n-6.....g | 0.039 | 0.002 | 4 | A | 1 | | | 0.005 |
| 20:4 undifferentiated.....g | 0.000 | 0.000 | 4 | A | 1 | | | 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 |
| 21:5.....g | | | | | | | | |
| 22:4.....g | 0.000 | 0.000 | 4 | A | 1 | | | 0.000 |
| 22:5 n-3.....g | 0.005 | 0.003 | 4 | A | 1 | | | 0.001 |
| 22:6 n-3.....g | 0.003 | 0.003 | 4 | A | 1 | | | 0.000 |
| Fatty acids, total trans.....g | 0.303 | | 0 | NC | 4 | | | 0.042 |
| Fatty acids, total trans-monoenoic.....g | 0.085 | | 0 | NC | 4 | | | 0.012 |
| Fatty acids, total trans-polyenoic.....g | 0.219 | | 0 | NC | 4 | | | 0.031 |
| 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 = 14.0g: 1 tablespoon (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04665

Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries

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 | 15.80 | | 0 | BFZN | 4 | | 2.21 | | |
| Energy.....kcal | 714 | | 0 | LC | 8 | | 100 | | |
| Energy.....kj | 2989 | | 0 | LC | 8 | | 418 | | |
| Protein.....g | 1.90 | | 0 | BFZN | 4 | | 0.27 | | |
| Total lipid (fat).....g | 80.20 | | 1 | PAK | 1 | | 11.23 | | |
| Ash.....g | 2.00 | | 0 | BFZN | 4 | | 0.28 | | |
| Carbohydrate, by difference.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Fiber, total dietary.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Sugars, total.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 66 | | 0 | BFZN | 4 | | 9 | | |
| Iron, Fe.....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Magnesium, Mg.....mg | 6 | | 0 | BFZN | 4 | | 1 | | |
| Phosphorus, P.....mg | 51 | | 0 | BFZN | 4 | | 7 | | |
| Potassium, K.....mg | 94 | | 0 | BFZN | 4 | | 13 | | |
| Sodium, Na.....mg | 879 | | 0 | LC | 8 | | 123 | | |
| Zinc, Zn.....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Copper, Cu.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.4 | | 0 | BFZN | 4 | | 0.0 | | |
| Thiamin.....mg | 0.022 | | 0 | BFZN | 4 | | 0.003 | | |
| Riboflavin.....mg | 0.081 | | 0 | BFZN | 4 | | 0.011 | | |
| Niacin.....mg | 0.050 | | 0 | BFZN | 4 | | 0.007 | | |
| Pantothenic acid.....mg | 0.187 | | 0 | BFZN | 4 | | 0.026 | | |
| Vitamin B-6.....mg | 0.019 | | 0 | BFZN | 4 | | 0.003 | | |
| Folate, total.....mcg | 3 | | 0 | BFZN | 4 | | 0 | | |
| Folic acid.....mcg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folate, food.....mcg | 3 | | 0 | BFZN | 4 | | 0 | | |
| Folate, DFE.....mcg_DFE | 3 | | 0 | NC | 4 | | 0 | | |
| Choline, total.....mg | | | | | | | | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.21 | | 0 | BFZN | 4 | | 0.03 | | |
| Vitamin B-12, added.....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE.....mcg_RAE | 1032 | | 0 | NC | 4 | | 144 | | |
| Retinol.....mcg | 981 | | 0 | NR | 4 | | 137 | | |
| Carotene, beta.....mcg | 610 | | 0 | BFZN | 4 | | 85 | | |
| Carotene, alpha.....mcg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Vitamin A, IU.....IU | 4286 | | 0 | LC | 8 | | 600 | | |
| Lycopene.....mcg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Lutein + zeaxanthin.....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol).....mg | 4.60 | | 0 | BFZN | 4 | | 0.64 | | |
| 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 | 106.2 | | 0 | BFZN | 4 | | 14.9 | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 20.442 | | 0 | NC | 4 | | 2.862 | | |
| 4:0.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 6:0.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 8:0.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 10:0.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |

Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.052 | | 1 | A | 1 | | 0.007 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.121 | | 1 | A | 1 | | 0.017 | | |
| 15:0.....g | 0.038 | | 1 | A | 1 | | 0.005 | | |
| 16:0.....g | 9.604 | | 1 | A | 1 | | 1.344 | | |
| 17:0.....g | 0.107 | | 1 | A | 1 | | 0.015 | | |
| 18:0.....g | 9.959 | | 1 | A | 1 | | 1.394 | | |
| 20:0.....g | 0.284 | | 1 | A | 1 | | 0.040 | | |
| 22:0.....g | 0.277 | | 1 | A | 1 | | 0.039 | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 46.692 | | 0 | NC | 4 | | 6.537 | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.061 | | 0 | AS | 1 | | 0.009 | | |
| 16:1 c.....g | 0.061 | | 1 | A | 1 | | 0.009 | | |
| 16:1 t.....g | | | | | | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 46.631 | | 0 | AS | 1 | | 6.528 | | |
| 18:1 c.....g | 25.077 | | 1 | A | 1 | | 3.511 | | |
| 18:1-11c (18:1c n-7).....g | | | | | | | | | |
| 18:1 t.....g | 21.554 | | 1 | A | 1 | | 3.018 | | |
| 18:1-11t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 22:1 undifferentiated.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 9.265 | | 0 | NC | 4 | | 1.297 | | |
| 18:2 undifferentiated.....g | 8.478 | | 0 | AS | 1 | | 1.187 | | |
| 18:2 n-6 c,c.....g | 5.759 | | 1 | A | 1 | | 0.806 | | |
| 18:2 CLAs.....g | | | | | | | | | |
| 18:2 c,t.....g | | | | | | | | | |
| 18:2 t,c.....g | | | | | | | | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | 2.719 | | 1 | A | 1 | | 0.381 | | |
| 18:2 t not further defined.....g | | | | | | | | | |
| 18:3 undifferentiated.....g | 0.786 | | 0 | AS | 1 | | 0.110 | | |
| 18:3 n-3 c,c,c.....g | 0.313 | | 1 | A | 1 | | 0.044 | | |
| 18:3 n-6 c,c,c.....g | | | | | | | | | |
| 18:3i.....g | 0.473 | | 1 | A | 1 | | 0.066 | | |
| 18:4.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:3 n-3.....g | | | | | | | | | |
| 20:3 n-6.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 20:4 n-3.....g | | | | | | | | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | | | | | | | | | |
| 22:5 n-3.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 22:6 n-3.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| Fatty acids, total trans.....g | 24.747 | | 0 | NC | 4 | | 3.465 | | |
| Fatty acids, total trans-monoenoic.....g | 21.554 | | 0 | NC | 4 | | 3.018 | | |
| Fatty acids, total trans-polyenoic.....g | 3.193 | | 0 | NC | 4 | | 0.447 | | |
| Cholesterol.....mg | 0 | | 0 | LC | 8 | | 0 | | |
| Phytosterols.....mg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Caffeine.....mg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Theobromine.....mg | 0 | | 0 | BFZN | 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.

NDB No. 04665

Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries

Common Measures:

Measure 1 = 14.0g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04668

Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy

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 | 17.17 | | 0 | BFZN | 4 | | 38.98 | 2.40 | 0.81 |
| Energy.....kcal | 714 | | 0 | LC | 8 | | 1621 | 100 | 34 |
| Energy.....kj | 2989 | | 0 | LC | 8 | | 6784 | 418 | 140 |
| Protein (N x 6.38).....g | 0.18 | | 0 | BFZN | 4 | | 0.40 | 0.02 | 0.01 |
| Total lipid (fat).....g | 80.00 | | 1 | PAK | 1 | | 181.60 | 11.20 | 3.76 |
| Ash.....g | 1.94 | | 0 | BFZN | 4 | | 4.41 | 0.27 | 0.09 |
| Carbohydrate, by difference.....g | 0.71 | | 0 | NC | 4 | | 1.61 | 0.10 | 0.03 |
| Fiber, total dietary.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total.....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 3 | | 0 | BFZN | 4 | | 7 | 0 | 0 |
| Iron, Fe.....mg | 0.12 | | 0 | BFZN | 4 | | 0.28 | 0.02 | 0.01 |
| Magnesium, Mg.....mg | 1 | | 0 | BFZN | 4 | | 2 | 0 | 0 |
| Phosphorus, P.....mg | 5 | | 0 | BFZN | 4 | | 12 | 1 | 0 |
| Potassium, K.....mg | 18 | | 0 | BFZN | 4 | | 40 | 2 | 1 |
| Sodium, Na.....mg | 886 | | 0 | LC | 8 | | 2011 | 124 | 42 |
| Zinc, Zn.....mg | 0.11 | | 0 | BFZN | 4 | | 0.24 | 0.01 | 0.00 |
| Copper, Cu.....mg | | | | | | | | | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | | | | | | | | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | | | | | | | | | |
| Thiamin.....mg | 0.012 | | 0 | BFZN | 4 | | 0.027 | 0.002 | 0.001 |
| Riboflavin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Niacin.....mg | 0.003 | | 0 | BFZN | 4 | | 0.006 | 0.000 | 0.000 |
| Pantothenic acid.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total.....mcg | 1 | | 0 | BFZN | 4 | | 3 | 0 | 0 |
| Folic acid.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folate, food.....mcg | 1 | | 0 | BFZN | 4 | | 3 | 0 | 0 |
| Folate, DFE.....mcg_DFE | 1 | | 0 | NC | 4 | | 3 | 0 | 0 |
| Choline, total.....mg | | | | | | | | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.21 | | 0 | BFZN | 4 | | 0.48 | 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 | | | | | | | | | |
| Retinol.....mcg | | | | | | | | | |
| Carotene, beta.....mcg | | | | | | | | | |
| Carotene, alpha.....mcg | | | | | | | | | |
| Cryptoxanthin, beta.....mcg | | | | | | | | | |
| Vitamin A, IU.....IU | 3571 | | 0 | LC | 8 | | 8107 | 500 | 168 |
| Lycopene.....mcg | | | | | | | | | |
| Lutein + zeaxanthin.....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol).....mg | 6.23 | | 0 | BFZN | 4 | | 14.15 | 0.87 | 0.29 |
| 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 | 75.0 | | 0 | BFZN | 4 | | 170.3 | 10.5 | 3.5 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 16.321 | | 0 | NC | 4 | | 37.048 | 2.285 | 0.767 |
| 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 |

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion of common measures of food | | | |
|--|---------------------------------------|------------|----------------|--------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number | Source | Confidence | Measure 1 | Measure 2 | Measure 3 |
| | | | of Data Points | | | | | |
| 12:0.....g | 0.179 | | 1 | A | 1 | 0.407 | 0.025 | 0.008 |
| 13:0.....g | | | | | | | | |
| 14:0.....g | 0.106 | | 1 | A | 1 | 0.240 | 0.015 | 0.005 |
| 15:0.....g | 0.038 | | 1 | A | 1 | 0.086 | 0.005 | 0.002 |
| 16:0.....g | 8.912 | | 1 | A | 1 | 20.231 | 1.248 | 0.419 |
| 17:0.....g | 0.091 | | 1 | A | 1 | 0.207 | 0.013 | 0.004 |
| 18:0.....g | 6.465 | | 1 | A | 1 | 14.676 | 0.905 | 0.304 |
| 20:0.....g | 0.260 | | 1 | A | 1 | 0.591 | 0.036 | 0.012 |
| 22:0.....g | 0.269 | | 1 | A | 1 | 0.610 | 0.038 | 0.013 |
| 24:0.....g | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 37.460 | | 0 | NC | 4 | 85.035 | 5.244 | 1.761 |
| 14:1.....g | | | | | | | | |
| 15:1.....g | | | | | | | | |
| 16:1 undifferentiated.....g | 0.053 | | 0 | AS | 1 | 0.120 | 0.007 | 0.002 |
| 16:1 c.....g | 0.053 | | 1 | A | 1 | 0.120 | 0.007 | 0.002 |
| 16:1 t.....g | | | | | | | | |
| 17:1.....g | | | | | | | | |
| 18:1 undifferentiated.....g | 37.323 | | 0 | AS | 1 | 84.723 | 5.225 | 1.754 |
| 18:1 c.....g | 18.353 | | 1 | A | 1 | 41.661 | 2.569 | 0.863 |
| 18:1-11c (18:1c n-7).....g | | | | | | | | |
| 18:1 t.....g | 18.970 | | 1 | A | 1 | 43.062 | 2.656 | 0.892 |
| 18:1-11t (18:1t n-7).....g | | | | | | | | |
| 20:1.....g | 0.084 | | 1 | A | 1 | 0.192 | 0.012 | 0.004 |
| 22:1 undifferentiated.....g | 0.000 | | 1 | A | 1 | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 22.422 | | 0 | NC | 4 | 50.898 | 3.139 | 1.054 |
| 18:2 undifferentiated.....g | 19.665 | | 0 | AS | 1 | 44.640 | 2.753 | 0.924 |
| 18:2 n-6 c,c.....g | 18.400 | | 1 | A | 1 | 41.769 | 2.576 | 0.865 |
| 18:2 CLAs.....g | | | | | | | | |
| 18:2 c,t.....g | | | | | | | | |
| 18:2 t,c.....g | | | | | | | | |
| 18:2 t,t.....g | | | | | | | | |
| 18:2 i.....g | 1.265 | | 1 | A | 1 | 2.871 | 0.177 | 0.059 |
| 18:2 t not further defined.....g | | | | | | | | |
| 18:3 undifferentiated.....g | 2.757 | | 0 | AS | 1 | 6.258 | 0.386 | 0.130 |
| 18:3 n-3 c,c,c.....g | 2.414 | | 1 | A | 1 | 5.480 | 0.338 | 0.113 |
| 18:3 n-6 c,c,c.....g | | | | | | | | |
| 18:3i.....g | 0.343 | | 1 | A | 1 | 0.778 | 0.048 | 0.016 |
| 18:4.....g | 0.000 | | 1 | A | 1 | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | |
| 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 | | 1 | A | 1 | 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 | 20.578 | | 0 | NC | 4 | 46.711 | 2.881 | 0.967 |
| Fatty acids, total trans-monoenoic.....g | 18.970 | | 0 | NC | 4 | 43.062 | 2.656 | 0.892 |
| Fatty acids, total trans-polyenoic.....g | 1.608 | | 0 | NC | 4 | 3.649 | 0.225 | 0.076 |
| Cholesterol.....mg | 0 | | 0 | LC | 8 | 0 | 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 = 227g: 1 cup

NDB No. 04668

Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy

Measure 2 = 14.0g: 1 tbsp

Measure 3 = 4.7g: 1 tsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04613

Margarine, margarine-like vegetable oil spread, 60% fat, tub

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 | Source | Measure 1 | Measure 2 | Measure 3 |
| | | | | Code | Code | | | |
| Proximates: | | | | | | | | |
| Water.....g | 37.58 | 0.175 | 16 | A | 1 | 86.05 | 1.80 | 5.26 |
| Energy.....kcal | 533 | | 0 | NC | 4 | 1221 | 26 | 75 |
| Energy.....kj | 2230 | | 0 | NC | 4 | 5107 | 107 | 312 |
| Protein (N x 6.25).....g | 0.17 | 0.030 | 16 | A | 1 | 0.38 | 0.01 | 0.02 |
| Total lipid (fat).....g | 59.81 | 0.130 | 16 | A | 1 | 136.96 | 2.87 | 8.37 |
| Ash.....g | 1.59 | 0.044 | 16 | A | 1 | 3.64 | 0.08 | 0.22 |
| Carbohydrate, by difference.....g | 0.86 | | 0 | NC | 4 | 1.97 | 0.04 | 0.12 |
| Fiber, total dietary.....g | 0.0 | | 0 | Z | 7 | 0.0 | 0.0 | 0.0 |
| Sugars, total.....g | 0.00 | | 0 | CAZN | 4 | 0.00 | 0.00 | 0.00 |
| Starch.....g | | | | | | | | |
| Minerals: | | | | | | | | |
| Calcium, Ca.....mg | 21 | | 0 | BFZN | 4 | 48 | 1 | 3 |
| Iron, Fe.....mg | 0.00 | | 0 | BFZN | 4 | 0.00 | 0.00 | 0.00 |
| Magnesium, Mg.....mg | 2 | | 0 | BFZN | 4 | 5 | 0 | 0 |
| Phosphorus, P.....mg | 16 | | 0 | BFZN | 4 | 37 | 1 | 2 |
| Potassium, K.....mg | 30 | | 0 | BFZN | 4 | 69 | 1 | 4 |
| Sodium, Na.....mg | 785 | | 0 | BFZN | 4 | 1798 | 38 | 110 |
| Zinc, Zn.....mg | 0.00 | | 0 | BFZN | 4 | 0.00 | 0.00 | 0.00 |
| Copper, Cu.....mg | 0.000 | | 0 | BFZN | 4 | 0.000 | 0.000 | 0.000 |
| Manganese, Mn.....mg | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | Z | 7 | 0.0 | 0.0 | 0.0 |
| Vitamins: | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.1 | | 0 | BFZN | 4 | 0.2 | 0.0 | 0.0 |
| Thiamin.....mg | 0.007 | | 0 | BFZN | 4 | 0.016 | 0.000 | 0.001 |
| Riboflavin.....mg | 0.026 | | 0 | BFZN | 4 | 0.060 | 0.001 | 0.004 |
| Niacin.....mg | 0.016 | | 0 | BFZN | 4 | 0.037 | 0.001 | 0.002 |
| Pantothenic acid.....mg | 0.001 | | 1 | A | 1 | 0.001 | 0.000 | 0.000 |
| Vitamin B-6.....mg | 3.750 | 0.710 | 4 | A | 1 | 8.587 | 0.180 | 0.525 |
| Folate, total.....mcg | 1 | | 0 | BFZN | 4 | 2 | 0 | 0 |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | 0 | 0 | 0 |
| Folate, food.....mcg | 1 | | 0 | BFZN | 4 | 2 | 0 | 0 |
| Folate, DFE.....mcg_DFE | 1 | | 0 | NC | 4 | 2 | 0 | 0 |
| Choline, total.....mg | 10.2 | | 0 | AS | 1 | 23.5 | 0.5 | 1.4 |
| Betaine.....mg | | | | | | | | |
| Vitamin B-12.....mcg | 10.80 | 1.859 | 4 | A | 1 | 24.73 | 0.52 | 1.51 |
| Vitamin B-12, added.....mcg | 0.00 | | 0 | Z | 7 | 0.00 | 0.00 | 0.00 |
| Vitamin A, RAE.....mcg_RAE | 819 | | 0 | NC | 4 | 1875 | 39 | 115 |
| Retinol.....mcg | 768 | | 0 | CAZN | 4 | 1759 | 37 | 108 |
| Carotene, beta.....mcg | 610 | | 0 | CAZN | 4 | 1397 | 29 | 85 |
| Carotene, alpha.....mcg | 0 | | 0 | CAZN | 4 | 0 | 0 | 0 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | CAZN | 4 | 0 | 0 | 0 |
| Vitamin A, IU.....IU | 3571 | | 0 | ML | 5 | 8178 | 171 | 500 |
| Lycopene.....mcg | 0 | | 0 | CAZN | 4 | 0 | 0 | 0 |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | CAZN | 4 | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol).....mg | 21.12 | 5.266 | 6 | A | 1 | 48.36 | 1.01 | 2.96 |
| Vitamin E, added.....mg | 0.00 | | 0 | Z | 7 | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta.....mg | 0.23 | 0.008 | 6 | A | 1 | 0.54 | 0.01 | 0.03 |
| Tocopherol, gamma.....mg | 21.98 | 3.388 | 6 | A | 1 | 50.33 | 1.06 | 3.08 |
| Tocopherol, delta.....mg | 6.92 | 1.214 | 6 | A | 1 | 15.86 | 0.33 | 0.97 |
| Vitamin D.....IU | | | | | | | | |
| Vitamin K (phylloquinone).....mcg | 101.3 | 2.657 | 6 | A | 1 | 231.9 | 4.9 | 14.2 |
| Lipids: | | | | | | | | |
| Fatty acids, total saturated.....g | 12.086 | | 0 | NC | 4 | 27.677 | 0.580 | 1.692 |
| 4:0.....g | 0.014 | 0.006 | 16 | A | 1 | 0.031 | 0.001 | 0.002 |
| 6:0.....g | 0.006 | 0.003 | 16 | A | 1 | 0.013 | 0.000 | 0.001 |
| 8:0.....g | 0.009 | 0.004 | 15 | A | 1 | 0.021 | 0.000 | 0.001 |
| 10:0.....g | 0.072 | 0.011 | 15 | A | 1 | 0.166 | 0.003 | 0.010 |

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.200 | 0.079 | 15 | A | 1 | | 0.458 | 0.010 | 0.028 |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.164 | 0.039 | 16 | A | 1 | | 0.377 | 0.008 | 0.023 |
| 15:0.....g | 0.014 | 0.002 | 16 | A | 1 | | 0.033 | 0.001 | 0.002 |
| 16:0.....g | 6.359 | 0.107 | 16 | A | 1 | | 14.562 | 0.305 | 0.890 |
| 17:0.....g | 0.052 | 0.003 | 16 | A | 1 | | 0.120 | 0.003 | 0.007 |
| 18:0.....g | 4.756 | 0.434 | 16 | A | 1 | | 10.890 | 0.228 | 0.666 |
| 20:0.....g | 0.211 | 0.003 | 16 | A | 1 | | 0.483 | 0.010 | 0.030 |
| 22:0.....g | 0.156 | 0.018 | 16 | A | 1 | | 0.357 | 0.007 | 0.022 |
| 24:0.....g | 0.072 | 0.002 | 16 | A | 1 | | 0.165 | 0.003 | 0.010 |
| Fatty acids, total monounsaturated.....g | 19.348 | | 0 | NC | 4 | | 44.306 | 0.929 | 2.709 |
| 14:1.....g | 0.002 | 0.001 | 16 | A | 1 | | 0.004 | 0.000 | 0.000 |
| 15:1.....g | 0.000 | 0.000 | 16 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 16:1 undifferentiated.....g | 0.054 | | 0 | AS | 1 | | 0.123 | 0.003 | 0.008 |
| 16:1 c.....g | 0.054 | 0.001 | 16 | A | 1 | | 0.123 | 0.003 | 0.008 |
| 16:1 t.....g | 0.000 | 0.000 | 16 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 17:1.....g | 0.024 | 0.001 | 16 | A | 1 | | 0.054 | 0.001 | 0.003 |
| 18:1 undifferentiated.....g | 19.066 | | 0 | AS | 1 | | 43.662 | 0.915 | 2.669 |
| 18:1 c.....g | 15.683 | 0.491 | 16 | A | 1 | | 35.913 | 0.753 | 2.196 |
| 18:1-11c (18:1c n-7).....g | | | | | | | | | |
| 18:1 t.....g | 3.384 | 0.857 | 16 | A | 1 | | 7.749 | 0.162 | 0.474 |
| 18:1-11t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.194 | 0.013 | 16 | A | 1 | | 0.444 | 0.009 | 0.027 |
| 22:1 undifferentiated.....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 22:1 c.....g | 0.000 | 0.000 | 15 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 22:1 t.....g | 0.000 | 0.000 | 16 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | 0.008 | 0.004 | 15 | A | 1 | | 0.019 | 0.000 | 0.001 |
| Fatty acids, total polyunsaturated.....g | 26.477 | | 0 | NC | 4 | | 60.633 | 1.271 | 3.707 |
| 18:2 undifferentiated.....g | 23.736 | | 0 | AS | 1 | | 54.356 | 1.139 | 3.323 |
| 18:2 n-6 c,c.....g | 23.423 | 0.616 | 16 | A | 1 | | 53.639 | 1.124 | 3.279 |
| 18:2 CLAs.....g | 0.033 | 0.002 | 16 | A | 1 | | 0.076 | 0.002 | 0.005 |
| 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 | 0.280 | 0.034 | 16 | A | 1 | | 0.641 | 0.013 | 0.039 |
| 18:3 undifferentiated.....g | 2.715 | | 0 | AS | 1 | | 6.216 | 0.130 | 0.380 |
| 18:3 n-3 c,c,c.....g | 2.669 | 0.264 | 16 | A | 1 | | 6.111 | 0.128 | 0.374 |
| 18:3 n-6 c,c,c.....g | 0.046 | 0.012 | 16 | A | 1 | | 0.105 | 0.002 | 0.006 |
| 18:3i.....g | | | | | | | | | |
| 18:4.....g | 0.000 | 0.000 | 16 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | 0.016 | 0.003 | 16 | A | 1 | | 0.036 | 0.001 | 0.002 |
| 20:3 undifferentiated.....g | 0.006 | | 0 | AS | 1 | | 0.014 | 0.000 | 0.001 |
| 20:3 n-3.....g | 0.002 | 0.001 | 16 | A | 1 | | 0.004 | 0.000 | 0.000 |
| 20:3 n-6.....g | 0.004 | 0.001 | 16 | A | 1 | | 0.010 | 0.000 | 0.001 |
| 20:4 undifferentiated.....g | 0.000 | 0.000 | 16 | 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 | 16 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.000 | 0.000 | 16 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3.....g | 0.005 | 0.002 | 15 | A | 1 | | 0.010 | 0.000 | 0.001 |
| 22:6 n-3.....g | 0.000 | 0.000 | 15 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans.....g | 3.664 | | 0 | NC | 4 | | 8.389 | 0.176 | 0.513 |
| Fatty acids, total trans-monoenoic.....g | 3.384 | | 0 | NC | 4 | | 7.749 | 0.162 | 0.474 |
| Fatty acids, total trans-polyenoic.....g | 0.280 | | 0 | NC | 4 | | 0.641 | 0.013 | 0.039 |
| Cholesterol.....mg | 1 | | 1 | A | 1 | | 3 | 0 | 0 |
| Phytosterols.....mg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 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.

NDB No. 04613

Margarine, margarine-like vegetable oil spread, 60% fat, tub

| Nutrients and Units | <u>Amount in 100 grams of edible portion</u> | | | | | | <u>Amount in edible portion of common measures of food</u> | | |
|---------------------|--|------------|-----------------------|------------|-------------|-----------------|--|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | 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 = 229g: 1 cup

Measure 2 = 4.8g: 1 tsp

Measure 3 = 14.0g: 1 tbsp

Calories Factors: Protein 3.87

Fat 8.84

Carbohydrate4.27

Food Group: 04 Fats and Oils

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

NDB No. 04620

Margarine, margarine-like vegetable oil spread, 60% fat, tub/bottle, unsalted

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 | 37.58 | | 0 | BFZN | 4 | | 5.26 | | |
| Energy.....kcal | 533 | | 0 | BFZN | 4 | | 75 | | |
| Energy.....kj | 2230 | | 0 | BFZN | 4 | | 312 | | |
| Protein (N x 6.25).....g | 0.17 | | 0 | BFZN | 4 | | 0.02 | | |
| Total lipid (fat).....g | 59.81 | | 0 | BFZN | 4 | | 8.37 | | |
| Ash.....g | 1.59 | | 0 | BFZN | 4 | | 0.22 | | |
| Carbohydrate, by difference.....g | 0.86 | | 0 | BFZN | 4 | | 0.12 | | |
| Fiber, total dietary.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Sugars, total.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 21 | | 0 | BFZN | 4 | | 3 | | |
| Iron, Fe.....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Magnesium, Mg.....mg | 2 | | 0 | BFZN | 4 | | 0 | | |
| Phosphorus, P.....mg | 16 | | 0 | BFZN | 4 | | 2 | | |
| Potassium, K.....mg | 30 | | 0 | BFZN | 4 | | 4 | | |
| Sodium, Na.....mg | 28 | | 0 | BFZN | 4 | | 4 | | |
| Zinc, Zn.....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Copper, Cu.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.1 | | 0 | BFZN | 4 | | 0.0 | | |
| Thiamin.....mg | 0.007 | | 0 | BFZN | 4 | | 0.001 | | |
| Riboflavin.....mg | 0.026 | | 0 | BFZN | 4 | | 0.004 | | |
| Niacin.....mg | 0.016 | | 0 | BFZN | 4 | | 0.002 | | |
| Pantothenic acid.....mg | | | | | | | | | |
| Vitamin B-6.....mg | 3.750 | | 0 | BFZN | 4 | | 0.525 | | |
| Folate, total.....mcg | 1 | | 0 | BFZN | 4 | | 0 | | |
| Folic acid.....mcg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folate, food.....mcg | 1 | | 0 | BFZN | 4 | | 0 | | |
| Folate, DFE.....mcg_DFE | 1 | | 0 | NC | 4 | | 0 | | |
| Choline, total.....mg | 12.4 | | 0 | CAZN | 4 | | 1.7 | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 10.80 | | 0 | BFZN | 4 | | 1.51 | | |
| Vitamin B-12, added.....mcg | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Vitamin A, RAE.....mcg_RAE | 819 | | 0 | BFZN | 4 | | 115 | | |
| Retinol.....mcg | 768 | | 0 | BFZN | 4 | | 108 | | |
| Carotene, beta.....mcg | 610 | | 0 | BFZN | 4 | | 85 | | |
| Carotene, alpha.....mcg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Vitamin A, IU.....IU | 3577 | | 0 | NC | 4 | | 501 | | |
| Lycopene.....mcg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol).....mg | 21.12 | | 0 | BFZN | 4 | | 2.96 | | |
| Vitamin E, added.....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Tocopherol, beta.....mg | | | | | | | | | |
| Tocopherol, gamma.....mg | | | | | | | | | |
| Tocopherol, delta.....mg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....mcg | 101.3 | | 0 | BFZN | 4 | | 14.2 | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 12.086 | | 0 | BFZN | 4 | | 1.692 | | |
| 4:0.....g | 0.014 | | 0 | BFZN | 4 | | 0.002 | | |
| 6:0.....g | 0.006 | | 0 | BFZN | 4 | | 0.001 | | |
| 8:0.....g | 0.009 | | 0 | BFZN | 4 | | 0.001 | | |

NDB No. 04620

Margarine, margarine-like vegetable oil spread, 60% fat, tub/bottle, unsalted

| 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 |
| | | | | | | | | | |
| 10:0.....g | 0.072 | | 0 | BFZN | 4 | | 0.010 | | |
| 12:0.....g | 0.200 | | 0 | BFZN | 4 | | 0.028 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.164 | | 0 | BFZN | 4 | | 0.023 | | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 6.359 | | 0 | BFZN | 4 | | 0.890 | | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 4.756 | | 0 | BFZN | 4 | | 0.666 | | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 19.348 | | 0 | BFZN | 4 | | 2.709 | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.054 | | 0 | BFZN | 4 | | 0.008 | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 19.066 | | 0 | BFZN | 4 | | 2.669 | | |
| 20:1.....g | 0.194 | | 0 | BFZN | 4 | | 0.027 | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 26.477 | | 0 | BFZN | 4 | | 3.707 | | |
| 18:2 undifferentiated.....g | 23.736 | | 0 | BFZN | 4 | | 3.323 | | |
| 18:3 undifferentiated.....g | 2.715 | | 0 | BFZN | 4 | | 0.380 | | |
| 18:4.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 20:5 n-3.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 22:5 n-3.....g | 0.005 | | 0 | BFZN | 4 | | 0.001 | | |
| 22:6 n-3.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 1 | | 0 | BFZN | 4 | | 0 | | |
| Phytosterols.....mg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Caffeine.....mg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Theobromine.....mg | 0 | | 0 | BFZN | 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 = 14.0g: 1 tbsp

Calories Factors: Protein 3.87

Fat 8.84

Carbohydrate4.27

Food Group: 04 Fats and Oils

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

NDB No. 04683

Margarine, margarine-like vegetable oil spread, 67-70% fat, tub

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 | 29.52 | 0.638 | 7 | A | 1 | | 4.13 | | |
| Energy.....kcal | 606 | | 0 | NC | 4 | | 85 | | |
| Energy.....kj | 2537 | | 0 | NC | 4 | | 355 | | |
| Protein.....g | 0.07 | 0.037 | 7 | A | 1 | | 0.01 | | |
| Total lipid (fat).....g | 68.29 | 0.754 | 7 | A | 1 | | 9.56 | | |
| Ash.....g | 1.53 | 0.103 | 7 | A | 1 | | 0.21 | | |
| Carbohydrate, by difference.....g | 0.59 | | 0 | NC | 4 | | 0.08 | | |
| 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 | 536 | | 5 | JO | 11 | | 75 | | |
| Zinc, Zn.....mg | | | | | | | | | |
| Copper, Cu.....mg | | | | | | | | | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 16.688 | | 0 | NC | 4 | | 2.336 | | |
| 4:0.....g | 0.000 | 0.000 | 7 | A | 1 | | 0.000 | | |
| 6:0.....g | 0.000 | 0.000 | 7 | A | 1 | | 0.000 | | |
| 8:0.....g | 0.016 | 0.003 | 7 | A | 1 | | 0.002 | | |
| 10:0.....g | 0.082 | 0.004 | 7 | A | 1 | | 0.012 | | |
| 12:0.....g | 0.064 | 0.020 | 7 | A | 1 | | 0.009 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.237 | 0.063 | 7 | A | 1 | | 0.033 | | |
| 15:0.....g | 0.018 | 0.002 | 7 | A | 1 | | 0.003 | | |
| 16:0.....g | 12.268 | 1.833 | 7 | A | 1 | | 1.717 | | |
| 17:0.....g | 0.060 | 0.002 | 7 | A | 1 | | 0.008 | | |
| 18:0.....g | 3.458 | 0.427 | 7 | A | 1 | | 0.484 | | |
| 20:0.....g | 0.246 | 0.008 | 7 | A | 1 | | 0.034 | | |
| 22:0.....g | 0.169 | 0.019 | 7 | A | 1 | | 0.024 | | |
| 24:0.....g | 0.071 | 0.003 | 7 | A | 1 | | 0.010 | | |
| Fatty acids, total monounsaturated.....g | 24.748 | | 0 | NC | 4 | | 3.465 | | |
| 14:1.....g | 0.000 | 0.000 | 7 | A | 1 | | 0.000 | | |
| 15:1.....g | 0.000 | 0.000 | 7 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.078 | 0.009 | 7 | AS | 1 | | 0.011 | | |
| 16:1 c.....g | 0.078 | 0.009 | 7 | A | 1 | | 0.011 | | |
| 16:1 t.....g | 0.000 | 0.000 | 7 | A | 1 | | 0.000 | | |
| 17:1.....g | 0.029 | 0.001 | 7 | A | 1 | | 0.004 | | |
| 18:1 undifferentiated.....g | 24.299 | 0.481 | 7 | AS | 1 | | 3.402 | | |
| 18:1 c.....g | 21.385 | 1.777 | 7 | A | 1 | | 2.994 | | |
| 18:1-11c (18:1c n-7).....g | | | | | | | | | |
| 18:1 t.....g | 2.914 | 1.335 | 7 | A | 1 | | 0.408 | | |
| 18:1-11t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.340 | 0.036 | 7 | A | 1 | | 0.048 | | |
| 22:1 undifferentiated.....g | 0.003 | 0.001 | 7 | AS | 1 | | 0.000 | | |
| 22:1 c.....g | 0.003 | 0.001 | 7 | A | 1 | | 0.000 | | |
| 22:1 t.....g | 0.000 | 0.000 | 7 | A | 1 | | 0.000 | | |
| 24:1 c.....g | 0.000 | 0.000 | 7 | A | 1 | | 0.000 | | |
| Fatty acids, total polyunsaturated.....g | 23.794 | | 0 | NC | 4 | | 3.331 | | |
| 18:2 undifferentiated.....g | 20.820 | 2.228 | 7 | AS | 1 | | 2.915 | | |
| 18:2 n-6 c,c.....g | 20.432 | 2.202 | 7 | A | 1 | | 2.861 | | |
| 18:2 CLAs.....g | 0.037 | 0.003 | 7 | A | 1 | | 0.005 | | |

NDB No. 04683

Margarine, margarine-like vegetable oil spread, 67-70% fat, tub

| 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 |
| | | | | | | | | | |
| 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 | 0.351 | 0.035 | 7 | A | 1 | | 0.049 | | |
| 18:3 undifferentiated.....g | 2.939 | 0.242 | 7 | AS | 1 | | 0.411 | | |
| 18:3 n-3 c,c,c.....g | 2.925 | 0.245 | 7 | A | 1 | | 0.409 | | |
| 18:3 n-6 c,c,c.....g | 0.014 | 0.004 | 7 | A | 1 | | 0.002 | | |
| 18:3i.....g | | | | | | | | | |
| 18:4.....g | 0.000 | 0.000 | 7 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.017 | 0.001 | 7 | A | 1 | | 0.002 | | |
| 20:3 undifferentiated.....g | 0.014 | 0.002 | 7 | AS | 1 | | 0.002 | | |
| 20:3 n-3.....g | 0.000 | 0.000 | 7 | A | 1 | | 0.000 | | |
| 20:3 n-6.....g | 0.014 | 0.002 | 7 | A | 1 | | 0.002 | | |
| 20:4 undifferentiated.....g | 0.000 | 0.000 | 7 | A | 1 | | 0.000 | | |
| 20:4 n-3.....g | | | | | | | | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3.....g | 0.000 | 0.000 | 7 | A | 1 | | 0.000 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.000 | 0.000 | 7 | A | 1 | | 0.000 | | |
| 22:5 n-3.....g | 0.004 | 0.002 | 7 | A | 1 | | 0.001 | | |
| 22:6 n-3.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | | |
| Fatty acids, total trans.....g | 3.265 | | 0 | NC | 4 | | 0.457 | | |
| Fatty acids, total trans-monoenoic.....g | 2.914 | | 0 | NC | 4 | | 0.408 | | |
| Fatty acids, total trans-polyenoic.....g | 0.351 | | 0 | NC | 4 | | 0.049 | | |
| 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 = 14.0g: 1 tbsp (1 NLEA serving)

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate3.87

Food Group: 04 Fats and Oils

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

Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick

| 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 | | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | Points | Deriv Code | Confidence Code | | | | | |
| 14:0.....g | 0.072 | 0.014 | 14 | A | 1 | | 0.010 | | | |
| 15:0.....g | 0.017 | 0.001 | 14 | A | 1 | | 0.002 | | | |
| 16:0.....g | 7.311 | 0.047 | 14 | A | 1 | | 1.024 | | | |
| 17:0.....g | 0.064 | 0.002 | 14 | A | 1 | | 0.009 | | | |
| 18:0.....g | 5.615 | 0.089 | 14 | A | 1 | | 0.786 | | | |
| 20:0.....g | 0.229 | 0.003 | 14 | A | 1 | | 0.032 | | | |
| 22:0.....g | 0.163 | 0.029 | 14 | A | 1 | | 0.023 | | | |
| 24:0.....g | 0.075 | 0.002 | 14 | A | 1 | | 0.011 | | | |
| Fatty acids, total monounsaturated.....g | 33.468 | | 0 | NC | 4 | | 4.685 | | | |
| 14:1.....g | 0.000 | 0.000 | 13 | A | 1 | | 0.000 | | | |
| 15:1.....g | 0.000 | 0.000 | 14 | A | 1 | | 0.000 | | | |
| 16:1 undifferentiated.....g | 0.043 | | 0 | AS | 1 | | 0.006 | | | |
| 16:1 c.....g | 0.043 | 0.002 | 14 | A | 1 | | 0.006 | | | |
| 16:1 t.....g | 0.000 | 0.000 | 14 | A | 1 | | 0.000 | | | |
| 17:1.....g | 0.023 | 0.001 | 14 | A | 1 | | 0.003 | | | |
| 18:1 undifferentiated.....g | 33.233 | | 0 | AS | 1 | | 4.653 | | | |
| 18:1 c.....g | 19.226 | 0.937 | 14 | A | 1 | | 2.692 | | | |
| 18:1-11c (18:1c n-7).....g | | | | | | | | | | |
| 18:1 t.....g | 14.007 | 0.481 | 14 | A | 1 | | 1.961 | | | |
| 18:1-11t (18:1t n-7).....g | | | | | | | | | | |
| 20:1.....g | 0.169 | 0.020 | 14 | A | 1 | | 0.024 | | | |
| 22:1 undifferentiated.....g | | | | | | | | | | |
| 22:1 c.....g | 0.000 | 0.000 | 14 | A | 1 | | 0.000 | | | |
| 22:1 t.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | | | |
| 24:1 c.....g | 0.000 | 0.000 | 14 | A | 1 | | 0.000 | | | |
| Fatty acids, total polyunsaturated.....g | 20.248 | | 0 | NC | 4 | | 2.835 | | | |
| 18:2 undifferentiated.....g | 18.106 | | 0 | AS | 1 | | 2.535 | | | |
| 18:2 n-6 c,c.....g | 17.280 | 0.787 | 14 | A | 1 | | 2.419 | | | |
| 18:2 CLAs.....g | 0.047 | 0.005 | 14 | A | 1 | | 0.007 | | | |
| 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 | 0.778 | 0.118 | 14 | A | 1 | | 0.109 | | | |
| 18:3 undifferentiated.....g | 2.133 | | 0 | AS | 1 | | 0.299 | | | |
| 18:3 n-3 c,c,c.....g | 2.073 | 0.120 | 14 | A | 1 | | 0.290 | | | |
| 18:3 n-6 c,c,c.....g | 0.060 | 0.017 | 14 | A | 1 | | 0.008 | | | |
| 18:3i.....g | | | | | | | | | | |
| 18:4.....g | 0.000 | 0.000 | 14 | A | 1 | | 0.000 | | | |
| 20:2 n-6 c,c.....g | 0.004 | 0.002 | 14 | A | 1 | | 0.001 | | | |
| 20:3 undifferentiated.....g | 0.003 | | 0 | AS | 1 | | 0.000 | | | |
| 20:3 n-3.....g | 0.000 | 0.000 | 14 | A | 1 | | 0.000 | | | |
| 20:3 n-6.....g | 0.003 | 0.001 | 14 | A | 1 | | 0.000 | | | |
| 20:4 undifferentiated.....g | 0.000 | 0.000 | 14 | A | 1 | | 0.000 | | | |
| 20:4 n-3.....g | | | | | | | | | | |
| 20:4 n-6.....g | | | | | | | | | | |
| 20:5 n-3.....g | 0.000 | 0.000 | 14 | A | 1 | | 0.000 | | | |
| 21:5.....g | | | | | | | | | | |
| 22:4.....g | 0.000 | 0.000 | 14 | A | 1 | | 0.000 | | | |
| 22:5 n-3.....g | 0.002 | 0.001 | 14 | A | 1 | | 0.000 | | | |
| 22:6 n-3.....g | 0.000 | 0.000 | 14 | A | 1 | | 0.000 | | | |
| Fatty acids, total trans.....g | 14.786 | | 0 | NC | 4 | | 2.070 | | | |
| Fatty acids, total trans-monoenoic.....g | 14.007 | | 0 | NC | 4 | | 1.961 | | | |
| Fatty acids, total trans-polyenoic.....g | 0.778 | | 0 | NC | 4 | | 0.109 | | | |
| Cholesterol.....mg | 0 | 0.000 | 6 | A | 1 | | 0 | | | |
| Phytosterols.....mg | | | | | | | | | | |
| Stigmasterol.....mg | 25 | 0.757 | 6 | A | 1 | | 3 | | | |
| Campesterol.....mg | 31 | 0.304 | 6 | A | 1 | | 4 | | | |
| Beta-sitosterol.....mg | 81 | 2.067 | 6 | A | 1 | | 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.

NDB No. 04629

Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick

Common Measures:

Measure 1 = 14.0g: 1 tbsp (1 NLEA serving)

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

Food Group: 04 Fats and Oils

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

NDB No. 04073

Margarine, regular, hard, soybean (hydrogenated)

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 | 15.70 | 0.194 | 93 | | 1 | | 0.74 | 17.74 | |
| Energy.....kcal | 719 | | 0 | NC | 4 | | 34 | 812 | |
| Energy.....kj | 3007 | | 0 | | 4 | | 141 | 3398 | |
| Protein (N x 6.38).....g | 0.90 | 0.077 | 34 | | 1 | | 0.04 | 1.02 | |
| Total lipid (fat).....g | 80.50 | 0.026 | 572 | | 1 | | 3.78 | 90.97 | |
| Ash.....g | 2.00 | 0.031 | 61 | | 1 | | 0.09 | 2.26 | |
| Carbohydrate, by difference.....g | 0.90 | | 0 | NC | 4 | | 0.04 | 1.02 | |
| Fiber, total dietary.....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total.....g | 0.00 | | 0 | CAZN | 4 | | 0.00 | 0.00 | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 30 | | 0 | | 1 | | 1 | 34 | |
| Iron, Fe.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Magnesium, Mg.....mg | 3 | | 0 | | 1 | | 0 | 3 | |
| Phosphorus, P.....mg | 23 | | 0 | | 1 | | 1 | 26 | |
| Potassium, K.....mg | 42 | | 0 | | 1 | | 2 | 48 | |
| Sodium, Na.....mg | 943 | 9.459 | 337 | | 1 | | 44 | 1066 | |
| Zinc, Zn.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Copper, Cu.....mg | | | | | | | | | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.2 | | 0 | | 1 | | 0.0 | 0.2 | |
| Thiamin.....mg | 0.010 | | 0 | | 1 | | 0.000 | 0.011 | |
| Riboflavin.....mg | 0.037 | | 0 | | 1 | | 0.002 | 0.042 | |
| Niacin.....mg | 0.023 | | 0 | | 1 | | 0.001 | 0.026 | |
| Pantothenic acid.....mg | 0.084 | | 0 | | 1 | | 0.004 | 0.095 | |
| Vitamin B-6.....mg | 0.009 | | 0 | | 1 | | 0.000 | 0.010 | |
| Folate, total.....mcg | 1 | | 0 | | 1 | | 0 | 1 | |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food.....mcg | 1 | | 0 | | 1 | | 0 | 1 | |
| Folate, DFE.....mcg_DFE | 1 | | 0 | NC | 4 | | 0 | 1 | |
| Choline, total.....mg | | | | | | | | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.10 | | 0 | | 1 | | 0.00 | 0.11 | |
| Vitamin B-12, added.....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE.....mcg_RAE | 819 | | 0 | NC | 4 | | 38 | 925 | |
| Retinol.....mcg | 768 | | 0 | CAZN | 4 | | 36 | 868 | |
| Carotene, beta.....mcg | 610 | | 0 | CAZN | 4 | | 29 | 689 | |
| Carotene, alpha.....mcg | 0 | | 0 | CAZN | 4 | | 0 | 0 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | CAZN | 4 | | 0 | 0 | |
| Vitamin A, IU.....IU | 3577 | | 0 | NC | 4 | | 168 | 4042 | |
| Lycopene.....mcg | 0 | | 0 | CAZN | 4 | | 0 | 0 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | CAZN | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol).....mg | 3.10 | | 1 | | 1 | | 0.15 | 3.50 | |
| 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 | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 16.700 | | 0 | | 1 | | 0.785 | 18.871 | |
| 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. 04073

Margarine, regular, hard, soybean (hydrogenated)

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.200 | 0.080 | 4 | | 1 | | 0.009 | 0.226 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 9.600 | 0.615 | 4 | | 1 | | 0.451 | 10.848 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 6.900 | 0.103 | 4 | | 1 | | 0.324 | 7.797 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 39.300 | | 0 | | 1 | | 1.847 | 44.409 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.200 | | 1 | | 1 | | 0.009 | 0.226 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 39.100 | 1.521 | 4 | | 1 | | 1.838 | 44.183 | |
| 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 | 20.900 | | 0 | | 1 | | 0.982 | 23.617 | |
| 18:2 undifferentiated.....g | 19.400 | 1.179 | 4 | | 1 | | 0.912 | 21.922 | |
| 18:3 undifferentiated.....g | 1.500 | 0.420 | 4 | | 1 | | 0.071 | 1.695 | |
| 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 | 146 | | 1 | | 1 | | 7 | 165 | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.012 | | 0 | | 1 | | 0.001 | 0.014 | |
| Threonine.....g | 0.039 | | 0 | | 1 | | 0.002 | 0.044 | |
| Isoleucine.....g | 0.052 | | 0 | | 1 | | 0.002 | 0.059 | |
| Leucine.....g | 0.084 | | 0 | | 1 | | 0.004 | 0.095 | |
| Lysine.....g | 0.068 | | 0 | | 1 | | 0.003 | 0.077 | |
| Methionine.....g | 0.021 | | 0 | | 1 | | 0.001 | 0.024 | |
| Cystine.....g | 0.008 | | 0 | | 1 | | 0.000 | 0.009 | |
| Phenylalanine.....g | 0.041 | | 0 | | 1 | | 0.002 | 0.046 | |
| Tyrosine.....g | 0.041 | | 0 | | 1 | | 0.002 | 0.046 | |
| Valine.....g | 0.057 | | 0 | | 1 | | 0.003 | 0.064 | |
| Arginine.....g | 0.031 | | 0 | | 1 | | 0.001 | 0.035 | |
| Histidine.....g | 0.023 | | 0 | | 1 | | 0.001 | 0.026 | |
| Alanine.....g | 0.029 | | 0 | | 1 | | 0.001 | 0.033 | |
| Aspartic acid.....g | 0.065 | | 0 | | 1 | | 0.003 | 0.073 | |
| Glutamic acid.....g | 0.179 | | 0 | | 1 | | 0.008 | 0.202 | |
| Glycine.....g | 0.018 | | 0 | | 1 | | 0.001 | 0.020 | |
| Proline.....g | 0.083 | | 0 | | 1 | | 0.004 | 0.094 | |
| Serine.....g | 0.046 | | 0 | | 1 | | 0.002 | 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 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

NDB No. 04073

Margarine, regular, hard, soybean (hydrogenated)

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

Food Group: 04 Fats and Oils

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

NDB No. 04521

Margarine, regular, hard, sunflower and soybean (hydrogenated) and cottonseed (hydrogenated)

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 | 15.70 | 0.194 | 93 | | 1 | | 0.74 | 17.74 | |
| Energy.....kcal | 719 | | 0 | NC | 4 | | 34 | 812 | |
| Energy.....kj | 3007 | | 0 | | 4 | | 141 | 3398 | |
| Protein (N x 6.38).....g | 0.90 | 0.077 | 34 | | 1 | | 0.04 | 1.02 | |
| Total lipid (fat).....g | 80.50 | 0.026 | 572 | | 1 | | 3.78 | 90.97 | |
| Ash.....g | 2.00 | 0.031 | 61 | | 1 | | 0.09 | 2.26 | |
| Carbohydrate, by difference.....g | 0.90 | | 0 | NC | 4 | | 0.04 | 1.02 | |
| Fiber, total dietary.....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total.....g | 0.00 | | 0 | CAZN | 4 | | 0.00 | 0.00 | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 30 | | 0 | | 1 | | 1 | 34 | |
| Iron, Fe.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Magnesium, Mg.....mg | 3 | | 0 | | 1 | | 0 | 3 | |
| Phosphorus, P.....mg | 23 | | 0 | | 1 | | 1 | 26 | |
| Potassium, K.....mg | 42 | | 0 | | 1 | | 2 | 48 | |
| Sodium, Na.....mg | 943 | 9.459 | 337 | | 1 | | 44 | 1066 | |
| Zinc, Zn.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Copper, Cu.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.2 | | 0 | | 1 | | 0.0 | 0.2 | |
| Thiamin.....mg | 0.010 | | 0 | | 1 | | 0.000 | 0.011 | |
| Riboflavin.....mg | 0.037 | | 0 | | 1 | | 0.002 | 0.042 | |
| Niacin.....mg | 0.023 | | 0 | | 1 | | 0.001 | 0.026 | |
| Pantothenic acid.....mg | 0.084 | | 0 | | 1 | | 0.004 | 0.095 | |
| Vitamin B-6.....mg | 0.009 | | 0 | | 1 | | 0.000 | 0.010 | |
| Folate, total.....mcg | 1 | | 0 | | 1 | | 0 | 1 | |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food.....mcg | 1 | | 0 | | 1 | | 0 | 1 | |
| Folate, DFE.....mcg_DFE | 1 | | 0 | NC | 4 | | 0 | 1 | |
| Choline, total.....mg | 12.4 | | 0 | CAZN | 4 | | 0.6 | 14.0 | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.10 | | 0 | | 1 | | 0.00 | 0.11 | |
| Vitamin B-12, added.....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE.....mcg_RAE | 819 | | 0 | NC | 4 | | 38 | 925 | |
| Retinol.....mcg | 768 | | 0 | CAZN | 4 | | 36 | 868 | |
| Carotene, beta.....mcg | 610 | | 0 | CAZN | 4 | | 29 | 689 | |
| Carotene, alpha.....mcg | 0 | | 0 | CAZN | 4 | | 0 | 0 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | CAZN | 4 | | 0 | 0 | |
| Vitamin A, IU.....IU | 3577 | | 0 | NC | 4 | | 168 | 4042 | |
| Lycopene.....mcg | 0 | | 0 | CAZN | 4 | | 0 | 0 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | CAZN | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol).....mg | 11.00 | | 0 | | 4 | | 0.52 | 12.43 | |
| 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 | 103.3 | | 0 | CAZN | 4 | | 4.9 | 116.7 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 11.900 | | 0 | | 1 | | 0.559 | 13.447 | |
| 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 | |

Margarine, regular, hard, sunflower and soybean (hydrogenated) and cottonseed (hydrogenated)

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.100 | | 1 | | 1 | | 0.005 | 0.113 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 7.200 | | 1 | | 1 | | 0.338 | 8.136 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 4.600 | | 1 | | 1 | | 0.216 | 5.198 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 28.500 | | 0 | | 1 | | 1.340 | 32.205 | |
| 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 | 28.500 | | 1 | | 1 | | 1.340 | 32.205 | |
| 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 | 36.600 | | 0 | | 1 | | 1.720 | 41.358 | |
| 18:2 undifferentiated.....g | 36.500 | | 1 | | 1 | | 1.716 | 41.245 | |
| 18:3 undifferentiated.....g | 0.100 | | 1 | | 1 | | 0.005 | 0.113 | |
| 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 | 425 | | 0 | | 4 | | 20 | 480 | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.012 | | 0 | | 1 | | 0.001 | 0.014 | |
| Threonine.....g | 0.039 | | 0 | | 1 | | 0.002 | 0.044 | |
| Isoleucine.....g | 0.052 | | 0 | | 1 | | 0.002 | 0.059 | |
| Leucine.....g | 0.084 | | 0 | | 1 | | 0.004 | 0.095 | |
| Lysine.....g | 0.068 | | 0 | | 1 | | 0.003 | 0.077 | |
| Methionine.....g | 0.021 | | 0 | | 1 | | 0.001 | 0.024 | |
| Cystine.....g | 0.008 | | 0 | | 1 | | 0.000 | 0.009 | |
| Phenylalanine.....g | 0.041 | | 0 | | 1 | | 0.002 | 0.046 | |
| Tyrosine.....g | 0.041 | | 0 | | 1 | | 0.002 | 0.046 | |
| Valine.....g | 0.057 | | 0 | | 1 | | 0.003 | 0.064 | |
| Arginine.....g | 0.031 | | 0 | | 1 | | 0.001 | 0.035 | |
| Histidine.....g | 0.023 | | 0 | | 1 | | 0.001 | 0.026 | |
| Alanine.....g | 0.029 | | 0 | | 1 | | 0.001 | 0.033 | |
| Aspartic acid.....g | 0.065 | | 0 | | 1 | | 0.003 | 0.073 | |
| Glutamic acid.....g | 0.179 | | 0 | | 1 | | 0.008 | 0.202 | |
| Glycine.....g | 0.018 | | 0 | | 1 | | 0.001 | 0.020 | |
| Proline.....g | 0.083 | | 0 | | 1 | | 0.004 | 0.094 | |
| Serine.....g | 0.046 | | 0 | | 1 | | 0.002 | 0.052 | |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | | 4 | | 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. 04521

Margarine, regular, hard, sunflower and soybean (hydrogenated) and cottonseed (hydrogenated)

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

Food Group: 04 Fats and Oils

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

NDB No. 04105

Margarine, regular, liquid, soybean (hydrogenated and regular) and cottonseed

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 | Source | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | Code | Code | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 15.80 | 0.384 | 8 | | 1 | | 35.87 | 2.24 | 0.74 |
| Energy.....kcal | 721 | | 0 | NC | 4 | | 1637 | 102 | 34 |
| Energy.....kj | 3017 | | 0 | | 4 | | 6848 | 428 | 142 |
| Protein (N x 6.38).....g | 1.90 | | 1 | | 1 | | 4.31 | 0.27 | 0.09 |
| Total lipid (fat).....g | 80.60 | 0.157 | 10 | | 1 | | 182.96 | 11.45 | 3.79 |
| Ash.....g | 2.00 | 0.026 | 6 | | 1 | | 4.54 | 0.28 | 0.09 |
| Carbohydrate, by difference.....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary.....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total.....g | 0.00 | | 0 | CAZN | 4 | | 0.00 | 0.00 | 0.00 |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 66 | | 0 | | 1 | | 150 | 9 | 3 |
| Iron, Fe.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Magnesium, Mg.....mg | 6 | | 0 | | 1 | | 13 | 1 | 0 |
| Phosphorus, P.....mg | 51 | | 0 | | 1 | | 116 | 7 | 2 |
| Potassium, K.....mg | 94 | | 0 | | 1 | | 214 | 13 | 4 |
| Sodium, Na.....mg | 781 | | 2 | | 1 | | 1773 | 111 | 37 |
| Zinc, Zn.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Copper, Cu.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.4 | | 0 | | 1 | | 0.8 | 0.1 | 0.0 |
| Thiamin.....mg | 0.022 | | 0 | | 1 | | 0.050 | 0.003 | 0.001 |
| Riboflavin.....mg | 0.081 | | 0 | | 1 | | 0.184 | 0.012 | 0.004 |
| Niacin.....mg | 0.050 | | 0 | | 1 | | 0.114 | 0.007 | 0.002 |
| Pantothenic acid.....mg | 0.187 | | 0 | | 1 | | 0.424 | 0.027 | 0.009 |
| Vitamin B-6.....mg | 0.019 | | 0 | | 1 | | 0.043 | 0.003 | 0.001 |
| Folate, total.....mcg | 3 | | 0 | | 1 | | 6 | 0 | 0 |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food.....mcg | 3 | | 0 | | 1 | | 7 | 0 | 0 |
| Folate, DFE.....mcg_DFE | 3 | | 0 | NC | 4 | | 7 | 0 | 0 |
| Choline, total.....mg | 12.4 | | 0 | CAZN | 4 | | 28.2 | 1.8 | 0.6 |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.21 | | 0 | | 1 | | 0.48 | 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 | 819 | | 0 | NC | 4 | | 1859 | 116 | 38 |
| Retinol.....mcg | 768 | | 0 | CAZN | 4 | | 1743 | 109 | 36 |
| Carotene, beta.....mcg | 610 | | 0 | CAZN | 4 | | 1385 | 87 | 29 |
| Carotene, alpha.....mcg | 0 | | 0 | CAZN | 4 | | 0 | 0 | 0 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | CAZN | 4 | | 0 | 0 | 0 |
| Vitamin A, IU.....IU | 3577 | | 0 | NC | 4 | | 8120 | 508 | 168 |
| Lycopene.....mcg | 0 | | 0 | CAZN | 4 | | 0 | 0 | 0 |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | CAZN | 4 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol).....mg | 4.60 | 2.211 | 4 | | 1 | | 10.44 | 0.65 | 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 | 106.2 | | 0 | CAZN | 4 | | 241.1 | 15.1 | 5.0 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 13.200 | | 0 | | 1 | | 29.964 | 1.874 | 0.620 |
| 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. 04105

Margarine, regular, liquid, soybean (hydrogenated and regular) and cottonseed

| 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 | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | Deriv Code | Code | | | | | |
| 12:0.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.100 | 0.001 | 3 | | 1 | | 0.227 | 0.014 | 0.005 |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 8.600 | 0.360 | 4 | | 1 | | 19.522 | 1.221 | 0.404 |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 4.600 | 0.624 | 4 | | 1 | | 10.442 | 0.653 | 0.216 |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 28.100 | | 0 | | 1 | | 63.787 | 3.990 | 1.321 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 28.100 | 0.907 | 4 | | 1 | | 63.787 | 3.990 | 1.321 |
| 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 | 35.800 | | 0 | | 1 | | 81.266 | 5.084 | 1.683 |
| 18:2 undifferentiated.....g | 33.400 | 1.048 | 4 | | 1 | | 75.818 | 4.743 | 1.570 |
| 18:3 undifferentiated.....g | 2.400 | 1.305 | 4 | | 1 | | 5.448 | 0.341 | 0.113 |
| 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 | | 4 | | 0 | 0 | 0 |
| Phytosterols.....mg | 174 | 7.948 | 4 | | 1 | | 395 | 25 | 8 |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.027 | | 0 | | 1 | | 0.061 | 0.004 | 0.001 |
| Threonine.....g | 0.086 | | 0 | | 1 | | 0.195 | 0.012 | 0.004 |
| Isoleucine.....g | 0.115 | | 0 | | 1 | | 0.261 | 0.016 | 0.005 |
| Leucine.....g | 0.186 | | 0 | | 1 | | 0.422 | 0.026 | 0.009 |
| Lysine.....g | 0.151 | | 0 | | 1 | | 0.343 | 0.021 | 0.007 |
| Methionine.....g | 0.048 | | 0 | | 1 | | 0.109 | 0.007 | 0.002 |
| Cystine.....g | 0.018 | | 0 | | 1 | | 0.041 | 0.003 | 0.001 |
| Phenylalanine.....g | 0.092 | | 0 | | 1 | | 0.209 | 0.013 | 0.004 |
| Tyrosine.....g | 0.092 | | 0 | | 1 | | 0.209 | 0.013 | 0.004 |
| Valine.....g | 0.127 | | 0 | | 1 | | 0.288 | 0.018 | 0.006 |
| Arginine.....g | 0.069 | | 0 | | 1 | | 0.157 | 0.010 | 0.003 |
| Histidine.....g | 0.052 | | 0 | | 1 | | 0.118 | 0.007 | 0.002 |
| Alanine.....g | 0.066 | | 0 | | 1 | | 0.150 | 0.009 | 0.003 |
| Aspartic acid.....g | 0.144 | | 0 | | 1 | | 0.327 | 0.020 | 0.007 |
| Glutamic acid.....g | 0.398 | | 0 | | 1 | | 0.903 | 0.057 | 0.019 |
| Glycine.....g | 0.040 | | 0 | | 1 | | 0.091 | 0.006 | 0.002 |
| Proline.....g | 0.184 | | 0 | | 1 | | 0.418 | 0.026 | 0.009 |
| Serine.....g | 0.103 | | 0 | | 1 | | 0.234 | 0.015 | 0.005 |
| 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. 04105

Margarine, regular, liquid, soybean (hydrogenated and regular) and cottonseed

Measure 1 = 227g: 1 cup

Measure 2 = 14.2g: 1 tbsp

Measure 3 = 4.7g: 1 tsp

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

Food Group: 04 Fats and Oils

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

NDB No. 04610

Margarine, regular, stick, composite, 80% fat, w with salt

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 | Source | Measure 1 | Measure 2 | Measure 3 |
| | | | | Code | Code | | | |
| Proximates: | | | | | | | | |
| Water.....g | 16.52 | 0.265 | 10 | A | 1 | 37.49 | 2.31 | 0.78 |
| Energy.....kcal | 717 | | 0 | NC | 4 | 1627 | 100 | 34 |
| Energy.....kj | 2999 | | 0 | NC | 4 | 6808 | 420 | 141 |
| Protein.....g | 0.16 | 0.015 | 10 | A | 1 | 0.36 | 0.02 | 0.01 |
| Total lipid (fat).....g | 80.71 | 0.222 | 10 | A | 1 | 183.21 | 11.30 | 3.79 |
| Ash.....g | 1.92 | 0.083 | 10 | A | 1 | 4.35 | 0.27 | 0.09 |
| Carbohydrate, by difference.....g | 0.70 | | 0 | NC | 4 | 1.58 | 0.10 | 0.03 |
| Fiber, total dietary.....g | 0.0 | | 0 | Z | 7 | 0.0 | 0.0 | 0.0 |
| Sugars, total.....g | 0.00 | | 0 | CAZN | 4 | 0.00 | 0.00 | 0.00 |
| Starch.....g | | | | | | | | |
| Minerals: | | | | | | | | |
| Calcium, Ca.....mg | 3 | | 0 | BFZN | 4 | 7 | 0 | 0 |
| Iron, Fe.....mg | 0.06 | | 0 | BFZN | 4 | 0.14 | 0.01 | 0.00 |
| Magnesium, Mg.....mg | 3 | | 0 | BFZN | 4 | 7 | 0 | 0 |
| Phosphorus, P.....mg | 5 | | 0 | BFZN | 4 | 11 | 1 | 0 |
| Potassium, K.....mg | 18 | | 0 | BFZN | 4 | 41 | 3 | 1 |
| Sodium, Na.....mg | 943 | | 0 | BFZN | 4 | 2141 | 132 | 44 |
| Zinc, Zn.....mg | 0.00 | | 0 | BFZN | 4 | 0.00 | 0.00 | 0.00 |
| Copper, Cu.....mg | 0.000 | | 0 | BFZN | 4 | 0.000 | 0.000 | 0.000 |
| Manganese, Mn.....mg | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | Z | 7 | 0.0 | 0.0 | 0.0 |
| Vitamins: | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.2 | | 0 | BFZN | 4 | 0.5 | 0.0 | 0.0 |
| Thiamin.....mg | 0.010 | | 0 | BFZN | 4 | 0.023 | 0.001 | 0.000 |
| Riboflavin.....mg | 0.037 | | 0 | BFZN | 4 | 0.084 | 0.005 | 0.002 |
| Niacin.....mg | 0.023 | | 0 | BFZN | 4 | 0.052 | 0.003 | 0.001 |
| Pantothenic acid.....mg | 0.000 | 0.000 | 4 | A | 1 | 0.000 | 0.000 | 0.000 |
| Vitamin B-6.....mg | 0.009 | | 0 | BFZN | 4 | 0.020 | 0.001 | 0.000 |
| Folate, total.....mcg | 1 | | 0 | BFZN | 4 | 2 | 0 | 0 |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | 0 | 0 | 0 |
| Folate, food.....mcg | 1 | | 0 | BFZN | 4 | 2 | 0 | 0 |
| Folate, DFE.....mcg_DFE | 1 | | 0 | NC | 4 | 2 | 0 | 0 |
| Choline, total.....mg | 12.4 | | 0 | CAZN | 4 | 28.2 | 1.7 | 0.6 |
| Betaine.....mg | | | | | | | | |
| Vitamin B-12.....mcg | 0.10 | | 0 | BFZN | 4 | 0.23 | 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 | 819 | | 0 | NC | 4 | 1859 | 115 | 38 |
| Retinol.....mcg | 768 | | 0 | CAZN | 4 | 1743 | 108 | 36 |
| Carotene, beta.....mcg | 610 | | 0 | CAZN | 4 | 1385 | 85 | 29 |
| Carotene, alpha.....mcg | 0 | | 0 | CAZN | 4 | 0 | 0 | 0 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | CAZN | 4 | 0 | 0 | 0 |
| Vitamin A, IU.....IU | 3571 | | 0 | ML | 5 | 8106 | 500 | 168 |
| Lycopene.....mcg | 0 | | 0 | CAZN | 4 | 0 | 0 | 0 |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | CAZN | 4 | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol).....mg | 9.00 | | 0 | | 4 | 20.43 | 1.26 | 0.42 |
| 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 | 93.0 | | 1 | CAZN | 4 | 211.1 | 13.0 | 4.4 |
| Lipids: | | | | | | | | |
| Fatty acids, total saturated.....g | 15.189 | | 0 | NC | 4 | 34.479 | 2.126 | 0.714 |
| 4:0.....g | 0.000 | 0.000 | 9 | A | 1 | 0.000 | 0.000 | 0.000 |
| 6:0.....g | 0.000 | 0.000 | 10 | A | 1 | 0.000 | 0.000 | 0.000 |
| 8:0.....g | 0.000 | 0.000 | 10 | A | 1 | 0.000 | 0.000 | 0.000 |
| 10:0.....g | 0.000 | 0.000 | 9 | A | 1 | 0.000 | 0.000 | 0.000 |

NDB No. 04610

Margarine, regular, stick, composite, 80% fat, w with salt

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common | | |
|--|---------------------------------------|------------|--------------------------|---------------|----------------|--------------------|------------------------------------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | measures of food | | |
| | | | | | | | Measure 1 | Measure 2 | Measure 3 |
| 12:0.....g | 0.000 | 0.000 | 10 | A | 1 | 0.000 | 0.000 | 0.000 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.046 | 0.002 | 10 | A | 1 | 0.105 | 0.006 | 0.002 | |
| 15:0.....g | 0.016 | 0.001 | 10 | A | 1 | 0.035 | 0.002 | 0.001 | |
| 16:0.....g | 8.431 | 0.087 | 10 | A | 1 | 19.138 | 1.180 | 0.396 | |
| 17:0.....g | 0.068 | 0.002 | 10 | A | 1 | 0.155 | 0.010 | 0.003 | |
| 18:0.....g | 6.173 | 0.190 | 10 | A | 1 | 14.012 | 0.864 | 0.290 | |
| 20:0.....g | 0.261 | 0.006 | 10 | A | 1 | 0.593 | 0.037 | 0.012 | |
| 22:0.....g | 0.109 | 0.036 | 9 | A | 1 | 0.247 | 0.015 | 0.005 | |
| 24:0.....g | 0.085 | 0.004 | 10 | A | 1 | 0.193 | 0.012 | 0.004 | |
| Fatty acids, total monounsaturated.....g | 38.877 | | 0 | NC | 4 | 88.251 | 5.443 | 1.827 | |
| 14:1.....g | 0.000 | 0.000 | 10 | A | 1 | 0.000 | 0.000 | 0.000 | |
| 15:1.....g | 0.000 | 0.000 | 10 | A | 1 | 0.000 | 0.000 | 0.000 | |
| 16:1 undifferentiated.....g | 0.045 | 0.002 | 10 | AS | 1 | 0.102 | 0.006 | 0.002 | |
| 16:1 c.....g | | | | | | | | | |
| 16:1 t.....g | | | | | | | | | |
| 17:1.....g | 0.023 | 0.002 | 10 | A | 1 | 0.052 | 0.003 | 0.001 | |
| 18:1 undifferentiated.....g | 38.675 | 0.915 | 10 | AS | 1 | 87.792 | 5.415 | 1.818 | |
| 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 | 0.133 | 0.008 | 10 | A | 1 | 0.302 | 0.019 | 0.006 | |
| 22:1 undifferentiated.....g | 0.000 | 0.000 | 10 | AS | 1 | 0.000 | 0.000 | 0.000 | |
| 22:1 c.....g | 0.000 | 0.000 | 10 | A | 1 | 0.000 | 0.000 | 0.000 | |
| 22:1 t.....g | 0.000 | 0.000 | 10 | A | 1 | 0.000 | 0.000 | 0.000 | |
| 24:1 c.....g | 0.001 | 0.001 | 10 | A | 1 | 0.003 | 0.000 | 0.000 | |
| Fatty acids, total polyunsaturated.....g | 24.302 | | 0 | NC | 4 | 55.166 | 3.402 | 1.142 | |
| 18:2 undifferentiated.....g | 22.252 | 0.842 | 10 | AS | 1 | 50.512 | 3.115 | 1.046 | |
| 18:2 n-6 c,c.....g | | | | | | | | | |
| 18:2 CLAs.....g | 0.027 | 0.003 | 10 | A | 1 | 0.060 | 0.004 | 0.001 | |
| 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 | 0.703 | 0.096 | 10 | A | 1 | 1.597 | 0.098 | 0.033 | |
| 18:3 undifferentiated.....g | 2.040 | 0.330 | 10 | AS | 1 | 4.631 | 0.286 | 0.096 | |
| 18:3 n-3 c,c,c.....g | 1.957 | 0.313 | 10 | A | 1 | 4.443 | 0.274 | 0.092 | |
| 18:3 n-6 c,c,c.....g | 0.083 | 0.018 | 10 | A | 1 | 0.188 | 0.012 | 0.004 | |
| 18:3i.....g | | | | | | | | | |
| 18:4.....g | 0.000 | 0.000 | 10 | A | 1 | 0.000 | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | 0.004 | 0.001 | 10 | A | 1 | 0.009 | 0.001 | 0.000 | |
| 20:3 undifferentiated.....g | 0.001 | 0.001 | 10 | AS | 1 | 0.002 | 0.000 | 0.000 | |
| 20:3 n-3.....g | 0.000 | 0.000 | 10 | A | 1 | 0.000 | 0.000 | 0.000 | |
| 20:3 n-6.....g | 0.001 | 0.001 | 10 | A | 1 | 0.002 | 0.000 | 0.000 | |
| 20:4 undifferentiated.....g | 0.000 | 0.000 | 10 | 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 | 10 | A | 1 | 0.000 | 0.000 | 0.000 | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.000 | 0.000 | 10 | A | 1 | 0.000 | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.006 | 0.003 | 9 | A | 1 | 0.014 | 0.001 | 0.000 | |
| 22:6 n-3.....g | 0.000 | 0.000 | 10 | A | 1 | 0.000 | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | 14.890 | | 0 | NC | 4 | 33.800 | 2.085 | 0.700 | |
| Fatty acids, total trans-monoenoic.....g | 14.187 | | 0 | NC | 4 | 32.203 | 1.986 | 0.667 | |
| Fatty acids, total trans-polyenoic.....g | 0.703 | | 0 | NC | 4 | 1.597 | 0.098 | 0.033 | |
| Cholesterol.....mg | 0 | | 0 | BFZN | 4 | 0 | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| Stigmasterol.....mg | 35 | | 1 | A | 1 | 80 | 5 | 2 | |
| Campesterol.....mg | 75 | | 1 | A | 1 | 171 | 11 | 4 | |
| Beta-sitosterol.....mg | 275 | | 1 | A | 1 | 623 | 38 | 13 | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 7 | 0.0 | 0.0 | 0.0 | |

NDB No. 04610

Margarine, regular, stick, composite, 80% fat, with salt

| Nutrients and Units | <u>Amount in 100 grams of edible portion</u> | | | | <u>Amount in edible portion of common measures of food</u> | | | | |
|---------------------|--|------------|-----------------------|------------|--|-----------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| 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 = 227g: 1 cup

Measure 2 = 14.0g: 1 tbsp

Measure 3 = 4.7g: 1 tsp

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

Food Group: 04 Fats and Oils

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

NDB No. 04617

Margarine, regular, stick, unsalted, composite, 80% fat

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 | 17.50 | | 0 | BFZN | 4 | | 39.73 | 2.49 | 0.88 |
| Energy.....kcal | 719 | | 0 | BFZN | 4 | | 1632 | 102 | 36 |
| Energy.....kj | 3008 | | 0 | | 4 | | 6829 | 427 | 150 |
| Protein.....g | 0.90 | | 0 | BFZN | 4 | | 2.04 | 0.13 | 0.05 |
| Total lipid (fat).....g | 80.50 | | 0 | BFZN | 4 | | 182.74 | 11.43 | 4.03 |
| Ash.....g | 0.20 | | 0 | BFZN | 4 | | 0.45 | 0.03 | 0.01 |
| Carbohydrate, by difference.....g | 0.90 | | 0 | BFZN | 4 | | 2.04 | 0.13 | 0.05 |
| Fiber, total dietary.....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Sugars, total.....g | 0.00 | | 0 | CAZN | 4 | | 0.00 | 0.00 | 0.00 |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 17 | | 0 | BFZN | 4 | | 39 | 2 | 1 |
| Iron, Fe.....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Magnesium, Mg.....mg | 2 | | 0 | BFZN | 4 | | 5 | 0 | 0 |
| Phosphorus, P.....mg | 13 | | 0 | BFZN | 4 | | 30 | 2 | 1 |
| Potassium, K.....mg | 25 | | 0 | BFZN | 4 | | 57 | 4 | 1 |
| Sodium, Na.....mg | 2 | | 0 | BFZN | 4 | | 5 | 0 | 0 |
| Zinc, Zn.....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Copper, Cu.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.1 | | 0 | BFZN | 4 | | 0.2 | 0.0 | 0.0 |
| Thiamin.....mg | 0.006 | | 0 | BFZN | 4 | | 0.014 | 0.001 | 0.000 |
| Riboflavin.....mg | 0.021 | | 0 | BFZN | 4 | | 0.048 | 0.003 | 0.001 |
| Niacin.....mg | 0.013 | | 0 | BFZN | 4 | | 0.030 | 0.002 | 0.001 |
| Pantothenic acid.....mg | | | | | | | | | |
| Vitamin B-6.....mg | 0.005 | | 0 | BFZN | 4 | | 0.011 | 0.001 | 0.000 |
| Folate, total.....mcg | 1 | | 0 | BFZN | 4 | | 2 | 0 | 0 |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food.....mcg | 1 | | 0 | BFZN | 4 | | 2 | 0 | 0 |
| Folate, DFE.....mcg_DFE | 1 | | 0 | NC | 4 | | 2 | 0 | 0 |
| Choline, total.....mg | 12.4 | | 0 | CAZN | 4 | | 28.2 | 1.8 | 0.6 |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.06 | | 0 | BFZN | 4 | | 0.14 | 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 | 819 | | 0 | NC | 4 | | 1859 | 116 | 41 |
| Retinol.....mcg | 768 | | 0 | CAZN | 4 | | 1743 | 109 | 38 |
| Carotene, beta.....mcg | 610 | | 0 | CAZN | 4 | | 1385 | 87 | 31 |
| Carotene, alpha.....mcg | 0 | | 0 | CAZN | 4 | | 0 | 0 | 0 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | CAZN | 4 | | 0 | 0 | 0 |
| Vitamin A, IU.....IU | 3577 | | 0 | NC | 4 | | 8119 | 508 | 179 |
| Lycopene.....mcg | 0 | | 0 | CAZN | 4 | | 0 | 0 | 0 |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | CAZN | 4 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol).....mg | 5.00 | | 0 | BFZN | 4 | | 11.35 | 0.71 | 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 | 93.0 | | 1 | CAZN | 4 | | 211.1 | 13.2 | 4.7 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 15.520 | | 0 | RA | 4 | | 35.230 | 2.204 | 0.776 |
| 4:0.....g | 0.000 | | 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 | RA | 4 | | 0.000 | 0.000 | 0.000 |
| 10:0.....g | 0.000 | | 0 | RA | 4 | | 0.000 | 0.000 | 0.000 |

NDB No. 04617

Margarine, regular, stick, unsalted, composite, 80% fat

| 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 |
| 12:0.....g | 0.000 | | 0 | RA | 4 | | 0.000 | 0.000 | 0.000 |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.180 | | 0 | RA | 4 | | 0.409 | 0.026 | 0.009 |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 9.100 | | 0 | RA | 4 | | 20.657 | 1.292 | 0.455 |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 6.180 | | 0 | RA | 4 | | 14.029 | 0.878 | 0.309 |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 39.020 | | 0 | RA | 4 | | 88.575 | 5.541 | 1.951 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.180 | | 0 | RA | 4 | | 0.409 | 0.026 | 0.009 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 38.690 | | 0 | RA | 4 | | 87.826 | 5.494 | 1.935 |
| 20:1.....g | 0.100 | | 0 | RA | 4 | | 0.227 | 0.014 | 0.005 |
| 22:1 undifferentiated.....g | 0.030 | | 0 | RA | 4 | | 0.068 | 0.004 | 0.002 |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 22.340 | | 0 | RA | 4 | | 50.712 | 3.172 | 1.117 |
| 18:2 undifferentiated.....g | 20.560 | | 0 | RA | 4 | | 46.671 | 2.920 | 1.028 |
| 18:3 undifferentiated.....g | 1.760 | | 0 | RA | 4 | | 3.995 | 0.250 | 0.088 |
| 18:4.....g | 0.000 | | 0 | RA | 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 | RA | 4 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3.....g | 0.000 | | 0 | RA | 4 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3.....g | 0.000 | | 0 | RA | 4 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3.....g | 0.000 | | 0 | RA | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Phytosterols.....mg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 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:

Measure 1 = 227g: 1 cup

Measure 2 = 14.2g: 1 tbsp

Measure 3 = 5.0g: 1 pat (1" sq, 1/3" high)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04611

Margarine, regular, tub, composite, 80% fat, with salt

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 | 17.07 | 0.283 | 10 | A | 1 | | 38.75 | 2.42 | |
| Energy.....kcal | 713 | | 0 | NC | 4 | | 1618 | 101 | |
| Energy.....kj | 2981 | | 0 | NC | 4 | | 6768 | 423 | |
| Protein (N x 6.25).....g | 0.22 | 0.033 | 10 | A | 1 | | 0.50 | 0.03 | |
| Total lipid (fat).....g | 80.17 | 0.253 | 10 | A | 1 | | 181.99 | 11.38 | |
| Ash.....g | 1.78 | 0.083 | 10 | A | 1 | | 4.05 | 0.25 | |
| Carbohydrate, by difference.....g | 0.75 | | 0 | NC | 4 | | 1.71 | 0.11 | |
| Fiber, total dietary.....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total.....g | 0.00 | | 0 | CAZN | 4 | | 0.00 | 0.00 | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 3 | | 2 | A | 1 | | 6 | 0 | |
| Iron, Fe.....mg | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | |
| Magnesium, Mg.....mg | 1 | | 2 | A | 1 | | 2 | 0 | |
| Phosphorus, P.....mg | 5 | | 2 | A | 1 | | 12 | 1 | |
| Potassium, K.....mg | 17 | | 2 | A | 1 | | 38 | 2 | |
| Sodium, Na.....mg | 657 | | 2 | A | 1 | | 1491 | 93 | |
| Zinc, Zn.....mg | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | |
| Copper, Cu.....mg | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| Manganese, Mn.....mg | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| Selenium, Se.....mcg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.1 | | 0 | BFZN | 4 | | 0.2 | 0.0 | |
| Thiamin.....mg | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| Riboflavin.....mg | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| Niacin.....mg | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| Pantothenic acid.....mg | 0.085 | | 2 | A | 1 | | 0.193 | 0.012 | |
| Vitamin B-6.....mg | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| Folate, total.....mcg | 1 | | 0 | BFZN | 4 | | 2 | 0 | |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food.....mcg | 1 | | 0 | BFZN | 4 | | 2 | 0 | |
| Folate, DFE.....mcg_DFE | 1 | | 0 | NC | 4 | | 2 | 0 | |
| Choline, total.....mg | 12.4 | | 3 | AS | 1 | | 28.2 | 1.8 | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.08 | | 0 | BFZN | 4 | | 0.18 | 0.01 | |
| Vitamin B-12, added.....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE.....mcg_RAE | 819 | | 0 | NC | 4 | | 1859 | 116 | |
| Retinol.....mcg | 768 | | 0 | CAZN | 4 | | 1743 | 109 | |
| Carotene, beta.....mcg | 610 | | 0 | CAZN | 4 | | 1385 | 87 | |
| Carotene, alpha.....mcg | 0 | | 0 | CAZN | 4 | | 0 | 0 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | CAZN | 4 | | 0 | 0 | |
| Vitamin A, IU.....IU | 3571 | | 0 | ML | 5 | | 8106 | 507 | |
| Lycopene.....mcg | 0 | | 0 | CAZN | 4 | | 0 | 0 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | CAZN | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol).....mg | 15.43 | 0.415 | 3 | A | 1 | | 35.04 | 2.19 | |
| Vitamin E, added.....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta.....mg | 0.16 | 0.015 | 3 | A | 1 | | 0.36 | 0.02 | |
| Tocopherol, gamma.....mg | 26.98 | 2.397 | 3 | A | 1 | | 61.25 | 3.83 | |
| Tocopherol, delta.....mg | 6.65 | 0.515 | 3 | A | 1 | | 15.11 | 0.95 | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....mcg | 91.7 | | 2 | A | 1 | | 208.0 | 13.0 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 14.224 | | 0 | NC | 4 | | 32.288 | 2.020 | |
| 4:0.....g | 0.000 | 0.000 | 10 | A | 1 | | 0.000 | 0.000 | |
| 6:0.....g | 0.000 | 0.000 | 10 | A | 1 | | 0.000 | 0.000 | |
| 8:0.....g | 0.015 | 0.005 | 10 | A | 1 | | 0.033 | 0.002 | |
| 10:0.....g | 0.023 | 0.004 | 10 | A | 1 | | 0.052 | 0.003 | |

NDB No. 04611

Margarine, regular, tub, composite, 80% fat, with salt

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common | | |
|--|---------------------------------------|------------|--------------------------|---------------|----------------|--------------------|------------------------------------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | measures of food | | |
| | | | | | | | Measure 1 | Measure 2 | Measure 3 |
| 12:0.....g | 0.433 | 0.040 | 10 | A | 1 | | 0.983 | 0.062 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.240 | 0.014 | 10 | A | 1 | | 0.546 | 0.034 | |
| 15:0.....g | 0.020 | 0.002 | 10 | A | 1 | | 0.046 | 0.003 | |
| 16:0.....g | 7.075 | 0.053 | 10 | A | 1 | | 16.060 | 1.005 | |
| 17:0.....g | 0.062 | 0.001 | 10 | A | 1 | | 0.140 | 0.009 | |
| 18:0.....g | 5.808 | 0.140 | 10 | A | 1 | | 13.185 | 0.825 | |
| 20:0.....g | 0.356 | 0.005 | 10 | A | 1 | | 0.808 | 0.051 | |
| 22:0.....g | 0.105 | 0.035 | 10 | A | 1 | | 0.239 | 0.015 | |
| 24:0.....g | 0.087 | 0.002 | 10 | A | 1 | | 0.197 | 0.012 | |
| Fatty acids, total monounsaturated.....g | 36.435 | | 0 | NC | 4 | | 82.706 | 5.174 | |
| 14:1.....g | 0.000 | 0.000 | 10 | A | 1 | | 0.000 | 0.000 | |
| 15:1.....g | 0.000 | 0.000 | 10 | A | 1 | | 0.000 | 0.000 | |
| 16:1 undifferentiated.....g | 0.088 | 0.001 | 10 | AS | 1 | | 0.200 | 0.012 | |
| 16:1 c.....g | 0.088 | 0.001 | 10 | A | 1 | | 0.200 | 0.012 | |
| 16:1 t.....g | 0.000 | 0.000 | 9 | A | 1 | | 0.000 | 0.000 | |
| 17:1.....g | 0.038 | 0.000 | 10 | A | 1 | | 0.085 | 0.005 | |
| 18:1 undifferentiated.....g | 35.541 | 0.742 | 10 | AS | 1 | | 80.678 | 5.047 | |
| 18:1 c.....g | 30.293 | 0.247 | 10 | A | 1 | | 68.765 | 4.302 | |
| 18:1-11c (18:1c n-7).....g | | | | | | | | | |
| 18:1 t.....g | 5.248 | 0.559 | 10 | A | 1 | | 11.913 | 0.745 | |
| 18:1-11t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.682 | 0.042 | 10 | A | 1 | | 1.547 | 0.097 | |
| 22:1 undifferentiated.....g | 0.026 | 0.008 | 10 | AS | 1 | | 0.059 | 0.004 | |
| 22:1 c.....g | 0.026 | 0.008 | 10 | A | 1 | | 0.059 | 0.004 | |
| 22:1 t.....g | 0.000 | 0.000 | 9 | A | 1 | | 0.000 | 0.000 | |
| 24:1 c.....g | 0.061 | 0.001 | 10 | A | 1 | | 0.138 | 0.009 | |
| Fatty acids, total polyunsaturated.....g | 26.741 | | 0 | NC | 4 | | 60.701 | 3.797 | |
| 18:2 undifferentiated.....g | 21.656 | 0.880 | 10 | AS | 1 | | 49.160 | 3.075 | |
| 18:2 n-6 c,c.....g | 21.038 | 1.064 | 10 | A | 1 | | 47.756 | 2.987 | |
| 18:2 CLAs.....g | 0.040 | 0.003 | 10 | A | 1 | | 0.090 | 0.006 | |
| 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 | 0.579 | 0.190 | 10 | A | 1 | | 1.314 | 0.082 | |
| 18:3 undifferentiated.....g | 5.031 | 0.236 | 10 | AS | 1 | | 11.421 | 0.714 | |
| 18:3 n-3 c,c,c.....g | 4.677 | 0.274 | 10 | A | 1 | | 10.617 | 0.664 | |
| 18:3 n-6 c,c,c.....g | 0.354 | 0.039 | 10 | A | 1 | | 0.804 | 0.050 | |
| 18:3i.....g | | | | | | | | | |
| 18:4.....g | 0.000 | 0.000 | 10 | A | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | 0.024 | 0.003 | 10 | A | 1 | | 0.055 | 0.003 | |
| 20:3 undifferentiated.....g | 0.021 | 0.002 | 10 | AS | 1 | | 0.047 | 0.003 | |
| 20:3 n-3.....g | 0.000 | 0.000 | 10 | A | 1 | | 0.000 | 0.000 | |
| 20:3 n-6.....g | 0.021 | 0.002 | 10 | A | 1 | | 0.047 | 0.003 | |
| 20:4 undifferentiated.....g | 0.000 | 0.000 | 10 | 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 | 10 | A | 1 | | 0.000 | 0.000 | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.000 | 0.000 | 10 | A | 1 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.005 | 0.002 | 10 | A | 1 | | 0.012 | 0.001 | |
| 22:6 n-3.....g | 0.003 | 0.001 | 10 | A | 1 | | 0.006 | 0.000 | |
| Fatty acids, total trans.....g | 5.827 | | 0 | NC | 4 | | 13.227 | 0.827 | |
| Fatty acids, total trans-monoenoic.....g | 5.248 | | 0 | NC | 4 | | 11.913 | 0.745 | |
| Fatty acids, total trans-polyenoic.....g | 0.579 | | 0 | NC | 4 | | 1.314 | 0.082 | |
| Cholesterol.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Phytosterols.....mg | 210 | | 0 | AS | 1 | | 477 | 30 | |
| Stigmasterol.....mg | 37 | | 1 | A | 1 | | 84 | 5 | |
| Campesterol.....mg | 48 | | 1 | A | 1 | | 109 | 7 | |
| Beta-sitosterol.....mg | 112 | | 1 | A | 1 | | 254 | 16 | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |

NDB No. 04611

Margarine, regular, tub, composite, 80% fat, with salt

| Nutrients and Units | <u>Amount in 100 grams of edible portion</u> | | | | <u>Amount in edible portion of common measures of food</u> | | | | |
|---------------------|--|------------|-----------------------|------------|--|-----------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| 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 = 227g: 1 cup

Measure 2 = 14.2g: 1 tbsp

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate3.87

Food Group: 04 Fats and Oils

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

NDB No. 04618

Margarine, regular, tub, unsalted, composite, 80% fat

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 | 17.07 | | 0 | BFZN | 4 | | 38.75 | 2.42 | |
| Energy.....kcal | 713 | | 0 | BFZN | 4 | | 1618 | 101 | |
| Energy.....kj | 2981 | | 0 | BFZN | 4 | | 6768 | 423 | |
| Protein.....g | 0.22 | | 0 | BFZN | 4 | | 0.50 | 0.03 | |
| Total lipid (fat).....g | 80.17 | | 0 | BFZN | 4 | | 181.99 | 11.38 | |
| Ash.....g | 1.78 | | 0 | BFZN | 4 | | 4.05 | 0.25 | |
| Carbohydrate, by difference.....g | 0.75 | | 0 | BFZN | 4 | | 1.71 | 0.11 | |
| Fiber, total dietary.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Sugars, total.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 3 | | 0 | BFZN | 4 | | 6 | 0 | |
| Iron, Fe.....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Magnesium, Mg.....mg | 1 | | 0 | BFZN | 4 | | 2 | 0 | |
| Phosphorus, P.....mg | 5 | | 0 | BFZN | 4 | | 12 | 1 | |
| Potassium, K.....mg | 17 | | 0 | BFZN | 4 | | 38 | 2 | |
| Sodium, Na.....mg | 28 | | 0 | BFZN | 4 | | 64 | 4 | |
| Zinc, Zn.....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Copper, Cu.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.1 | | 0 | BFZN | 4 | | 0.2 | 0.0 | |
| Thiamin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Riboflavin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Niacin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Pantothenic acid.....mg | | | | | | | | | |
| Vitamin B-6.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Folate, total.....mcg | 1 | | 0 | BFZN | 4 | | 2 | 0 | |
| Folic acid.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Folate, food.....mcg | 1 | | 0 | BFZN | 4 | | 2 | 0 | |
| Folate, DFE.....mcg_DFE | 1 | | 0 | NC | 4 | | 2 | 0 | |
| Choline, total.....mg | 12.4 | | 0 | CAZN | 4 | | 28.2 | 1.8 | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.08 | | 0 | BFZN | 4 | | 0.18 | 0.01 | |
| Vitamin B-12, added.....mcg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE.....mcg_RAE | 819 | | 0 | BFZN | 4 | | 1859 | 116 | |
| Retinol.....mcg | 768 | | 0 | BFZN | 4 | | 1743 | 109 | |
| Carotene, beta.....mcg | 610 | | 0 | BFZN | 4 | | 1385 | 87 | |
| Carotene, alpha.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Vitamin A, IU.....IU | 3577 | | 0 | NC | 4 | | 8119 | 508 | |
| Lycopene.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol).....mg | 15.43 | | 0 | BFZN | 4 | | 35.04 | 2.19 | |
| Vitamin E, added.....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Tocopherol, beta.....mg | | | | | | | | | |
| Tocopherol, gamma.....mg | | | | | | | | | |
| Tocopherol, delta.....mg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....mcg | 91.7 | | 0 | BFZN | 4 | | 208.0 | 13.0 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 14.224 | | 0 | BFZN | 4 | | 32.288 | 2.020 | |
| 4:0.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 6:0.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 8:0.....g | 0.015 | | 0 | BFZN | 4 | | 0.033 | 0.002 | |
| 10:0.....g | 0.023 | | 0 | BFZN | 4 | | 0.052 | 0.003 | |

NDB No. 04618

Margarine, regular, tub, unsalted, composite, 80% fat

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.433 | | 0 | BFZN | 4 | | 0.983 | 0.062 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.240 | | 0 | BFZN | 4 | | 0.546 | 0.034 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 7.075 | | 0 | BFZN | 4 | | 16.060 | 1.005 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 5.808 | | 0 | BFZN | 4 | | 13.185 | 0.825 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 36.435 | | 0 | BFZN | 4 | | 82.706 | 5.174 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.088 | | 0 | BFZN | 4 | | 0.200 | 0.012 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 35.541 | | 0 | BFZN | 4 | | 80.678 | 5.047 | |
| 20:1.....g | 0.682 | | 0 | BFZN | 4 | | 1.547 | 0.097 | |
| 22:1 undifferentiated.....g | 0.026 | | 0 | BFZN | 4 | | 0.059 | 0.004 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 26.741 | | 0 | BFZN | 4 | | 60.701 | 3.797 | |
| 18:2 undifferentiated.....g | 21.656 | | 0 | BFZN | 4 | | 49.160 | 3.075 | |
| 18:3 undifferentiated.....g | 5.031 | | 0 | BFZN | 4 | | 11.421 | 0.714 | |
| 18:4.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.005 | | 0 | BFZN | 4 | | 0.012 | 0.001 | |
| 22:6 n-3.....g | 0.003 | | 0 | BFZN | 4 | | 0.006 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | BFZN | 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 = 227g: 1 cup

Measure 2 = 14.2g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04132

Margarine, regular, unspecified oils, with salt added (1)

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 | 16.52 | 0.265 | 10 | A | 1 | | 0.78 | 18.66 | |
| Energy.....kcal | 717 | | 0 | NC | 4 | | 34 | 810 | |
| Energy.....kj | 2999 | | 0 | NC | 4 | | 141 | 3389 | |
| Protein (N x 6.38).....g | 0.16 | 0.015 | 10 | A | 1 | | 0.01 | 0.18 | |
| Total lipid (fat).....g | 80.71 | 0.222 | 10 | A | 1 | | 3.79 | 91.20 | |
| Ash.....g | 1.92 | 0.083 | 10 | A | 1 | | 0.09 | 2.17 | |
| Carbohydrate, by difference.....g | 0.70 | | 0 | NC | 4 | | 0.03 | 0.79 | |
| Fiber, total dietary.....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total.....g | 0.00 | | 0 | CAZN | 4 | | 0.00 | 0.00 | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 30 | | 0 | | 1 | | 1 | 34 | |
| Iron, Fe.....mg | 0.06 | | 0 | | 1 | | 0.00 | 0.07 | |
| Magnesium, Mg.....mg | 3 | | 0 | | 1 | | 0 | 3 | |
| Phosphorus, P.....mg | 23 | | 0 | | 1 | | 1 | 26 | |
| Potassium, K.....mg | 42 | | 0 | | 1 | | 2 | 48 | |
| Sodium, Na.....mg | 943 | 9.459 | 337 | | 1 | | 44 | 1066 | |
| Zinc, Zn.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Copper, Cu.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.2 | | 0 | | 1 | | 0.0 | 0.2 | |
| Thiamin.....mg | 0.010 | | 0 | | 1 | | 0.000 | 0.011 | |
| Riboflavin.....mg | 0.037 | | 0 | | 1 | | 0.002 | 0.042 | |
| Niacin.....mg | 0.023 | | 0 | | 1 | | 0.001 | 0.026 | |
| Pantothenic acid.....mg | 0.084 | | 0 | | 1 | | 0.004 | 0.095 | |
| Vitamin B-6.....mg | 0.009 | | 0 | | 1 | | 0.000 | 0.010 | |
| Folate, total.....mcg | 1 | | 0 | | 1 | | 0 | 1 | |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food.....mcg | 1 | | 0 | | 1 | | 0 | 1 | |
| Folate, DFE.....mcg_DFE | 1 | | 0 | NC | 4 | | 0 | 1 | |
| Choline, total.....mg | 12.4 | | 0 | CAZN | 4 | | 0.6 | 14.0 | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.10 | | 0 | | 1 | | 0.00 | 0.11 | |
| Vitamin B-12, added.....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE.....mcg_RAE | 819 | | 0 | NC | 4 | | 38 | 925 | |
| Retinol.....mcg | 768 | | 0 | CAZN | 4 | | 36 | 868 | |
| Carotene, beta.....mcg | 610 | | 0 | CAZN | 4 | | 29 | 689 | |
| Carotene, alpha.....mcg | 0 | | 0 | CAZN | 4 | | 0 | 0 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | CAZN | 4 | | 0 | 0 | |
| Vitamin A, IU.....IU | 3571 | | 0 | ML | 5 | | 168 | 4035 | |
| Lycopene.....mcg | 0 | | 0 | CAZN | 4 | | 0 | 0 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | CAZN | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol).....mg | 9.00 | | 0 | | 4 | | 0.42 | 10.17 | |
| Vitamin E, added.....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta.....mg | 0.36 | | 1 | A | 1 | | 0.02 | 0.41 | |
| Tocopherol, gamma.....mg | 43.79 | | 1 | A | 1 | | 2.06 | 49.48 | |
| Tocopherol, delta.....mg | 15.28 | | 1 | A | 1 | | 0.72 | 17.27 | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....mcg | 93.0 | | 1 | CAZN | 4 | | 4.4 | 105.1 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 15.189 | | 0 | NC | 4 | | 0.714 | 17.163 | |
| 4:0.....g | 0.000 | 0.000 | 9 | A | 1 | | 0.000 | 0.000 | |
| 6:0.....g | 0.000 | 0.000 | 10 | A | 1 | | 0.000 | 0.000 | |
| 8:0.....g | 0.000 | 0.000 | 10 | A | 1 | | 0.000 | 0.000 | |
| 10:0.....g | 0.000 | 0.000 | 9 | A | 1 | | 0.000 | 0.000 | |

Margarine, regular, unspecified oils, with salt added (1)

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common | | |
|--|---------------------------------------|------------|--------------------------|---------------|----------------|--------------------|------------------------------------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | measures of food | | |
| | | | | | | | Measure 1 | Measure 2 | Measure 3 |
| 12:0.....g | 0.000 | 0.000 | 10 | A | 1 | | 0.000 | 0.000 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.046 | 0.002 | 10 | A | 1 | | 0.002 | 0.052 | |
| 15:0.....g | 0.016 | 0.001 | 10 | A | 1 | | 0.001 | 0.018 | |
| 16:0.....g | 8.431 | 0.087 | 10 | A | 1 | | 0.396 | 9.527 | |
| 17:0.....g | 0.068 | 0.002 | 10 | A | 1 | | 0.003 | 0.077 | |
| 18:0.....g | 6.173 | 0.190 | 10 | A | 1 | | 0.290 | 6.975 | |
| 20:0.....g | 0.261 | 0.006 | 10 | A | 1 | | 0.012 | 0.295 | |
| 22:0.....g | 0.109 | 0.036 | 9 | A | 1 | | 0.005 | 0.123 | |
| 24:0.....g | 0.085 | 0.004 | 10 | A | 1 | | 0.004 | 0.096 | |
| Fatty acids, total monounsaturated.....g | 38.877 | | 0 | NC | 4 | | 1.827 | 43.931 | |
| 14:1.....g | 0.000 | 0.000 | 10 | A | 1 | | 0.000 | 0.000 | |
| 15:1.....g | 0.000 | 0.000 | 10 | A | 1 | | 0.000 | 0.000 | |
| 16:1 undifferentiated.....g | 0.045 | 0.002 | 10 | AS | 1 | | 0.002 | 0.051 | |
| 16:1 c.....g | 0.045 | 0.002 | 10 | A | 1 | | 0.002 | 0.051 | |
| 16:1 t.....g | 0.000 | 0.000 | 10 | A | 1 | | 0.000 | 0.000 | |
| 17:1.....g | 0.023 | 0.002 | 10 | A | 1 | | 0.001 | 0.026 | |
| 18:1 undifferentiated.....g | 38.675 | 0.915 | 10 | AS | 1 | | 1.818 | 43.703 | |
| 18:1 c.....g | 24.488 | 1.033 | 10 | A | 1 | | 1.151 | 27.672 | |
| 18:1-11c (18:1c n-7).....g | | | | | | | | | |
| 18:1 t.....g | 14.187 | 0.901 | 10 | A | 1 | | 0.667 | 16.031 | |
| 18:1-11t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.133 | 0.008 | 10 | A | 1 | | 0.006 | 0.150 | |
| 22:1 undifferentiated.....g | 0.000 | 0.000 | 10 | AS | 1 | | 0.000 | 0.000 | |
| 22:1 c.....g | 0.000 | 0.000 | 10 | A | 1 | | 0.000 | 0.000 | |
| 22:1 t.....g | 0.000 | 0.000 | 10 | A | 1 | | 0.000 | 0.000 | |
| 24:1 c.....g | 0.001 | 0.001 | 10 | A | 1 | | 0.000 | 0.001 | |
| Fatty acids, total polyunsaturated.....g | 24.302 | | 0 | NC | 4 | | 1.142 | 27.462 | |
| 18:2 undifferentiated.....g | 22.252 | 0.842 | 10 | AS | 1 | | 1.046 | 25.145 | |
| 18:2 n-6 c,c.....g | 21.522 | 0.919 | 10 | A | 1 | | 1.012 | 24.320 | |
| 18:2 CLAs.....g | 0.027 | 0.003 | 10 | A | 1 | | 0.001 | 0.030 | |
| 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 | 0.703 | 0.096 | 10 | A | 1 | | 0.033 | 0.795 | |
| 18:3 undifferentiated.....g | 2.040 | 0.330 | 10 | AS | 1 | | 0.096 | 2.305 | |
| 18:3 n-3 c,c,c.....g | 1.957 | 0.313 | 10 | A | 1 | | 0.092 | 2.212 | |
| 18:3 n-6 c,c,c.....g | 0.083 | 0.018 | 10 | A | 1 | | 0.004 | 0.093 | |
| 18:3i.....g | | | | | | | | | |
| 18:4.....g | 0.000 | 0.000 | 10 | A | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | 0.004 | 0.001 | 10 | A | 1 | | 0.000 | 0.005 | |
| 20:3 undifferentiated.....g | 0.001 | 0.001 | 10 | AS | 1 | | 0.000 | 0.001 | |
| 20:3 n-3.....g | 0.000 | 0.000 | 10 | A | 1 | | 0.000 | 0.000 | |
| 20:3 n-6.....g | 0.001 | 0.001 | 10 | A | 1 | | 0.000 | 0.001 | |
| 20:4 undifferentiated.....g | 0.000 | 0.000 | 10 | 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 | 10 | A | 1 | | 0.000 | 0.000 | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.000 | 0.000 | 10 | A | 1 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.006 | 0.003 | 9 | A | 1 | | 0.000 | 0.007 | |
| 22:6 n-3.....g | 0.000 | 0.000 | 10 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | 14.890 | | 0 | NC | 4 | | 0.700 | 16.826 | |
| Fatty acids, total trans-monoenoic.....g | 14.187 | | 0 | NC | 4 | | 0.667 | 16.031 | |
| Fatty acids, total trans-polyenoic.....g | 0.703 | | 0 | NC | 4 | | 0.033 | 0.795 | |
| Cholesterol.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| Stigmasterol.....mg | 35 | | 1 | A | 1 | | 2 | 40 | |
| Campesterol.....mg | 75 | | 1 | A | 1 | | 4 | 85 | |
| Beta-sitosterol.....mg | 275 | | 1 | A | 1 | | 13 | 310 | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.012 | | 0 | | 1 | | 0.001 | 0.014 | |

NDB No. 04132

Margarine, regular, unspecified oils, with salt added (1)

| 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 |
| | | | | | | | | | |
| Threonine.....g | 0.039 | | 0 | | 1 | | 0.002 | 0.044 | |
| Isoleucine.....g | 0.052 | | 0 | | 1 | | 0.002 | 0.059 | |
| Leucine.....g | 0.084 | | 0 | | 1 | | 0.004 | 0.095 | |
| Lysine.....g | 0.068 | | 0 | | 1 | | 0.003 | 0.077 | |
| Methionine.....g | 0.021 | | 0 | | 1 | | 0.001 | 0.024 | |
| Cystine.....g | 0.008 | | 0 | | 1 | | 0.000 | 0.009 | |
| Phenylalanine.....g | 0.041 | | 0 | | 1 | | 0.002 | 0.046 | |
| Tyrosine.....g | 0.041 | | 0 | | 1 | | 0.002 | 0.046 | |
| Valine.....g | 0.057 | | 0 | | 1 | | 0.003 | 0.064 | |
| Arginine.....g | 0.031 | | 0 | | 1 | | 0.001 | 0.035 | |
| Histidine.....g | 0.023 | | 0 | | 1 | | 0.001 | 0.026 | |
| Alanine.....g | 0.029 | | 0 | | 1 | | 0.001 | 0.033 | |
| Aspartic acid.....g | 0.065 | | 0 | | 1 | | 0.003 | 0.073 | |
| Glutamic acid.....g | 0.179 | | 0 | | 1 | | 0.008 | 0.202 | |
| Glycine.....g | 0.018 | | 0 | | 1 | | 0.001 | 0.020 | |
| Proline.....g | 0.083 | | 0 | | 1 | | 0.004 | 0.094 | |
| Serine.....g | 0.046 | | 0 | | 1 | | 0.002 | 0.052 | |
| 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:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

Footnotes:

1 Other phytosterols and phytostanols identified include: beta-sitosterol (10.27 mg), campestanol (2.93 mg) and delta-5 avenasterol (11.62 mg)

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate3.87

Food Group: 04 Fats and Oils

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

NDB No. 04131

Margarine, regular, unspecified oils, without added salt

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 | 18.50 | | 2 | | 1 | | 0.87 | 20.91 | |
| Energy.....kcal | 714 | | 0 | | 4 | | 34 | 807 | |
| Energy.....kj | 2987 | | 0 | | 4 | | 140 | 3376 | |
| Protein (N x 6.38).....g | 0.50 | | 2 | | 1 | | 0.02 | 0.57 | |
| Total lipid (fat).....g | 80.30 | 0.080 | 56 | | 1 | | 3.77 | 90.74 | |
| Ash.....g | 0.20 | | 2 | | 1 | | 0.01 | 0.23 | |
| Carbohydrate, by difference.....g | 0.50 | | 0 | | 4 | | 0.02 | 0.57 | |
| Fiber, total dietary.....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Sugars, total.....g | 0.00 | | 0 | CAZN | 4 | | 0.00 | 0.00 | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 17 | | 0 | | 1 | | 1 | 20 | |
| Iron, Fe.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Magnesium, Mg.....mg | 2 | | 0 | | 1 | | 0 | 2 | |
| Phosphorus, P.....mg | 13 | | 0 | | 1 | | 1 | 15 | |
| Potassium, K.....mg | 25 | | 0 | | 1 | | 1 | 28 | |
| Sodium, Na.....mg | 2 | 0.570 | 54 | | 1 | | 0 | 2 | |
| Zinc, Zn.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Copper, Cu.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Manganese, Mn.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Selenium, Se.....mcg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.1 | | 0 | | 1 | | 0.0 | 0.1 | |
| Thiamin.....mg | 0.006 | | 0 | | 1 | | 0.000 | 0.007 | |
| Riboflavin.....mg | 0.021 | | 0 | | 1 | | 0.001 | 0.024 | |
| Niacin.....mg | 0.013 | | 0 | | 1 | | 0.001 | 0.015 | |
| Pantothenic acid.....mg | 0.049 | | 0 | | 1 | | 0.002 | 0.055 | |
| Vitamin B-6.....mg | 0.005 | | 0 | | 1 | | 0.000 | 0.006 | |
| Folate, total.....mcg | 1 | | 0 | | 1 | | 0 | 1 | |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food.....mcg | 1 | | 0 | | 1 | | 0 | 1 | |
| Folate, DFE.....mcg_DFE | 1 | | 0 | NC | 4 | | 0 | 1 | |
| Choline, total.....mg | 12.4 | | 0 | CAZN | 4 | | 0.6 | 14.0 | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.06 | | 0 | | 1 | | 0.00 | 0.06 | |
| Vitamin B-12, added.....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE.....mcg_RAE | 819 | | 0 | NC | 4 | | 38 | 925 | |
| Retinol.....mcg | 768 | | 0 | CAZN | 4 | | 36 | 868 | |
| Carotene, beta.....mcg | 610 | | 0 | CAZN | 4 | | 29 | 689 | |
| Carotene, alpha.....mcg | 0 | | 0 | CAZN | 4 | | 0 | 0 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | CAZN | 4 | | 0 | 0 | |
| Vitamin A, IU.....IU | 3577 | | 0 | NC | 4 | | 168 | 4042 | |
| Lycopene.....mcg | 0 | | 0 | CAZN | 4 | | 0 | 0 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | CAZN | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol).....mg | 12.80 | | 0 | | 4 | | 0.60 | 14.46 | |
| 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 | 93.0 | | 1 | CAZN | 4 | | 4.4 | 105.1 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 15.000 | | 0 | | 1 | | 0.705 | 16.950 | |
| 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. 04131

Margarine, regular, unspecified oils, without added salt

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.300 | | 1 | | 1 | | 0.014 | 0.339 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.200 | | 1 | | 1 | | 0.009 | 0.226 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 9.500 | | 1 | | 1 | | 0.447 | 10.735 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 5.000 | | 1 | | 1 | | 0.235 | 5.650 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 36.700 | | 0 | | 1 | | 1.725 | 41.471 | |
| 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 | 36.700 | | 1 | | 1 | | 1.725 | 41.471 | |
| 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 | 25.000 | | 0 | | 1 | | 1.175 | 28.250 | |
| 18:2 undifferentiated.....g | 24.700 | | 1 | | 1 | | 1.161 | 27.911 | |
| 18:3 undifferentiated.....g | 0.300 | | 1 | | 1 | | 0.014 | 0.339 | |
| 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 | 265 | | 0 | | 4 | | 12 | 299 | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.007 | | 0 | | 1 | | 0.000 | 0.008 | |
| Threonine.....g | 0.022 | | 0 | | 1 | | 0.001 | 0.025 | |
| Isoleucine.....g | 0.030 | | 0 | | 1 | | 0.001 | 0.034 | |
| Leucine.....g | 0.049 | | 0 | | 1 | | 0.002 | 0.055 | |
| Lysine.....g | 0.039 | | 0 | | 1 | | 0.002 | 0.044 | |
| Methionine.....g | 0.012 | | 0 | | 1 | | 0.001 | 0.014 | |
| Cystine.....g | 0.005 | | 0 | | 1 | | 0.000 | 0.006 | |
| Phenylalanine.....g | 0.024 | | 0 | | 1 | | 0.001 | 0.027 | |
| Tyrosine.....g | 0.024 | | 0 | | 1 | | 0.001 | 0.027 | |
| Valine.....g | 0.033 | | 0 | | 1 | | 0.002 | 0.037 | |
| Arginine.....g | 0.018 | | 0 | | 1 | | 0.001 | 0.020 | |
| Histidine.....g | 0.013 | | 0 | | 1 | | 0.001 | 0.015 | |
| Alanine.....g | 0.017 | | 0 | | 1 | | 0.001 | 0.019 | |
| Aspartic acid.....g | 0.038 | | 0 | | 1 | | 0.002 | 0.043 | |
| Glutamic acid.....g | 0.104 | | 0 | | 1 | | 0.005 | 0.118 | |
| Glycine.....g | 0.011 | | 0 | | 1 | | 0.001 | 0.012 | |
| Proline.....g | 0.048 | | 0 | | 1 | | 0.002 | 0.054 | |
| Serine.....g | 0.027 | | 0 | | 1 | | 0.001 | 0.031 | |
| 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. 04131

Margarine, regular, unspecified oils, without added salt

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate3.8

Food Group: 04 Fats and Oils

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

NDB No. 04633

Margarine, vegetable oil spread, 20% fat

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 | 78.80 | | 0 | | 1 | | 189.12 | 11.82 | |
| Energy.....kcal | 175 | | 0 | | 4 | | 420 | 26 | |
| Energy.....kj | 732 | | 0 | | 4 | | 1757 | 110 | |
| Protein (N x 0).....g | 0.00 | | 0 | | 8 | | 0.00 | 0.00 | |
| Total lipid (fat).....g | 19.50 | | 0 | | 1 | | 46.80 | 2.93 | |
| Ash.....g | 1.30 | | 0 | O | 4 | | 3.12 | 0.20 | |
| Carbohydrate, by difference.....g | 0.40 | | 0 | BFZN | 4 | | 0.96 | 0.06 | |
| Fiber, total dietary.....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Sugars, total.....g | 0.00 | | 0 | CAZN | 4 | | 0.00 | 0.00 | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Iron, Fe.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Magnesium, Mg.....mg | 1 | | 0 | | 4 | | 2 | 0 | |
| Phosphorus, P.....mg | 14 | | 0 | | 4 | | 34 | 2 | |
| Potassium, K.....mg | 25 | | 0 | | 4 | | 60 | 4 | |
| Sodium, Na.....mg | 733 | | 0 | | 8 | | 1759 | 110 | |
| Zinc, Zn.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Copper, Cu.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Thiamin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Riboflavin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Niacin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Pantothenic acid.....mg | | | | | | | | | |
| Vitamin B-6.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Folate, total.....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food.....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total.....mg | 12.4 | | 0 | CAZN | 4 | | 29.8 | 1.9 | |
| 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 | 819 | | 0 | NC | 4 | | 1965 | 123 | |
| Retinol.....mcg | 768 | | 0 | CAZN | 4 | | 1843 | 115 | |
| Carotene, beta.....mcg | 610 | | 0 | CAZN | 4 | | 1464 | 92 | |
| Carotene, alpha.....mcg | 0 | | 0 | CAZN | 4 | | 0 | 0 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | CAZN | 4 | | 0 | 0 | |
| Vitamin A, IU.....IU | 3577 | | 0 | NC | 4 | | 8584 | 536 | |
| Lycopene.....mcg | 0 | | 0 | CAZN | 4 | | 0 | 0 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | CAZN | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol).....mg | 4.50 | | 0 | NR | 4 | | 10.80 | 0.68 | |
| 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 | 70.9 | | 8 | A | 1 | | 170.2 | 10.6 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 2.870 | | 0 | | 1 | | 6.888 | 0.431 | |
| 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. 04633

Margarine, vegetable oil spread, 20% fat

| 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 |
| | | | | | | | | | |
| 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 | 2.030 | | 0 | | 4 | | 4.872 | 0.305 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 0.840 | | 0 | | 4 | | 2.016 | 0.126 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 7.480 | | 0 | | 4 | | 17.952 | 1.122 | |
| 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 | 7.450 | | 0 | | 4 | | 17.880 | 1.118 | |
| 20:1.....g | 0.040 | | 0 | | 4 | | 0.096 | 0.006 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 8.040 | | 0 | | 4 | | 19.296 | 1.206 | |
| 18:2 undifferentiated.....g | 7.840 | | 0 | | 4 | | 18.816 | 1.176 | |
| 18:3 undifferentiated.....g | 0.160 | | 0 | | 4 | | 0.384 | 0.024 | |
| 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 | | 7 | | 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 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04634

Margarine, vegetable oil spread, 20% fat, without salt

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 | 78.80 | | 0 | BFZN | 4 | | 161.54 | 10.09 | |
| Energy.....kcal | 175 | | 0 | BFZN | 4 | | 359 | 22 | |
| Energy.....kj | 732 | | 0 | BFZN | 4 | | 1501 | 94 | |
| Protein.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Total lipid (fat).....g | 19.50 | | 0 | BFZN | 4 | | 39.98 | 2.50 | |
| Ash.....g | 1.30 | | 0 | BFZN | 4 | | 2.67 | 0.17 | |
| Carbohydrate, by difference.....g | 0.40 | | 0 | BFZN | 4 | | 0.82 | 0.05 | |
| Fiber, total dietary.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Sugars, total.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Iron, Fe.....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Magnesium, Mg.....mg | 1 | | 0 | BFZN | 4 | | 2 | 0 | |
| Phosphorus, P.....mg | 14 | | 0 | BFZN | 4 | | 29 | 2 | |
| Potassium, K.....mg | 25 | | 0 | BFZN | 4 | | 51 | 3 | |
| Sodium, Na.....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Zinc, Zn.....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Copper, Cu.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Thiamin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Riboflavin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Niacin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Pantothenic acid.....mg | | | | | | | | | |
| Vitamin B-6.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Folate, total.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Folic acid.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Folate, food.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total.....mg | 12.4 | | 0 | CAZN | 4 | | 25.5 | 1.6 | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Vitamin B-12, added.....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE.....mcg_RAE | 819 | | 0 | BFZN | 4 | | 1679 | 105 | |
| Retinol.....mcg | 768 | | 0 | BFZN | 4 | | 1574 | 98 | |
| Carotene, beta.....mcg | 610 | | 0 | BFZN | 4 | | 1251 | 78 | |
| Carotene, alpha.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Vitamin A, IU.....IU | 3577 | | 0 | BFZN | 4 | | 7332 | 458 | |
| Lycopene.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol).....mg | 4.50 | | 0 | BFZN | 4 | | 9.23 | 0.58 | |
| 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 | 93.0 | | 0 | BFZN | 4 | | 190.7 | 11.9 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 2.870 | | 0 | BFZN | 4 | | 5.884 | 0.367 | |
| 4:0.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 6:0.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 8:0.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |

NDB No. 04634

Margarine, vegetable oil spread, 20% fat, without salt

| 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 |
| | | | | | | | | | |
| 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 | | | | | | | | | |
| 14:0.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 2.030 | | 0 | BFZN | 4 | | 4.162 | 0.260 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 0.840 | | 0 | BFZN | 4 | | 1.722 | 0.108 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 7.480 | | 0 | BFZN | 4 | | 15.334 | 0.957 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 7.450 | | 0 | BFZN | 4 | | 15.273 | 0.954 | |
| 20:1.....g | 0.040 | | 0 | BFZN | 4 | | 0.082 | 0.005 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 8.040 | | 0 | BFZN | 4 | | 16.482 | 1.029 | |
| 18:2 undifferentiated.....g | 7.840 | | 0 | BFZN | 4 | | 16.072 | 1.004 | |
| 18:3 undifferentiated.....g | 0.160 | | 0 | BFZN | 4 | | 0.328 | 0.020 | |
| 18:4.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | BFZN | 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 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04612

Margarine, vegetable oil spread, 60% fat, stick

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 | 36.95 | 0.465 | 4 | A | 1 | | 84.63 | 5.28 | 1.77 |
| Energy.....kcal | 537 | | 0 | NC | 4 | | 1230 | 77 | 26 |
| Energy.....kj | 2248 | | 0 | NC | 4 | | 5148 | 321 | 108 |
| Protein (N x 6.25).....g | 0.12 | 0.008 | 4 | A | 1 | | 0.27 | 0.02 | 0.01 |
| Total lipid (fat).....g | 60.39 | 0.540 | 4 | A | 1 | | 138.30 | 8.64 | 2.90 |
| Ash.....g | 1.84 | 0.022 | 4 | A | 1 | | 4.22 | 0.26 | 0.09 |
| Carbohydrate, by difference.....g | 0.69 | | 0 | NC | 4 | | 1.58 | 0.10 | 0.03 |
| Fiber, total dietary.....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Sugars, total.....g | 0.00 | | 0 | CAZN | 4 | | 0.00 | 0.00 | 0.00 |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 21 | | 0 | | 1 | | 48 | 3 | 1 |
| Iron, Fe.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Magnesium, Mg.....mg | 2 | | 0 | | 1 | | 4 | 0 | 0 |
| Phosphorus, P.....mg | 16 | | 0 | | 1 | | 37 | 2 | 1 |
| Potassium, K.....mg | 30 | | 0 | | 1 | | 68 | 4 | 1 |
| Sodium, Na.....mg | 785 | | 0 | | 4 | | 1798 | 112 | 38 |
| Zinc, Zn.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Copper, Cu.....mg | 0.008 | 0.008 | 6 | A | 1 | | 0.019 | 0.001 | 0.000 |
| Manganese, Mn.....mg | 0.000 | 0.000 | 5 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Selenium, Se.....mcg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.1 | | 0 | | 1 | | 0.3 | 0.0 | 0.0 |
| Thiamin.....mg | 0.007 | | 0 | | 1 | | 0.016 | 0.001 | 0.000 |
| Riboflavin.....mg | 0.026 | | 0 | | 1 | | 0.060 | 0.004 | 0.001 |
| Niacin.....mg | 0.016 | | 0 | | 1 | | 0.037 | 0.002 | 0.001 |
| Pantothenic acid.....mg | 0.059 | | 0 | | 1 | | 0.135 | 0.008 | 0.003 |
| Vitamin B-6.....mg | 0.006 | | 0 | | 1 | | 0.014 | 0.001 | 0.000 |
| Folate, total.....mcg | 1 | | 0 | | 1 | | 2 | 0 | 0 |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food.....mcg | 1 | | 0 | | 1 | | 2 | 0 | 0 |
| Folate, DFE.....mcg_DFE | 1 | | 0 | NC | 4 | | 2 | 0 | 0 |
| Choline, total.....mg | 12.4 | | 3 | AS | 1 | | 28.5 | 1.8 | 0.6 |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.07 | | 0 | | 1 | | 0.15 | 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 | 819 | | 0 | NC | 4 | | 1875 | 117 | 39 |
| Retinol.....mcg | 768 | | 0 | NR | 4 | | 1759 | 110 | 37 |
| Carotene, beta.....mcg | 610 | | 0 | CAZN | 4 | | 1397 | 87 | 29 |
| Carotene, alpha.....mcg | 0 | | 0 | CAZN | 4 | | 0 | 0 | 0 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | CAZN | 4 | | 0 | 0 | 0 |
| Vitamin A, IU.....IU | 3571 | | 0 | ML | 5 | | 8178 | 511 | 171 |
| Lycopene.....mcg | 0 | | 0 | CAZN | 4 | | 0 | 0 | 0 |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | CAZN | 4 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol).....mg | 5.00 | | 0 | | 4 | | 11.45 | 0.72 | 0.24 |
| 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 | 101.3 | 2.657 | 6 | A | 1 | | 231.9 | 14.5 | 4.9 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 10.884 | | 0 | NC | 4 | | 24.925 | 1.556 | 0.522 |
| 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 |

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.000 | 0.000 | 4 | A | 1 | 0.000 | 0.000 | 0.000 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.041 | 0.003 | 4 | A | 1 | 0.093 | 0.006 | 0.002 | |
| 15:0.....g | 0.011 | 0.004 | 4 | A | 1 | 0.025 | 0.002 | 0.001 | |
| 16:0.....g | 6.250 | 0.032 | 4 | A | 1 | 14.312 | 0.894 | 0.300 | |
| 17:0.....g | 0.053 | 0.003 | 4 | A | 1 | 0.121 | 0.008 | 0.003 | |
| 18:0.....g | 4.146 | 0.116 | 4 | A | 1 | 9.495 | 0.593 | 0.199 | |
| 20:0.....g | 0.184 | 0.004 | 4 | A | 1 | 0.422 | 0.026 | 0.009 | |
| 22:0.....g | 0.139 | 0.047 | 4 | A | 1 | 0.319 | 0.020 | 0.007 | |
| 24:0.....g | 0.060 | 0.004 | 4 | A | 1 | 0.138 | 0.009 | 0.003 | |
| Fatty acids, total monounsaturated.....g | 29.664 | | 0 | NC | 4 | 67.930 | 4.242 | 1.424 | |
| 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 | 0.034 | 0.001 | 4 | AS | 1 | 0.077 | 0.005 | 0.002 | |
| 16:1 c.....g | 0.034 | 0.001 | 4 | A | 1 | 0.077 | 0.005 | 0.002 | |
| 16:1 t.....g | 0.000 | 0.000 | 4 | A | 1 | 0.000 | 0.000 | 0.000 | |
| 17:1.....g | 0.023 | 0.003 | 4 | A | 1 | 0.054 | 0.003 | 0.001 | |
| 18:1 undifferentiated.....g | 29.503 | 0.796 | 4 | AS | 1 | 67.562 | 4.219 | 1.416 | |
| 18:1 c.....g | 17.584 | 0.160 | 4 | A | 1 | 40.267 | 2.514 | 0.844 | |
| 18:1-11c (18:1c n-7).....g | | | | | | | | | |
| 18:1 t.....g | 11.919 | 0.817 | 4 | A | 1 | 27.295 | 1.704 | 0.572 | |
| 18:1-11t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.104 | 0.036 | 4 | A | 1 | 0.238 | 0.015 | 0.005 | |
| 22:1 undifferentiated.....g | 0.000 | 0.000 | 4 | AS | 1 | 0.000 | 0.000 | 0.000 | |
| 22:1 c.....g | 0.000 | 0.000 | 4 | A | 1 | 0.000 | 0.000 | 0.000 | |
| 22:1 t.....g | 0.000 | 0.000 | 3 | 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 | 16.718 | | 0 | NC | 4 | 38.284 | 2.391 | 0.802 | |
| 18:2 undifferentiated.....g | 14.919 | 0.432 | 4 | AS | 1 | 34.165 | 2.133 | 0.716 | |
| 18:2 n-6 c,c.....g | 14.073 | 0.516 | 4 | A | 1 | 32.228 | 2.012 | 0.676 | |
| 18:2 CLAs.....g | 0.035 | 0.005 | 4 | A | 1 | 0.080 | 0.005 | 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 | 0.811 | 0.092 | 4 | A | 1 | 1.858 | 0.116 | 0.039 | |
| 18:3 undifferentiated.....g | 1.799 | 0.115 | 4 | AS | 1 | 4.119 | 0.257 | 0.086 | |
| 18:3 n-3 c,c,c.....g | 1.748 | 0.104 | 4 | A | 1 | 4.003 | 0.250 | 0.084 | |
| 18:3 n-6 c,c,c.....g | 0.050 | 0.017 | 4 | A | 1 | 0.116 | 0.007 | 0.002 | |
| 18:3i.....g | | | | | | | | | |
| 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 | 3 | A | 1 | 0.000 | 0.000 | 0.000 | |
| 20:3 undifferentiated.....g | 0.000 | 0.000 | 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 | 0.000 | 0.000 | 3 | 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 | 0.000 | 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 | 12.731 | | 0 | NC | 4 | 29.153 | 1.820 | 0.611 | |
| Fatty acids, total trans-monoenoic.....g | 11.919 | | 0 | NC | 4 | 27.295 | 1.704 | 0.572 | |
| Fatty acids, total trans-polyenoic.....g | 0.811 | | 0 | NC | 4 | 1.858 | 0.116 | 0.039 | |
| Cholesterol.....mg | 0 | | 0 | | 4 | 0 | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| Stigmasterol.....mg | 31 | | 1 | A | 1 | 70 | 4 | 1 | |
| Campesterol.....mg | 34 | | 1 | A | 1 | 78 | 5 | 2 | |
| Beta-sitosterol.....mg | 94 | | 1 | A | 1 | 215 | 13 | 5 | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 7 | 0.0 | 0.0 | 0.0 | |

NDB No. 04612

Margarine, vegetable oil spread, 60% fat, stick

| Nutrients and Units | <u>Amount in 100 grams of edible portion</u> | | | | <u>Amount in edible portion of common measures of food</u> | | | | |
|---------------------|--|------------|-----------------------|------------|--|-----------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| 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 = 229g: 1 cup

Measure 2 = 14.3g: 1 tbsp

Measure 3 = 4.8g: 1 tsp

Calories Factors: Protein 3.87

Fat 8.84

Carbohydrate 4.27

Food Group: 04 Fats and Oils

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

NDB No. 04619

Margarine, vegetable oil spread, 60% fat, stick, no salt

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 | 36.95 | | 0 | BFZN | 4 | | 5.17 | | |
| Energy.....kcal | 537 | | 0 | BFZN | 4 | | 75 | | |
| Energy.....kj | 2248 | | 0 | BFZN | 4 | | 315 | | |
| Protein (N x 6.25).....g | 0.12 | | 0 | BFZN | 4 | | 0.02 | | |
| Total lipid (fat).....g | 60.39 | | 0 | BFZN | 4 | | 8.46 | | |
| Ash.....g | 1.84 | | 0 | BFZN | 4 | | 0.26 | | |
| Carbohydrate, by difference.....g | 0.69 | | 0 | BFZN | 4 | | 0.10 | | |
| Fiber, total dietary.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Sugars, total.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 21 | | 0 | BFZN | 4 | | 3 | | |
| Iron, Fe.....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Magnesium, Mg.....mg | 2 | | 0 | BFZN | 4 | | 0 | | |
| Phosphorus, P.....mg | 16 | | 0 | BFZN | 4 | | 2 | | |
| Potassium, K.....mg | 30 | | 0 | BFZN | 4 | | 4 | | |
| Sodium, Na.....mg | 2 | | 0 | BFZN | 4 | | 0 | | |
| Zinc, Zn.....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Copper, Cu.....mg | 0.008 | | 0 | BFZN | 4 | | 0.001 | | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.1 | | 0 | BFZN | 4 | | 0.0 | | |
| Thiamin.....mg | 0.007 | | 0 | BFZN | 4 | | 0.001 | | |
| Riboflavin.....mg | 0.026 | | 0 | BFZN | 4 | | 0.004 | | |
| Niacin.....mg | 0.016 | | 0 | BFZN | 4 | | 0.002 | | |
| Pantothenic acid.....mg | | | | | | | | | |
| Vitamin B-6.....mg | 0.006 | | 0 | BFZN | 4 | | 0.001 | | |
| Folate, total.....mcg | 1 | | 0 | BFZN | 4 | | 0 | | |
| Folic acid.....mcg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folate, food.....mcg | 1 | | 0 | BFZN | 4 | | 0 | | |
| Folate, DFE.....mcg_DFE | 1 | | 0 | NC | 4 | | 0 | | |
| Choline, total.....mg | 12.4 | | 0 | CAZN | 4 | | 1.7 | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.07 | | 0 | BFZN | 4 | | 0.01 | | |
| Vitamin B-12, added.....mcg | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Vitamin A, RAE.....mcg_RAE | 819 | | 0 | BFZN | 4 | | 115 | | |
| Retinol.....mcg | 768 | | 0 | BFZN | 4 | | 108 | | |
| Carotene, beta.....mcg | 610 | | 0 | BFZN | 4 | | 85 | | |
| Carotene, alpha.....mcg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Vitamin A, IU.....IU | 3577 | | 0 | NC | 4 | | 501 | | |
| Lycopene.....mcg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol).....mg | 5.00 | | 0 | BFZN | 4 | | 0.70 | | |
| Vitamin E, added.....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Tocopherol, beta.....mg | | | | | | | | | |
| Tocopherol, gamma.....mg | | | | | | | | | |
| Tocopherol, delta.....mg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....mcg | 101.3 | | 0 | BFZN | 4 | | 14.2 | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 10.884 | | 0 | BFZN | 4 | | 1.524 | | |
| 4:0.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 6:0.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |

NDB No. 04619

Margarine, vegetable oil spread, 60% fat, stick, no salt

| 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 |
| 8:0.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 10:0.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 12:0.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.041 | | 0 | BFZN | 4 | | 0.006 | | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 6.250 | | 0 | BFZN | 4 | | 0.875 | | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 4.146 | | 0 | BFZN | 4 | | 0.580 | | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 29.664 | | 0 | BFZN | 4 | | 4.153 | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.034 | | 0 | BFZN | 4 | | 0.005 | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 29.503 | | 0 | BFZN | 4 | | 4.130 | | |
| 20:1.....g | 0.104 | | 0 | BFZN | 4 | | 0.015 | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 16.718 | | 0 | BFZN | 4 | | 2.341 | | |
| 18:2 undifferentiated.....g | 14.919 | | 0 | BFZN | 4 | | 2.089 | | |
| 18:3 undifferentiated.....g | 1.799 | | 0 | BFZN | 4 | | 0.252 | | |
| 18:4.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 20:2 n-6 c.c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 20:5 n-3.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 22:5 n-3.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 22:6 n-3.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Phytosterols.....mg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Caffeine.....mg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Theobromine.....mg | 0 | | 0 | BFZN | 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 = 14.0g: 1 tbsp

Calories Factors: Protein 3.87

Fat 8.84

Carbohydrate 4.27

Food Group: 04 Fats and Oils

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

NDB No. 04614

Margarine, vegetable oil spread, stick/tub/bottle, 60% fat

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 | 38.68 | | 0 | RA | 4 | | 88.58 | 5.53 | 1.86 |
| Energy.....kcal | 526 | | 0 | RA | 4 | | 1204 | 75 | 25 |
| Energy.....kj | 2199 | | 0 | RA | 4 | | 5036 | 315 | 106 |
| Protein (N x 6.25).....g | 0.60 | | 0 | RA | 4 | | 1.37 | 0.09 | 0.03 |
| Total lipid (fat).....g | 59.17 | | 0 | RA | 4 | | 135.49 | 8.46 | 2.84 |
| Ash.....g | 1.70 | | 0 | RA | 4 | | 3.89 | 0.24 | 0.08 |
| Carbohydrate, by difference.....g | 0.00 | | 0 | NC | 4 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary.....g | 0.0 | | 0 | RA | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total.....g | 0.00 | | 0 | RA | 4 | | 0.00 | 0.00 | 0.00 |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 21 | | 0 | RA | 4 | | 48 | 3 | 1 |
| Iron, Fe.....mg | 0.00 | | 0 | RA | 4 | | 0.00 | 0.00 | 0.00 |
| Magnesium, Mg.....mg | 2 | | 0 | RA | 4 | | 4 | 0 | 0 |
| Phosphorus, P.....mg | 16 | | 0 | RA | 4 | | 37 | 2 | 1 |
| Potassium, K.....mg | 30 | | 0 | RA | 4 | | 68 | 4 | 1 |
| Sodium, Na.....mg | 785 | | 0 | RA | 4 | | 1798 | 112 | 38 |
| Zinc, Zn.....mg | 0.00 | | 0 | RA | 4 | | 0.00 | 0.00 | 0.00 |
| Copper, Cu.....mg | 0.000 | | 0 | RA | 4 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | RA | 4 | | 0.0 | 0.0 | 0.0 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.1 | | 0 | RA | 4 | | 0.2 | 0.0 | 0.0 |
| Thiamin.....mg | 0.007 | | 0 | RA | 4 | | 0.016 | 0.001 | 0.000 |
| Riboflavin.....mg | 0.026 | | 0 | RA | 4 | | 0.060 | 0.004 | 0.001 |
| Niacin.....mg | 0.016 | | 0 | RA | 4 | | 0.037 | 0.002 | 0.001 |
| Pantothenic acid.....mg | 0.030 | | 0 | RA | 4 | | 0.068 | 0.004 | 0.001 |
| Vitamin B-6.....mg | 0.006 | | 0 | RA | 4 | | 0.014 | 0.001 | 0.000 |
| Folate, total.....mcg | 1 | | 0 | RA | 4 | | 2 | 0 | 0 |
| Folic acid.....mcg | 0 | | 0 | RA | 4 | | 0 | 0 | 0 |
| Folate, food.....mcg | 1 | | 0 | RA | 4 | | 2 | 0 | 0 |
| Folate, DFE.....mcg_DFE | 1 | | 0 | NC | 4 | | 2 | 0 | 0 |
| Choline, total.....mg | 12.4 | | 0 | CAZN | 4 | | 28.5 | 1.8 | 0.6 |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.07 | | 0 | RA | 4 | | 0.16 | 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 | 819 | | 0 | NC | 4 | | 1876 | 117 | 39 |
| Retinol.....mcg | 768 | | 0 | RA | 4 | | 1759 | 110 | 37 |
| Carotene, beta.....mcg | 610 | | 0 | RA | 4 | | 1397 | 87 | 29 |
| Carotene, alpha.....mcg | 0 | | 0 | RA | 4 | | 0 | 0 | 0 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | RA | 4 | | 0 | 0 | 0 |
| Vitamin A, IU.....IU | 3571 | | 0 | RA | 4 | | 8178 | 511 | 171 |
| Lycopene.....mcg | 0 | | 0 | RA | 4 | | 0 | 0 | 0 |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | RA | 4 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol).....mg | 5.00 | | 0 | RA | 4 | | 11.45 | 0.72 | 0.24 |
| 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 | 101.3 | 2.657 | 6 | A | 1 | | 231.9 | 14.5 | 4.9 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 10.042 | | 0 | RA | 4 | | 22.996 | 1.436 | 0.482 |
| 4:0.....g | 0.000 | | 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 | RA | 4 | | 0.000 | 0.000 | 0.000 |
| 10:0.....g | 0.000 | | 0 | RA | 4 | | 0.000 | 0.000 | 0.000 |

NDB No. 04614

Margarine, vegetable oil spread, stick/tub/bottle, 60% fat

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common | | | |
|--|---------------------------------------|------------|--------------------------|---------------|----------------|------------------------------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | measures of food | | | |
| | | | | | | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 12:0.....g | 0.000 | | 0 | RA | 4 | | 0.000 | 0.000 | 0.000 |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.049 | | 0 | RA | 4 | | 0.113 | 0.007 | 0.002 |
| 15:0.....g | 0.000 | | 0 | RA | 4 | | 0.000 | 0.000 | 0.000 |
| 16:0.....g | 5.813 | | 0 | RA | 4 | | 13.313 | 0.831 | 0.279 |
| 17:0.....g | 0.064 | | 0 | RA | 4 | | 0.147 | 0.009 | 0.003 |
| 18:0.....g | 3.622 | | 0 | RA | 4 | | 8.295 | 0.518 | 0.174 |
| 20:0.....g | 0.190 | | 0 | RA | 4 | | 0.435 | 0.027 | 0.009 |
| 22:0.....g | 0.220 | | 0 | RA | 4 | | 0.503 | 0.031 | 0.011 |
| 24:0.....g | 0.084 | | 0 | RA | 4 | | 0.192 | 0.012 | 0.004 |
| Fatty acids, total monounsaturated.....g | 20.316 | | 0 | RA | 4 | | 46.524 | 2.905 | 0.975 |
| 14:1.....g | 0.000 | | 0 | RA | 4 | | 0.000 | 0.000 | 0.000 |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.048 | | 0 | RA | 4 | | 0.110 | 0.007 | 0.002 |
| 16:1 c.....g | 0.048 | | 0 | RA | 4 | | 0.110 | 0.007 | 0.002 |
| 16:1 t.....g | 0.000 | | 0 | RA | 4 | | 0.000 | 0.000 | 0.000 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 20.190 | | 0 | RA | 4 | | 46.234 | 2.887 | 0.969 |
| 18:1 c.....g | 13.305 | | 0 | RA | 4 | | 30.467 | 1.903 | 0.639 |
| 18:1-11c (18:1c n-7).....g | | | | | | | | | |
| 18:1 t.....g | 6.885 | | 0 | RA | 4 | | 15.767 | 0.985 | 0.330 |
| 18:1-11t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.078 | | 0 | RA | 4 | | 0.179 | 0.011 | 0.004 |
| 22:1 undifferentiated.....g | 0.000 | | 0 | RA | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | 0.000 | | 0 | RA | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total polyunsaturated.....g | 24.686 | | 0 | RA | 4 | | 56.531 | 3.530 | 1.185 |
| 18:2 undifferentiated.....g | 21.612 | | 0 | RA | 4 | | 49.491 | 3.090 | 1.037 |
| 18:2 n-6 c,c.....g | 21.123 | | 0 | RA | 4 | | 48.372 | 3.021 | 1.014 |
| 18:2 CLAs.....g | | | | | | | | | |
| 18:2 c,t.....g | | | | | | | | | |
| 18:2 t,c.....g | | | | | | | | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | 0.489 | | 0 | RA | 4 | | 1.119 | 0.070 | 0.023 |
| 18:2 t not further defined.....g | | | | | | | | | |
| 18:3 undifferentiated.....g | 2.645 | | 0 | RA | 4 | | 6.058 | 0.378 | 0.127 |
| 18:3 n-3 c,c,c.....g | 2.645 | | 0 | RA | 4 | | 6.058 | 0.378 | 0.127 |
| 18:3 n-6 c,c,c.....g | | | | | | | | | |
| 18:3i.....g | | | | | | | | | |
| 18:4.....g | 0.000 | | 0 | RA | 4 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | 0.429 | | 0 | RA | 4 | | 0.982 | 0.061 | 0.021 |
| 20:3 undifferentiated.....g | 0.000 | | 0 | RA | 4 | | 0.000 | 0.000 | 0.000 |
| 20:3 n-3.....g | | | | | | | | | |
| 20:3 n-6.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | RA | 4 | | 0.000 | 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 | 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 | | 0 | RA | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans.....g | 6.885 | | 0 | RA | 4 | | 15.767 | 0.985 | 0.330 |
| Fatty acids, total trans-monoenoic.....g | 6.885 | | 0 | RA | 4 | | 15.767 | 0.985 | 0.330 |
| Fatty acids, total trans-polyenoic.....g | | | | | | | | | |
| Cholesterol.....mg | 1 | | 0 | RA | 4 | | 2 | 0 | 0 |
| Phytosterols.....mg | | | | | | | | | |
| Stigmasterol.....mg | 25 | | 0 | RA | 4 | | 56 | 4 | 1 |
| Campesterol.....mg | 28 | | 0 | RA | 4 | | 65 | 4 | 1 |
| Beta-sitosterol.....mg | 74 | | 0 | RA | 4 | | 170 | 11 | 4 |
| 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 |

NDB No. 04614

Margarine, vegetable oil spread, stick/tub/bottle, 60% fat

| Nutrients and Units | <u>Amount in 100 grams of edible portion</u> | | | | | | <u>Amount in edible portion of common measures of food</u> | | |
|---------------------|--|------------|-----------------------|------------|-------------|-----------------|--|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | 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 = 229g: 1 cup

Measure 2 = 14.3g: 1 tbsp

Measure 3 = 4.8g: 1 tsp

Calories Factors: Protein 3.87

Fat 8.84

Carbohydrate4.27

Food Group: 04 Fats and Oils

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

NDB No. 04585

Margarine-butter blend, soybean oil and butter

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 | Deriv | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | of Data Points | Code | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 17.07 | | 1 | A | 1 | | 38.75 | 2.41 | 0.80 |
| Energy.....kcal | 714 | | 0 | NC | 4 | | 1622 | 101 | 34 |
| Energy.....kj | 2989 | | 0 | NC | 4 | | 6785 | 421 | 140 |
| Protein (N x 6.25).....g | 0.31 | | 1 | A | 1 | | 0.71 | 0.04 | 0.01 |
| Total lipid (fat).....g | 80.32 | | 1 | A | 1 | | 182.33 | 11.33 | 3.78 |
| Ash.....g | 1.53 | | 1 | A | 1 | | 3.47 | 0.22 | 0.07 |
| Carbohydrate, by difference.....g | 0.77 | | 0 | NC | 4 | | 1.74 | 0.11 | 0.04 |
| Fiber, total dietary.....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Sugars, total.....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 10 | | 1 | A | 1 | | 22 | 1 | 0 |
| Iron, Fe.....mg | 0.04 | | 1 | A | 1 | | 0.08 | 0.01 | 0.00 |
| Magnesium, Mg.....mg | 1 | | 1 | A | 1 | | 2 | 0 | 0 |
| Phosphorus, P.....mg | 10 | | 1 | A | 1 | | 23 | 1 | 0 |
| Potassium, K.....mg | 22 | | 1 | A | 1 | | 50 | 3 | 1 |
| Sodium, Na.....mg | 633 | | 1 | A | 1 | | 1437 | 89 | 30 |
| Zinc, Zn.....mg | 0.03 | | 1 | A | 1 | | 0.06 | 0.00 | 0.00 |
| Copper, Cu.....mg | 0.010 | | 1 | A | 1 | | 0.022 | 0.001 | 0.000 |
| Manganese, Mn.....mg | 0.006 | | 1 | A | 1 | | 0.013 | 0.001 | 0.000 |
| Selenium, Se.....mcg | 0.4 | | 0 | RK | 4 | | 0.9 | 0.1 | 0.0 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.1 | | 0 | | 1 | | 0.2 | 0.0 | 0.0 |
| Thiamin.....mg | 0.009 | | 1 | A | 1 | | 0.020 | 0.001 | 0.000 |
| Riboflavin.....mg | 0.023 | | 1 | A | 1 | | 0.053 | 0.003 | 0.001 |
| Niacin.....mg | 0.022 | | 1 | A | 1 | | 0.050 | 0.003 | 0.001 |
| Pantothenic acid.....mg | 0.041 | | 1 | A | 1 | | 0.092 | 0.006 | 0.002 |
| Vitamin B-6.....mg | 0.009 | | 1 | A | 1 | | 0.019 | 0.001 | 0.000 |
| Folate, total.....mcg | 2 | | 1 | | 1 | | 5 | 0 | 0 |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food.....mcg | 2 | | 0 | NR | 4 | | 5 | 0 | 0 |
| Folate, DFE.....mcg_DFE | 2 | | 0 | NC | 4 | | 5 | 0 | 0 |
| Choline, total.....mg | 6.5 | | 0 | AS | 1 | | 14.8 | 0.9 | 0.3 |
| Betaine.....mg | 0.1 | | 1 | A | 1 | | 0.2 | 0.0 | 0.0 |
| Vitamin B-12.....mcg | 0.00 | | 1 | 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 | 819 | | 0 | NC | 4 | | 1859 | 115 | 38 |
| Retinol.....mcg | 768 | | 0 | CAZN | 4 | | 1743 | 108 | 36 |
| Carotene, beta.....mcg | 610 | | 0 | CAZN | 4 | | 1385 | 86 | 29 |
| Carotene, alpha.....mcg | 0 | | 0 | CAZN | 4 | | 0 | 0 | 0 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | CAZN | 4 | | 0 | 0 | 0 |
| Vitamin A, IU.....IU | 3577 | | 0 | NC | 4 | | 8119 | 504 | 168 |
| Lycopene.....mcg | 0 | | 0 | CAZN | 4 | | 0 | 0 | 0 |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | CAZN | 4 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol).....mg | 3.88 | | 1 | A | 1 | | 8.81 | 0.55 | 0.18 |
| Vitamin E, added.....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta.....mg | 0.40 | | 1 | A | 1 | | 0.91 | 0.06 | 0.02 |
| Tocopherol, gamma.....mg | 36.88 | | 1 | A | 1 | | 83.72 | 5.20 | 1.73 |
| Tocopherol, delta.....mg | 14.45 | | 1 | A | 1 | | 32.80 | 2.04 | 0.68 |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....mcg | 86.5 | | 1 | A | 1 | | 196.4 | 12.2 | 4.1 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 14.198 | | 0 | NC | 4 | | 32.229 | 2.002 | 0.667 |
| 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. 04585

Margarine-butter blend, soybean oil and butter

| Nutrients and Units | <u>Amount in 100 grams of edible portion</u> | | | | <u>Amount in edible portion of common measures of food</u> | | | |
|----------------------|--|------------|----------------|------------|--|-----------|-----------|-------------|
| | Mean | Std. Error | Number | | Measure 1 | Measure 2 | Measure 3 | |
| | | | of Data Points | Deriv Code | | | | Source Code |
| Methionine.....g | | | | | | | | |
| Cystine.....g | | | | | | | | |
| Phenylalanine.....g | | | | | | | | |
| Tyrosine.....g | | | | | | | | |
| Valine.....g | | | | | | | | |
| Arginine.....g | | | | | | | | |
| Histidine.....g | | | | | | | | |
| Alanine.....g | | | | | | | | |
| Aspartic acid.....g | | | | | | | | |
| Glutamic acid.....g | | | | | | | | |
| Glycine.....g | | | | | | | | |
| Proline.....g | | | | | | | | |
| Serine.....g | | | | | | | | |
| Hydroxyproline.....g | | | | | | | | |
| Others: | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | | 4 | 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:

Measure 1 = 227g: 1 cup

Measure 2 = 14.1g: 1 tbsp

Measure 3 = 4.7g: 1 tsp

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

Food Group: 04 Fats and Oils

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

NDB No. 04655

Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries

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 | 28.00 | | 0 | O | 4 | | 3.92 | | |
| Energy.....kcal | 628 | | 0 | NC | 4 | | 88 | | |
| Energy.....kj | 2626 | | 0 | NC | 4 | | 368 | | |
| Protein (N x 6.25).....g | 0.00 | | 0 | LC | 8 | | 0.00 | | |
| Total lipid (fat).....g | 71.00 | | 1 | PAK | 1 | | 9.94 | | |
| Ash.....g | 1.00 | | 0 | O | 4 | | 0.14 | | |
| Carbohydrate, by difference.....g | 0.00 | | 0 | LC | 8 | | 0.00 | | |
| Fiber, total dietary.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Sugars, total.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Iron, Fe.....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Magnesium, Mg.....mg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Phosphorus, P.....mg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Potassium, K.....mg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Sodium, Na.....mg | 864 | | 0 | LC | 8 | | 121 | | |
| Zinc, Zn.....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Copper, Cu.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Thiamin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| Riboflavin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| Niacin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| Pantothenic acid.....mg | | | | | | | | | |
| Vitamin B-6.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| Folate, total.....mcg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folic acid.....mcg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folate, food.....mcg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | | |
| Choline, total.....mg | | | | | | | | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Vitamin B-12, added.....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE.....mcg_RAE | 0 | | 0 | BFZN | 4 | | 0 | | |
| Retinol.....mcg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Carotene, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Carotene, alpha.....mcg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Vitamin A, IU.....IU | 0 | | 0 | LC | 8 | | 0 | | |
| Lycopene.....mcg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol).....mg | 0.80 | | 0 | BFZN | 4 | | 0.11 | | |
| 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 | 43.0 | | 0 | BFZN | 4 | | 6.0 | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 22.869 | | 0 | NC | 4 | | 3.202 | | |
| 4:0.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 6:0.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 8:0.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 10:0.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |

Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries

| 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 | | | Measure 1 | Measure 2 | Measure 3 |
| | | | Deriv Code | Source Code | Confidence Code | | | |
| 12:0.....g | 0.033 | | 1 | A | 1 | | 0.005 | |
| 13:0.....g | | | | | | | | |
| 14:0.....g | 0.147 | | 1 | A | 1 | | 0.021 | |
| 15:0.....g | 0.034 | | 1 | A | 1 | | 0.005 | |
| 16:0.....g | 9.296 | | 1 | A | 1 | | 1.301 | |
| 17:0.....g | 0.101 | | 1 | A | 1 | | 0.014 | |
| 18:0.....g | 12.754 | | 1 | A | 1 | | 1.786 | |
| 20:0.....g | 0.265 | | 1 | A | 1 | | 0.037 | |
| 22:0.....g | 0.239 | | 1 | A | 1 | | 0.033 | |
| 24:0.....g | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 37.243 | | 0 | NC | 4 | | 5.214 | |
| 14:1.....g | | | | | | | | |
| 15:1.....g | | | | | | | | |
| 16:1 undifferentiated.....g | 0.054 | | 0 | AS | 1 | | 0.008 | |
| 16:1 c.....g | 0.054 | | 1 | A | 1 | | 0.008 | |
| 16:1 t.....g | | | | | | | | |
| 17:1.....g | | | | | | | | |
| 18:1 undifferentiated.....g | 37.189 | | 0 | AS | 1 | | 5.207 | |
| 18:1 c.....g | 19.650 | | 1 | A | 1 | | 2.751 | |
| 18:1-11c (18:1c n-7).....g | | | | | | | | |
| 18:1 t.....g | 17.539 | | 1 | A | 1 | | 2.456 | |
| 18:1-11t (18:1t n-7).....g | | | | | | | | |
| 20:1.....g | 0.000 | | 1 | A | 1 | | 0.000 | |
| 22:1 undifferentiated.....g | 0.000 | | 1 | A | 1 | | 0.000 | |
| 24:1 c.....g | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 7.512 | | 0 | NC | 4 | | 1.052 | |
| 18:2 undifferentiated.....g | 6.755 | | 0 | AS | 1 | | 0.946 | |
| 18:2 n-6 c,c.....g | 5.491 | | 1 | A | 1 | | 0.769 | |
| 18:2 CLAs.....g | | | | | | | | |
| 18:2 c,t.....g | | | | | | | | |
| 18:2 t,c.....g | | | | | | | | |
| 18:2 t,t.....g | | | | | | | | |
| 18:2 i.....g | 1.265 | | 1 | A | 1 | | 0.177 | |
| 18:2 t not further defined.....g | | | | | | | | |
| 18:3 undifferentiated.....g | 0.757 | | 0 | AS | 1 | | 0.106 | |
| 18:3 n-3 c,c,c.....g | 0.493 | | 1 | A | 1 | | 0.069 | |
| 18:3 n-6 c,c,c.....g | | | | | | | | |
| 18:3i.....g | 0.264 | | 1 | A | 1 | | 0.037 | |
| 18:4.....g | 0.000 | | 1 | A | 1 | | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | |
| 20:3 n-3.....g | | | | | | | | |
| 20:3 n-6.....g | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 1 | A | 1 | | 0.000 | |
| 20:4 n-3.....g | | | | | | | | |
| 20:4 n-6.....g | | | | | | | | |
| 20:5 n-3.....g | 0.000 | | 1 | A | 1 | | 0.000 | |
| 21:5.....g | | | | | | | | |
| 22:4.....g | | | | | | | | |
| 22:5 n-3.....g | 0.000 | | 1 | A | 1 | | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 1 | A | 1 | | 0.000 | |
| Fatty acids, total trans.....g | 19.068 | | 0 | NC | 4 | | 2.669 | |
| Fatty acids, total trans-monoenoic.....g | 17.539 | | 0 | NC | 4 | | 2.456 | |
| Fatty acids, total trans-polyenoic.....g | 1.528 | | 0 | NC | 4 | | 0.214 | |
| Cholesterol.....mg | 0 | | 0 | LC | 8 | | 0 | |
| Phytosterols.....mg | | | | | | | | |
| Others: | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | |
| Caffeine.....mg | 0 | | 0 | BFZN | 4 | | 0 | |
| Theobromine.....mg | 0 | | 0 | BFZN | 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.

NDB No. 04655

Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries

Common Measures:

Measure 1 = 14.0g: 1 tbsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04128

Margarine-like spread, (approximately 37% fat), unspecified oils

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 | 59.55 | 0.700 | 13 | A | 1 | | 138.14 | 2.86 | 8.87 |
| Energy.....kcal | 339 | | 0 | NC | 4 | | 785 | 16 | 50 |
| Energy.....kj | 1417 | | 0 | NC | 4 | | 3286 | 68 | 211 |
| Protein.....g | 0.51 | 0.181 | 13 | A | 1 | | 1.17 | 0.02 | 0.08 |
| Total lipid (fat).....g | 37.77 | 0.679 | 13 | A | 1 | | 87.63 | 1.81 | 5.63 |
| Ash.....g | 1.52 | 0.082 | 13 | A | 1 | | 3.53 | 0.07 | 0.23 |
| Carbohydrate, by difference.....g | 0.66 | | 0 | NC | 4 | | 1.52 | 0.03 | 0.10 |
| Fiber, total dietary.....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total.....g | 0.00 | | 0 | CAZN | 4 | | 0.00 | 0.00 | 0.00 |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 6 | 0.506 | 4 | A | 1 | | 13 | 0 | 1 |
| Iron, Fe.....mg | 0.02 | 0.000 | 4 | A | 1 | | 0.05 | 0.00 | 0.00 |
| Magnesium, Mg.....mg | 1 | 0.080 | 4 | A | 1 | | 3 | 0 | 0 |
| Phosphorus, P.....mg | 5 | 1.194 | 4 | A | 1 | | 12 | 0 | 1 |
| Potassium, K.....mg | 34 | 10.352 | 4 | A | 1 | | 78 | 2 | 5 |
| Sodium, Na.....mg | 589 | 23.848 | 4 | A | 1 | | 1367 | 28 | 88 |
| Zinc, Zn.....mg | 0.02 | 0.000 | 4 | A | 1 | | 0.04 | 0.00 | 0.00 |
| Copper, Cu.....mg | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn.....mg | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Selenium, Se.....mcg | 0.0 | | 1 | A | 1 | | 0.0 | 0.0 | 0.0 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.1 | | 0 | | 1 | | 0.2 | 0.0 | 0.0 |
| Thiamin.....mg | 0.011 | 0.006 | 3 | A | 1 | | 0.024 | 0.001 | 0.002 |
| Riboflavin.....mg | 0.005 | 0.005 | 3 | A | 1 | | 0.011 | 0.000 | 0.001 |
| Niacin.....mg | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid.....mg | 0.696 | | 1 | A | 1 | | 1.615 | 0.033 | 0.104 |
| Vitamin B-6.....mg | 0.000 | 0.000 | 4 | A | 1 | | 0.001 | 0.000 | 0.000 |
| Folate, total.....mcg | 1 | | 0 | | 1 | | 2 | 0 | 0 |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food.....mcg | 1 | | 0 | NR | 4 | | 2 | 0 | 0 |
| Folate, DFE.....mcg_DFE | 1 | | 0 | NC | 4 | | 2 | 0 | 0 |
| Choline, total.....mg | 12.4 | | 0 | CAZN | 4 | | 28.8 | 0.6 | 1.9 |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.06 | | 0 | | 1 | | 0.13 | 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 | 1297 | | 0 | NC | 4 | | 3008 | 62 | 193 |
| Retinol.....mcg | 1297 | 94.045 | 3 | A | 1 | | 3008 | 62 | 193 |
| Carotene, beta.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Carotene, alpha.....mcg | 0 | | 0 | CAZN | 4 | | 0 | 0 | 0 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | CAZN | 4 | | 0 | 0 | 0 |
| Vitamin A, IU.....IU | 4322 | | 0 | NC | 4 | | 10028 | 207 | 644 |
| Lycopene.....mcg | 0 | | 0 | CAZN | 4 | | 0 | 0 | 0 |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | CAZN | 4 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol).....mg | 13.45 | 3.371 | 13 | A | 1 | | 31.19 | 0.65 | 2.00 |
| Vitamin E, added.....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta.....mg | 0.09 | 0.011 | 13 | A | 1 | | 0.21 | 0.00 | 0.01 |
| Tocopherol, gamma.....mg | 12.38 | 1.449 | 13 | A | 1 | | 28.73 | 0.59 | 1.84 |
| Tocopherol, delta.....mg | 3.15 | 0.651 | 13 | A | 1 | | 7.30 | 0.15 | 0.47 |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....mcg | 74.6 | 9.867 | 9 | A | 1 | | 173.2 | 3.6 | 11.1 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 8.637 | | 0 | NC | 4 | | 20.038 | 0.415 | 1.287 |
| 4:0.....g | 0.003 | 0.002 | 13 | A | 1 | | 0.008 | 0.000 | 0.001 |
| 6:0.....g | 0.000 | 0.000 | 13 | A | 1 | | 0.001 | 0.000 | 0.000 |
| 8:0.....g | 0.002 | 0.001 | 13 | A | 1 | | 0.004 | 0.000 | 0.000 |
| 10:0.....g | 0.018 | 0.007 | 13 | A | 1 | | 0.042 | 0.001 | 0.003 |

Margarine-like spread, (approximately 37% fat), unspecified oils

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.031 | 0.010 | 13 | A | 1 | | 0.072 | 0.001 | 0.005 |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.117 | 0.018 | 13 | A | 1 | | 0.272 | 0.006 | 0.017 |
| 15:0.....g | 0.006 | 0.001 | 13 | A | 1 | | 0.015 | 0.000 | 0.001 |
| 16:0.....g | 6.183 | 0.526 | 13 | A | 1 | | 14.345 | 0.297 | 0.921 |
| 17:0.....g | 0.036 | 0.001 | 13 | A | 1 | | 0.083 | 0.002 | 0.005 |
| 18:0.....g | 1.975 | 0.167 | 13 | A | 1 | | 4.581 | 0.095 | 0.294 |
| 20:0.....g | 0.140 | 0.013 | 13 | A | 1 | | 0.324 | 0.007 | 0.021 |
| 22:0.....g | 0.103 | 0.008 | 13 | A | 1 | | 0.240 | 0.005 | 0.015 |
| 24:0.....g | 0.022 | 0.001 | 7 | A | 1 | | 0.051 | 0.001 | 0.003 |
| Fatty acids, total monounsaturated.....g | 13.958 | | 0 | NC | 4 | | 32.383 | 0.670 | 2.080 |
| 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 | 0.052 | | 0 | AS | 1 | | 0.121 | 0.003 | 0.008 |
| 16:1 c.....g | 0.052 | 0.006 | 13 | A | 1 | | 0.121 | 0.003 | 0.008 |
| 16:1 t.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 17:1.....g | 0.020 | 0.004 | 13 | A | 1 | | 0.047 | 0.001 | 0.003 |
| 18:1 undifferentiated.....g | 13.731 | | 0 | AS | 1 | | 31.855 | 0.659 | 2.046 |
| 18:1 c.....g | 12.558 | 1.005 | 13 | A | 1 | | 29.135 | 0.603 | 1.871 |
| 18:1-11c (18:1c n-7).....g | | | | | | | | | |
| 18:1 t.....g | 1.173 | 0.245 | 13 | A | 1 | | 2.720 | 0.056 | 0.175 |
| 18:1-11t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.139 | 0.025 | 13 | A | 1 | | 0.321 | 0.007 | 0.021 |
| 22:1 undifferentiated.....g | 0.008 | | 0 | AS | 1 | | 0.019 | 0.000 | 0.001 |
| 22:1 c.....g | 0.008 | 0.003 | 13 | A | 1 | | 0.019 | 0.000 | 0.001 |
| 22:1 t.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | 0.008 | 0.005 | 4 | A | 1 | | 0.020 | 0.000 | 0.001 |
| Fatty acids, total polyunsaturated.....g | 12.407 | | 0 | NC | 4 | | 28.785 | 0.596 | 1.849 |
| 18:2 undifferentiated.....g | 10.570 | | 0 | AS | 1 | | 24.522 | 0.507 | 1.575 |
| 18:2 n-6 c,c.....g | 10.371 | 0.670 | 13 | A | 1 | | 24.061 | 0.498 | 1.545 |
| 18:2 CLAs.....g | 0.012 | 0.005 | 4 | A | 1 | | 0.028 | 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 | 0.186 | 0.004 | 4 | A | 1 | | 0.432 | 0.009 | 0.028 |
| 18:3 undifferentiated.....g | 1.811 | | 0 | AS | 1 | | 4.202 | 0.087 | 0.270 |
| 18:3 n-3 c,c,c.....g | 1.754 | 0.109 | 13 | A | 1 | | 4.068 | 0.084 | 0.261 |
| 18:3 n-6 c,c,c.....g | 0.058 | 0.025 | 4 | A | 1 | | 0.134 | 0.003 | 0.009 |
| 18:3i.....g | | | | | | | | | |
| 18:4.....g | 0.000 | 0.000 | 13 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | 0.021 | 0.003 | 13 | A | 1 | | 0.048 | 0.001 | 0.003 |
| 20:3 undifferentiated.....g | 0.006 | | 0 | AS | 1 | | 0.013 | 0.000 | 0.001 |
| 20:3 n-3.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 20:3 n-6.....g | 0.006 | 0.003 | 4 | A | 1 | | 0.013 | 0.000 | 0.001 |
| 20:4 undifferentiated.....g | 0.000 | 0.000 | 13 | 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 | 13 | 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 | 0.000 | 0.000 | 13 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3.....g | 0.000 | 0.000 | 13 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans.....g | 1.359 | | 0 | NC | 4 | | 3.153 | 0.065 | 0.202 |
| Fatty acids, total trans-monoenoic.....g | 1.173 | | 0 | NC | 4 | | 2.720 | 0.056 | 0.175 |
| Fatty acids, total trans-polyenoic.....g | 0.186 | | 0 | NC | 4 | | 0.432 | 0.009 | 0.028 |
| Cholesterol.....mg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Phytosterols.....mg | | | | | | | | | |
| Stigmasterol.....mg | | | | | | | | | |
| Campesterol.....mg | | | | | | | | | |
| Beta-sitosterol.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.007 | | 0 | | 1 | | 0.016 | 0.000 | 0.001 |

NDB No. 04128

Margarine-like spread, (approximately 37% fat), unspecified oils

| 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 |
| | | | | | | | | | |
| Threonine.....g | 0.023 | | 0 | | 1 | | 0.053 | 0.001 | 0.003 |
| Isoleucine.....g | 0.031 | | 0 | | 1 | | 0.072 | 0.001 | 0.005 |
| Leucine.....g | 0.050 | | 0 | | 1 | | 0.116 | 0.002 | 0.007 |
| Lysine.....g | 0.040 | | 0 | | 1 | | 0.093 | 0.002 | 0.006 |
| Methionine.....g | 0.013 | | 0 | | 1 | | 0.030 | 0.001 | 0.002 |
| Cystine.....g | 0.005 | | 0 | | 1 | | 0.012 | 0.000 | 0.001 |
| Phenylalanine.....g | 0.025 | | 0 | | 1 | | 0.058 | 0.001 | 0.004 |
| Tyrosine.....g | 0.025 | | 0 | | 1 | | 0.058 | 0.001 | 0.004 |
| Valine.....g | 0.034 | | 0 | | 1 | | 0.079 | 0.002 | 0.005 |
| Arginine.....g | 0.018 | | 0 | | 1 | | 0.042 | 0.001 | 0.003 |
| Histidine.....g | 0.014 | | 0 | | 1 | | 0.032 | 0.001 | 0.002 |
| Alanine.....g | 0.018 | | 0 | | 1 | | 0.042 | 0.001 | 0.003 |
| Aspartic acid.....g | 0.039 | | 0 | | 1 | | 0.090 | 0.002 | 0.006 |
| Glutamic acid.....g | 0.107 | | 0 | | 1 | | 0.248 | 0.005 | 0.016 |
| Glycine.....g | 0.011 | | 0 | | 1 | | 0.026 | 0.001 | 0.002 |
| Proline.....g | 0.049 | | 0 | | 1 | | 0.114 | 0.002 | 0.007 |
| Serine.....g | 0.028 | | 0 | | 1 | | 0.065 | 0.001 | 0.004 |
| 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:

Measure 1 = 232g: 1 cup

Measure 2 = 4.8g: 1 tsp

Measure 3 = 14.9g: 1 tbsp

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

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

NDB No. 42313

Margarine-like spread, 70% fat, liquid, w with salt

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 | 27.80 | | 0 | | 4 | | 3.89 | | |
| Energy.....kcal | 621 | | 0 | | 4 | | 87 | | |
| Energy.....kj | 2598 | | 0 | | 4 | | 364 | | |
| Protein (N x 6.25).....g | 0.29 | | 0 | O | 4 | | 0.04 | | |
| Total lipid (fat).....g | 70.00 | | 0 | | 4 | | 9.80 | | |
| Ash.....g | 1.91 | | 0 | NC | 4 | | 0.27 | | |
| Carbohydrate, by difference.....g | 0.00 | | 0 | | 4 | | 0.00 | | |
| Fiber, total dietary.....g | 0.0 | | 0 | | 4 | | 0.0 | | |
| Sugars, total.....g | 0.00 | | 0 | CAZN | 4 | | 0.00 | | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 21 | | 0 | | 4 | | 3 | | |
| Iron, Fe.....mg | 0.00 | | 0 | | 4 | | 0.00 | | |
| Magnesium, Mg.....mg | 2 | | 0 | | 4 | | 0 | | |
| Phosphorus, P.....mg | 16 | | 0 | | 4 | | 2 | | |
| Potassium, K.....mg | 30 | | 0 | | 4 | | 4 | | |
| Sodium, Na.....mg | 994 | | 0 | | 4 | | 139 | | |
| Zinc, Zn.....mg | 0.00 | | 0 | | 4 | | 0.00 | | |
| Copper, Cu.....mg | 0.000 | | 0 | | 4 | | 0.000 | | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.1 | | 0 | | 4 | | 0.0 | | |
| Thiamin.....mg | 0.010 | | 0 | | 4 | | 0.001 | | |
| Riboflavin.....mg | 0.030 | | 0 | | 4 | | 0.004 | | |
| Niacin.....mg | 0.020 | | 0 | | 4 | | 0.003 | | |
| Pantothenic acid.....mg | | | | | | | | | |
| Vitamin B-6.....mg | 0.010 | | 0 | | 4 | | 0.001 | | |
| Folate, total.....mcg | 1 | | 0 | | 4 | | 0 | | |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food.....mcg | 1 | | 0 | | 4 | | 0 | | |
| Folate, DFE.....mcg_DFE | 1 | | 0 | NC | 4 | | 0 | | |
| Choline, total.....mg | 12.4 | | 0 | CAZN | 4 | | 1.7 | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.07 | | 0 | | 4 | | 0.01 | | |
| Vitamin B-12, added.....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE.....mcg_RAE | 819 | | 0 | NC | 4 | | 115 | | |
| Retinol.....mcg | 768 | | 0 | CAZN | 4 | | 108 | | |
| Carotene, beta.....mcg | 610 | | 0 | CAZN | 4 | | 85 | | |
| Carotene, alpha.....mcg | 0 | | 0 | CAZN | 4 | | 0 | | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | CAZN | 4 | | 0 | | |
| Vitamin A, IU.....IU | 3577 | | 0 | NC | 4 | | 501 | | |
| Lycopene.....mcg | 0 | | 0 | CAZN | 4 | | 0 | | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | CAZN | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol).....mg | 7.80 | | 0 | NR | 4 | | 1.09 | | |
| 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 | 93.0 | | 1 | CAZN | 4 | | 13.0 | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 10.641 | | 0 | | 4 | | 1.490 | | |
| 4:0.....g | 0.000 | | 0 | | 7 | | 0.000 | | |
| 6:0.....g | 0.000 | | 0 | | 7 | | 0.000 | | |
| 8:0.....g | 0.000 | | 0 | | 7 | | 0.000 | | |
| 10:0.....g | 0.000 | | 0 | | 7 | | 0.000 | | |

NDB No. 42313

Margarine-like spread, 70% fat, liquid, with salt

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.000 | | 0 | | 7 | | 0.000 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.043 | | 0 | | 4 | | 0.006 | | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 6.488 | | 0 | | 4 | | 0.908 | | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 4.014 | | 0 | | 4 | | 0.562 | | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 33.053 | | 0 | | 4 | | 4.627 | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | | 7 | | 0.000 | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 33.053 | | 0 | | 4 | | 4.627 | | |
| 20:1.....g | 0.000 | | 0 | | 7 | | 0.000 | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 7 | | 0.000 | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 23.226 | | 0 | | 4 | | 3.252 | | |
| 18:2 undifferentiated.....g | 22.667 | | 0 | | 4 | | 3.173 | | |
| 18:3 undifferentiated.....g | 0.489 | | 0 | | 4 | | 0.068 | | |
| 18:4.....g | 0.000 | | 0 | | 7 | | 0.000 | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 7 | | 0.000 | | |
| 20:5 n-3.....g | 0.000 | | 0 | | 7 | | 0.000 | | |
| 22:5 n-3.....g | 0.000 | | 0 | | 7 | | 0.000 | | |
| 22:6 n-3.....g | 0.000 | | 0 | | 7 | | 0.000 | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 0 | | 4 | | 0 | | |
| Phytosterols.....mg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | | 4 | | 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:

Measure 1 = 14.0g: 1 tablespoon

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

Food Group: 04 Fats and Oils

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

NDB No. 04687

Margarine-like spread, BENECOL Light Spread (1)

McNeil Nutritionals, LLC

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 | 53.73 | | 2 | A | 1 | | 7.52 | | |
| Energy.....kcal | 357 | | 0 | LC | 8 | | 50 | | |
| Energy.....kj | 1494 | | 0 | LC | 8 | | 209 | | |
| Protein.....g | 0.00 | | 2 | A | 1 | | 0.00 | | |
| Total lipid (fat).....g | 38.71 | | 1 | A | 1 | | 5.42 | | |
| Ash.....g | 1.86 | | 2 | A | 1 | | 0.26 | | |
| Carbohydrate, by difference.....g | 5.71 | | 0 | NC | 4 | | 0.80 | | |
| Fiber, total dietary.....g | | | | | | | | | |
| Sugars, total.....g | | | | | | | | | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 4 | | 1 | A | 1 | | 1 | | |
| Iron, Fe.....mg | 0.00 | | 1 | A | 1 | | 0.00 | | |
| Magnesium, Mg.....mg | 1 | | 1 | A | 1 | | 0 | | |
| Phosphorus, P.....mg | 4 | | 1 | A | 1 | | 1 | | |
| Potassium, K.....mg | 4 | | 1 | A | 1 | | 0 | | |
| Sodium, Na.....mg | 670 | | 1 | A | 1 | | 94 | | |
| Zinc, Zn.....mg | 0.00 | | 1 | A | 1 | | 0.00 | | |
| Copper, Cu.....mg | 0.000 | | 1 | A | 1 | | 0.000 | | |
| Manganese, Mn.....mg | 0.000 | | 1 | A | 1 | | 0.000 | | |
| Selenium, Se.....mcg | | | | | | | | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | | | | | | | | | |
| Thiamin.....mg | 0.012 | | 1 | A | 1 | | 0.002 | | |
| Riboflavin.....mg | 0.000 | | 1 | A | 1 | | 0.000 | | |
| Niacin.....mg | 0.000 | | 1 | A | 1 | | 0.000 | | |
| Pantothenic acid.....mg | | | | | | | | | |
| Vitamin B-6.....mg | 0.000 | | 1 | A | 1 | | 0.000 | | |
| Folate, total.....mcg | | | | | | | | | |
| Folate, DFE.....mcg_DFE | | | | | | | | | |
| Choline, total.....mg | | | | | | | | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | | | | | | | | | |
| Vitamin A, RAE.....mcg_RAE | 1370 | | 0 | AS | 1 | | 192 | | |
| Vitamin A, IU.....IU | 4567 | | 0 | AS | 1 | | 639 | | |
| Lycopene.....mcg | | | | | | | | | |
| Lutein + zeaxanthin.....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol).....mg | 37.22 | | 2 | A | 1 | | 5.21 | | |
| Tocopherol, beta.....mg | 0.07 | | 2 | A | 1 | | 0.01 | | |
| Tocopherol, gamma.....mg | 13.80 | | 2 | A | 1 | | 1.93 | | |
| Tocopherol, delta.....mg | 2.58 | | 2 | A | 1 | | 0.36 | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....mcg | 56.5 | | 2 | A | 1 | | 7.9 | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 4.770 | | 0 | NC | 4 | | 0.668 | | |
| 4:0.....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 6:0.....g | 0.000 | | 2 | A | 1 | | 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 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.036 | | 2 | A | 1 | | 0.005 | | |
| 15:0.....g | 0.002 | | 2 | A | 1 | | 0.000 | | |
| 16:0.....g | 2.736 | | 2 | A | 1 | | 0.383 | | |
| 17:0.....g | 0.036 | | 2 | A | 1 | | 0.005 | | |
| 18:0.....g | 1.670 | | 2 | A | 1 | | 0.234 | | |
| 20:0.....g | 0.150 | | 2 | A | 1 | | 0.021 | | |

Margarine-like spread, BENECOL Light Spread (1)

| 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 |
| | | | | | | | | | |
| 22:0.....g | 0.138 | | 2 | A | 1 | | 0.019 | | |
| 24:0.....g | 0.003 | | 2 | A | 1 | | 0.000 | | |
| Fatty acids, total monounsaturated.....g | 18.932 | | 0 | NC | 4 | | 2.650 | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.074 | | 0 | AS | 1 | | 0.010 | | |
| 16:1 c.....g | 0.074 | | 2 | A | 1 | | 0.010 | | |
| 16:1 t.....g | | | | | | | | | |
| 17:1.....g | 0.041 | | 2 | A | 1 | | 0.006 | | |
| 18:1 undifferentiated.....g | 18.525 | | 0 | AS | 1 | | 2.593 | | |
| 18:1 c.....g | 16.689 | | 2 | A | 1 | | 2.336 | | |
| 18:1-1lc (18:1c n-7).....g | | | | | | | | | |
| 18:1 t.....g | 1.836 | | 2 | A | 1 | | 0.257 | | |
| 18:1-1lt (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.269 | | 2 | A | 1 | | 0.038 | | |
| 22:1 undifferentiated.....g | 0.024 | | 0 | AS | 1 | | 0.003 | | |
| 22:1 c.....g | 0.024 | | 2 | A | 1 | | 0.003 | | |
| 22:1 t.....g | | | | | | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 11.948 | | 0 | NC | 4 | | 1.673 | | |
| 18:2 undifferentiated.....g | 9.724 | | 0 | AS | 1 | | 1.361 | | |
| 18:2 n-6 c,c.....g | 9.557 | | 2 | A | 1 | | 1.338 | | |
| 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 | 0.167 | | 2 | A | 1 | | 0.023 | | |
| 18:3 undifferentiated.....g | 2.187 | | 0 | AS | 1 | | 0.306 | | |
| 18:3 n-3 c,c,c.....g | 1.976 | | 2 | A | 1 | | 0.277 | | |
| 18:3 n-6 c,c,c.....g | | | | | | | | | |
| 18:3i.....g | 0.211 | | 2 | A | 1 | | 0.030 | | |
| 18:4.....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.037 | | 2 | A | 1 | | 0.005 | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:3 n-3.....g | | | | | | | | | |
| 20:3 n-6.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 20:4 n-3.....g | | | | | | | | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3.....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | | | | | | | | | |
| 22:5 n-3.....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 22:6 n-3.....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| Fatty acids, total trans.....g | 2.214 | | 0 | NC | 4 | | 0.310 | | |
| Fatty acids, total trans-monoenoic.....g | 1.836 | | 0 | NC | 4 | | 0.257 | | |
| Fatty acids, total trans-polyenoic.....g | 0.378 | | 0 | NC | 4 | | 0.053 | | |
| 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 = 14.0g: 1 tablespoon (1 NLEA serving)

Footnotes:

1 Plant Stanol esters = 6070 mg/100g

NDB No. 04687

Margarine-like spread, BENEOL Light Spread (1)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04674

Margarine-like spread, SMART BALANCE Light Buttery Spread

GFA Brands

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 | 59.89 | 0.951 | 3 | A | 1 | | 8.38 | | |
| Energy.....kcal | 337 | | 0 | MC | 9 | | 47 | | |
| Energy.....kj | 1410 | | 0 | MC | 9 | | 197 | | |
| Protein (N x 6.38).....g | 0.02 | 0.021 | 3 | A | 1 | | 0.00 | | |
| Total lipid (fat).....g | 36.41 | 0.259 | 3 | A | 1 | | 5.10 | | |
| Ash.....g | 1.70 | 0.330 | 3 | A | 1 | | 0.24 | | |
| Carbohydrate, by difference.....g | 1.98 | | 0 | NC | 4 | | 0.28 | | |
| Fiber, total dietary.....g | | | | | | | | | |
| Sugars, total.....g | | | | | | | | | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 3 | | 1 | A | 1 | | 0 | | |
| Iron, Fe.....mg | 0.00 | | 1 | A | 1 | | 0.00 | | |
| Magnesium, Mg.....mg | 1 | | 1 | A | 1 | | 0 | | |
| Phosphorus, P.....mg | 1 | | 1 | A | 1 | | 0 | | |
| Potassium, K.....mg | 32 | | 1 | A | 1 | | 4 | | |
| Sodium, Na.....mg | 580 | | 1 | A | 1 | | 81 | | |
| Zinc, Zn.....mg | 0.00 | | 1 | A | 1 | | 0.00 | | |
| Copper, Cu.....mg | 0.000 | | 1 | A | 1 | | 0.000 | | |
| Manganese, Mn.....mg | 0.000 | | 1 | A | 1 | | 0.000 | | |
| Selenium, Se.....mcg | | | | | | | | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | | | | | | | | | |
| Thiamin.....mg | 0.000 | | 1 | A | 1 | | 0.000 | | |
| Riboflavin.....mg | 0.000 | | 1 | A | 1 | | 0.000 | | |
| Niacin.....mg | 0.000 | | 1 | A | 1 | | 0.000 | | |
| Pantothenic acid.....mg | | | | | | | | | |
| Vitamin B-6.....mg | 0.000 | | 1 | A | 1 | | 0.000 | | |
| Folate, total.....mcg | | | | | | | | | |
| Folate, DFE.....mcg_DFE | | | | | | | | | |
| Choline, total.....mg | | | | | | | | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | | | | | | | | | |
| Vitamin A, RAE.....mcg_RAE | 1433 | | 0 | NC | 4 | | 201 | | |
| Vitamin A, IU.....IU | 5161 | | 0 | MC | 9 | | 723 | | |
| Lycopene.....mcg | | | | | | | | | |
| Lutein + zeaxanthin.....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol).....mg | 15.75 | 0.754 | 3 | A | 1 | | 2.20 | | |
| Tocopherol, beta.....mg | 0.06 | 0.010 | 3 | A | 1 | | 0.01 | | |
| Tocopherol, gamma.....mg | 7.76 | 0.475 | 3 | A | 1 | | 1.09 | | |
| Tocopherol, delta.....mg | 1.12 | 0.139 | 3 | A | 1 | | 0.16 | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....mcg | 46.8 | 0.812 | 3 | A | 1 | | 6.5 | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 10.087 | | 0 | NC | 4 | | 1.412 | | |
| 4:0.....g | 0.004 | 0.000 | 3 | A | 1 | | 0.001 | | |
| 6:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 8:0.....g | 0.005 | 0.000 | 3 | A | 1 | | 0.001 | | |
| 10:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 12:0.....g | 0.077 | 0.006 | 3 | A | 1 | | 0.011 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.188 | 0.002 | 3 | A | 1 | | 0.026 | | |
| 15:0.....g | 0.009 | 0.004 | 3 | A | 1 | | 0.001 | | |
| 16:0.....g | 8.043 | 0.178 | 3 | A | 1 | | 1.126 | | |
| 17:0.....g | 0.035 | 0.002 | 3 | A | 1 | | 0.005 | | |
| 18:0.....g | 1.499 | 0.046 | 3 | A | 1 | | 0.210 | | |
| 20:0.....g | 0.146 | 0.019 | 3 | A | 1 | | 0.020 | | |

Margarine-like spread, SMART BALANCE Light Buttery Spread

| 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 |
| | | | | | | | | | |
| 22:0.....g | 0.080 | 0.005 | 3 | A | 1 | | 0.011 | | |
| 24:0.....g | 0.005 | | 1 | A | 1 | | 0.001 | | |
| Fatty acids, total monounsaturated.....g | 13.699 | | 0 | NC | 4 | | 1.918 | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.063 | 0.006 | 3 | AS | 1 | | 0.009 | | |
| 16:1 c.....g | 0.063 | 0.006 | 3 | A | 1 | | 0.009 | | |
| 16:1 t.....g | | | | | | | | | |
| 17:1.....g | 0.014 | 0.005 | 3 | A | 1 | | 0.002 | | |
| 18:1 undifferentiated.....g | 13.494 | 0.349 | 3 | AS | 1 | | 1.889 | | |
| 18:1 c.....g | 13.213 | 0.330 | 3 | A | 1 | | 1.850 | | |
| 18:1-11c (18:1c n-7).....g | | | | | | | | | |
| 18:1 t.....g | 0.281 | 0.043 | 3 | A | 1 | | 0.039 | | |
| 18:1-11t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.122 | 0.002 | 3 | A | 1 | | 0.017 | | |
| 22:1 undifferentiated.....g | 0.007 | 0.007 | 3 | AS | 1 | | 0.001 | | |
| 22:1 c.....g | 0.007 | 0.007 | 3 | A | 1 | | 0.001 | | |
| 22:1 t.....g | | | | | | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 9.651 | | 0 | NC | 4 | | 1.351 | | |
| 18:2 undifferentiated.....g | 8.318 | 0.319 | 3 | AS | 1 | | 1.165 | | |
| 18:2 n-6 c,c.....g | 8.175 | 0.307 | 3 | A | 1 | | 1.145 | | |
| 18:2 CLAs.....g | | | | | | | | | |
| 18:2 c,t.....g | | | | | | | | | |
| 18:2 t,c.....g | | | | | | | | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | 0.143 | 0.019 | 3 | A | 1 | | 0.020 | | |
| 18:2 t not further defined.....g | | | | | | | | | |
| 18:3 undifferentiated.....g | 1.304 | 0.087 | 3 | AS | 1 | | 0.183 | | |
| 18:3 n-3 c,c,c.....g | 1.116 | 0.076 | 3 | A | 1 | | 0.156 | | |
| 18:3 n-6 c,c,c.....g | | | | | | | | | |
| 18:3i.....g | 0.187 | 0.018 | 3 | A | 1 | | 0.026 | | |
| 18:4.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.029 | 0.006 | 3 | A | 1 | | 0.004 | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:3 n-3.....g | | | | | | | | | |
| 20:3 n-6.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | 0.000 | 3 | A | 1 | | 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 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | | | | | | | | | |
| 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 | 0.611 | | 0 | NC | 4 | | 0.086 | | |
| Fatty acids, total trans-monoenoic.....g | 0.281 | | 0 | NC | 4 | | 0.039 | | |
| Fatty acids, total trans-polyenoic.....g | 0.330 | | 0 | NC | 4 | | 0.046 | | |
| 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 = 14.0g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 04674

Margarine-like spread, SMART BALANCE Light Buttery Spread

Food Group: 04 Fats and Oils

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

NDB No. 04677

Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols & fish oil)

GFA Brands

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 | 27.10 | | 0 | MC | 9 | | 3.79 | | |
| Energy.....kcal | 605 | | 0 | MC | 9 | | 85 | | |
| Energy.....kj | 2531 | | 0 | MC | 9 | | 354 | | |
| Protein (N x 6.38).....g | 0.00 | | 0 | MC | 9 | | 0.00 | | |
| Total lipid (fat) (1).....g | 66.80 | | 0 | MC | 9 | | 9.35 | | |
| Ash.....g | 1.96 | | 0 | MC | 9 | | 0.27 | | |
| Carbohydrate, by difference.....g | 0.00 | | 0 | MC | 9 | | 0.00 | | |
| Fiber, total dietary.....g | 0.0 | | 0 | MC | 9 | | 0.0 | | |
| Sugars, total.....g | 0.00 | | 0 | MC | 9 | | 0.00 | | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | | | | | | | | | |
| Iron, Fe.....mg | | | | | | | | | |
| Magnesium, Mg.....mg | | | | | | | | | |
| Phosphorus, P.....mg | 23 | | 0 | MC | 9 | | 3 | | |
| Potassium, K.....mg | 71 | | 0 | MC | 9 | | 10 | | |
| Sodium, Na.....mg | 729 | | 0 | MC | 9 | | 102 | | |
| Zinc, Zn.....mg | | | | | | | | | |
| Copper, Cu.....mg | | | | | | | | | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 19.350 | | 0 | MC | 9 | | 2.709 | | |
| Fatty acids, total monounsaturated.....g | 25.310 | | 0 | MC | 9 | | 3.543 | | |
| Fatty acids, total polyunsaturated.....g | 18.140 | | 0 | MC | 9 | | 2.540 | | |
| Fatty acids, total trans.....g | 0.670 | | 0 | MC | 9 | | 0.094 | | |
| Cholesterol.....mg | 0 | | 0 | MC | 9 | | 0 | | |
| Phytosterols.....mg | 3 | | 0 | MC | 9 | | 0 | | |
| Stigmasterol.....mg | 0 | | 0 | MC | 9 | | 0 | | |
| Campesterol.....mg | 0 | | 0 | MC | 9 | | 0 | | |
| Beta-sitosterol.....mg | 3 | | 0 | MC | 9 | | 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 = 14.0g: 1 tablespoon

Footnotes:

1 contains 3.982 g omega-3 fatty acids of which 1.071 g are long chain fatty acids

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04673

Margarine-like spread, SMART BALANCE Regular Buttery Spread

GFA Brands

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 | 30.80 | | 0 | MC | 9 | | 4.31 | | |
| Energy.....kcal | 605 | | 0 | MC | 9 | | 85 | | |
| Energy.....kj | 2531 | | 0 | MC | 9 | | 354 | | |
| Protein (N x 6.38).....g | 0.00 | | 0 | MC | 9 | | 0.00 | | |
| Total lipid (fat) (1).....g | 66.90 | | 0 | MC | 9 | | 9.37 | | |
| Ash.....g | 1.29 | | 0 | MC | 9 | | 0.18 | | |
| Carbohydrate, by difference.....g | 0.00 | | 0 | MC | 9 | | 0.00 | | |
| Fiber, total dietary.....g | 0.0 | | 0 | MC | 9 | | 0.0 | | |
| Sugars, total.....g | 0.00 | | 0 | MC | 9 | | 0.00 | | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | | | | | | | | | |
| Iron, Fe.....mg | | | | | | | | | |
| Magnesium, Mg.....mg | | | | | | | | | |
| Phosphorus, P.....mg | 4 | | 0 | MC | 9 | | 1 | | |
| Potassium, K.....mg | 28 | | 0 | MC | 9 | | 4 | | |
| Sodium, Na.....mg | 646 | | 0 | MC | 9 | | 90 | | |
| Zinc, Zn.....mg | | | | | | | | | |
| Copper, Cu.....mg | | | | | | | | | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 19.510 | | 0 | MC | 9 | | 2.731 | | |
| Fatty acids, total monounsaturated.....g | 25.640 | | 0 | MC | 9 | | 3.590 | | |
| Fatty acids, total polyunsaturated.....g | 17.700 | | 0 | MC | 9 | | 2.478 | | |
| Fatty acids, total trans.....g | 0.710 | | 0 | MC | 9 | | 0.099 | | |
| 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:

Measure 1 = 14.0g: 1 tablespoon

Footnotes:

1 contains 2.841 g omega-3 fatty acids

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04676

Margarine-like spread, SMART BEAT Smart Squeeze

GFA Brands

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 | 87.91 | | 0 | MC | 9 | | 12.31 | | |
| Energy.....kcal | 47 | | 0 | MC | 9 | | 7 | | |
| Energy.....kj | 197 | | 0 | MC | 9 | | 28 | | |
| Protein (N x 6.38).....g | 0.00 | | 0 | MC | 9 | | 0.00 | | |
| Total lipid (fat) (1).....g | 2.10 | | 0 | MC | 9 | | 0.29 | | |
| Ash.....g | 2.45 | | 0 | MC | 9 | | 0.34 | | |
| Carbohydrate, by difference.....g | 7.10 | | 0 | MC | 9 | | 0.99 | | |
| Fiber, total dietary.....g | 0.0 | | 0 | MC | 9 | | 0.0 | | |
| Sugars, total.....g | 1.00 | | 0 | MC | 9 | | 0.14 | | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | | | | | | | | | |
| Iron, Fe.....mg | | | | | | | | | |
| Magnesium, Mg.....mg | | | | | | | | | |
| Phosphorus, P.....mg | 0 | | 0 | MC | 9 | | 0 | | |
| Potassium, K.....mg | 26 | | 0 | MC | 9 | | 4 | | |
| Sodium, Na.....mg | 829 | | 0 | MC | 9 | | 116 | | |
| Zinc, Zn.....mg | | | | | | | | | |
| Copper, Cu.....mg | | | | | | | | | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 0.310 | | 0 | MC | 9 | | 0.043 | | |
| Fatty acids, total monounsaturated.....g | 0.470 | | 0 | MC | 9 | | 0.066 | | |
| Fatty acids, total polyunsaturated.....g | 1.180 | | 0 | MC | 9 | | 0.165 | | |
| Fatty acids, total trans.....g | 0.040 | | 0 | MC | 9 | | 0.006 | | |
| 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:

Measure 1 = 14.0g: 1 tablespoon

Footnotes:

1 contains 0.164 g omega-3 fatty acids

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04675

Margarine-like spread, SMART BEAT Super Light without saturated fat

GFA Brands

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 | 80.83 | | 0 | MC | 9 | | 11.32 | | |
| Energy.....kcal | 158 | | 0 | MC | 9 | | 22 | | |
| Energy.....kj | 661 | | 0 | MC | 9 | | 93 | | |
| Protein (N x 6.38).....g | 0.00 | | 0 | MC | 9 | | 0.00 | | |
| Total lipid (fat) (1).....g | 17.10 | | 0 | MC | 9 | | 2.39 | | |
| Ash.....g | 1.91 | | 0 | MC | 9 | | 0.27 | | |
| Carbohydrate, by difference.....g | 0.00 | | 0 | MC | 9 | | 0.00 | | |
| Fiber, total dietary.....g | 0.0 | | 0 | MC | 9 | | 0.0 | | |
| Sugars, total.....g | 0.00 | | 0 | MC | 9 | | 0.00 | | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | | | | | | | | | |
| Iron, Fe.....mg | | | | | | | | | |
| Magnesium, Mg.....mg | | | | | | | | | |
| Phosphorus, P.....mg | 0 | | 0 | MC | 9 | | 0 | | |
| Potassium, K.....mg | 12 | | 0 | MC | 9 | | 2 | | |
| Sodium, Na.....mg | 755 | | 0 | MC | 9 | | 106 | | |
| Zinc, Zn.....mg | | | | | | | | | |
| Copper, Cu.....mg | | | | | | | | | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 2.220 | | 0 | MC | 9 | | 0.311 | | |
| Fatty acids, total monounsaturated.....g | 7.600 | | 0 | MC | 9 | | 1.064 | | |
| Fatty acids, total polyunsaturated.....g | 3.980 | | 0 | MC | 9 | | 0.557 | | |
| Fatty acids, total trans.....g | 2.450 | | 0 | MC | 9 | | 0.343 | | |
| 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:

Measure 1 = 14.0g: 1 tablespoon

Footnotes:

1 contains 0.779 g omega-3 fatty acids

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04624

Margarine-like spread, fat free, liquid, salted

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 | 91.00 | | 0 | RA | 4 | | 13.65 | | |
| Energy.....kcal | 43 | | 0 | NC | 4 | | 6 | | |
| Energy.....kj | 180 | | 0 | | 4 | | 27 | | |
| Protein.....g | 1.50 | | 0 | RA | 4 | | 0.23 | | |
| Total lipid (fat).....g | 3.00 | | 0 | RA | 4 | | 0.45 | | |
| Ash.....g | 2.00 | | 0 | BFZN | 4 | | 0.30 | | |
| Carbohydrate, by difference.....g | 2.50 | | 0 | NC | 4 | | 0.38 | | |
| Fiber, total dietary.....g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Sugars, total.....g | 0.00 | | 0 | CAZN | 4 | | 0.00 | | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 38 | | 0 | RA | 4 | | 6 | | |
| Iron, Fe.....mg | 0.03 | | 0 | RA | 4 | | 0.00 | | |
| Magnesium, Mg.....mg | 4 | | 0 | RA | 4 | | 1 | | |
| Phosphorus, P.....mg | 30 | | 0 | RA | 4 | | 5 | | |
| Potassium, K.....mg | 50 | | 0 | RA | 4 | | 8 | | |
| Sodium, Na.....mg | 833 | | 0 | LC | 8 | | 125 | | |
| Zinc, Zn.....mg | 0.14 | | 0 | RA | 4 | | 0.02 | | |
| Copper, Cu.....mg | 0.008 | | 0 | RA | 4 | | 0.001 | | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.3 | | 0 | RA | 4 | | 0.0 | | |
| Thiamin.....mg | 0.010 | | 0 | RA | 4 | | 0.002 | | |
| Riboflavin.....mg | 0.040 | | 0 | RA | 4 | | 0.006 | | |
| Niacin.....mg | 0.030 | | 0 | RA | 4 | | 0.005 | | |
| Pantothenic acid.....mg | | | | | | | | | |
| Vitamin B-6.....mg | 0.010 | | 0 | RA | 4 | | 0.002 | | |
| Folate, total.....mcg | 2 | | 0 | RA | 4 | | 0 | | |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food.....mcg | 2 | | 0 | RA | 4 | | 0 | | |
| Folate, DFE.....mcg_DFE | 2 | | 0 | NC | 4 | | 0 | | |
| Choline, total.....mg | 12.4 | | 0 | CAZN | 4 | | 1.9 | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.11 | | 0 | RA | 4 | | 0.02 | | |
| Vitamin B-12, added.....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE.....mcg_RAE | 819 | | 0 | NC | 4 | | 123 | | |
| Retinol.....mcg | 768 | | 0 | CAZN | 4 | | 115 | | |
| Carotene, beta.....mcg | 610 | | 0 | CAZN | 4 | | 92 | | |
| Carotene, alpha.....mcg | 0 | | 0 | CAZN | 4 | | 0 | | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | CAZN | 4 | | 0 | | |
| Vitamin A, IU.....IU | 3571 | | 0 | ML | 5 | | 536 | | |
| Lycopene.....mcg | 0 | | 0 | CAZN | 4 | | 0 | | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | CAZN | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol).....mg | 5.00 | | 0 | BFZN | 4 | | 0.75 | | |
| 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 | 0.3 | | 1 | A | 1 | | 0.0 | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 0.416 | | 0 | RA | 4 | | 0.062 | | |
| 4:0.....g | 0.003 | | 0 | RA | 4 | | 0.000 | | |
| 6:0.....g | 0.000 | | 0 | RA | 4 | | 0.000 | | |
| 8:0.....g | 0.001 | | 0 | RA | 4 | | 0.000 | | |
| 10:0.....g | 0.001 | | 0 | RA | 4 | | 0.000 | | |

NDB No. 04624

Margarine-like spread, fat free, liquid, salted

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.001 | | 0 | RA | 4 | | 0.000 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.005 | | 0 | RA | 4 | | 0.001 | | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 0.343 | | 0 | RA | 4 | | 0.051 | | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 0.060 | | 0 | RA | 4 | | 0.009 | | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 0.740 | | 0 | RA | 4 | | 0.111 | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.002 | | 0 | RA | 4 | | 0.000 | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.737 | | 0 | RA | 4 | | 0.111 | | |
| 20:1.....g | 0.000 | | 0 | RA | 4 | | 0.000 | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | RA | 4 | | 0.000 | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 1.764 | | 0 | RA | 4 | | 0.265 | | |
| 18:2 undifferentiated.....g | 1.742 | | 0 | RA | 4 | | 0.261 | | |
| 18:3 undifferentiated.....g | 0.001 | | 0 | RA | 4 | | 0.000 | | |
| 18:4.....g | 0.000 | | 0 | RA | 4 | | 0.000 | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | RA | 4 | | 0.000 | | |
| 20:5 n-3.....g | 0.000 | | 0 | RA | 4 | | 0.000 | | |
| 22:5 n-3.....g | 0.000 | | 0 | RA | 4 | | 0.000 | | |
| 22:6 n-3.....g | 0.000 | | 0 | RA | 4 | | 0.000 | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 1 | | 0 | RA | 4 | | 0 | | |
| Phytosterols.....mg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 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:

Measure 1 = 15.0g: 1 tbsp

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

Food Group: 04 Fats and Oils

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

NDB No. 04626

Margarine-like spread, made with yogurt, stick, salted

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 | 28.00 | | 0 | MC | 9 | | 3.92 | | |
| Energy.....kcal | 630 | | 0 | MC | 9 | | 88 | | |
| Energy.....kj | 2636 | | 0 | | 9 | | 369 | | |
| Protein.....g | 0.30 | | 0 | MC | 9 | | 0.04 | | |
| Total lipid (fat).....g | 70.00 | | 0 | MC | 9 | | 9.80 | | |
| Ash.....g | 2.00 | | 0 | MC | 9 | | 0.28 | | |
| Carbohydrate, by difference.....g | 0.50 | | 0 | MC | 9 | | 0.07 | | |
| Fiber, total dietary.....g | 0.0 | | 0 | MC | 9 | | 0.0 | | |
| Sugars, total.....g | 0.00 | | 0 | CAZN | 4 | | 0.00 | | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 20 | | 0 | BFZN | 4 | | 3 | | |
| Iron, Fe.....mg | 0.01 | | 0 | BFZN | 4 | | 0.00 | | |
| Magnesium, Mg.....mg | 2 | | 0 | BFZN | 4 | | 0 | | |
| Phosphorus, P.....mg | 16 | | 0 | BFZN | 4 | | 2 | | |
| Potassium, K.....mg | 25 | | 0 | BFZN | 4 | | 4 | | |
| Sodium, Na.....mg | 590 | | 0 | MC | 9 | | 83 | | |
| Zinc, Zn.....mg | 0.10 | | 0 | BFZN | 4 | | 0.01 | | |
| Copper, Cu.....mg | 0.002 | | 0 | BFZN | 4 | | 0.000 | | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.1 | | 0 | BFZN | 4 | | 0.0 | | |
| Thiamin.....mg | 0.005 | | 0 | BFZN | 4 | | 0.001 | | |
| Riboflavin.....mg | 0.020 | | 0 | BFZN | 4 | | 0.003 | | |
| Niacin.....mg | 0.010 | | 0 | BFZN | 4 | | 0.001 | | |
| Pantothenic acid.....mg | | | | | | | | | |
| Vitamin B-6.....mg | 0.050 | | 0 | BFZN | 4 | | 0.007 | | |
| Folate, total.....mcg | 1 | | 0 | BFZN | 4 | | 0 | | |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food.....mcg | 1 | | 0 | BFZN | 4 | | 0 | | |
| Folate, DFE.....mcg_DFE | 1 | | 0 | NC | 4 | | 0 | | |
| Choline, total.....mg | 12.4 | | 0 | CAZN | 4 | | 1.7 | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.06 | | 0 | BFZN | 4 | | 0.01 | | |
| Vitamin B-12, added.....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE.....mcg_RAE | 819 | | 0 | NC | 4 | | 115 | | |
| Retinol.....mcg | 768 | | 0 | CAZN | 4 | | 108 | | |
| Carotene, beta.....mcg | 610 | | 0 | CAZN | 4 | | 85 | | |
| Carotene, alpha.....mcg | 0 | | 0 | CAZN | 4 | | 0 | | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | CAZN | 4 | | 0 | | |
| Vitamin A, IU.....IU | 3577 | | 0 | NC | 4 | | 501 | | |
| Lycopene.....mcg | 0 | | 0 | CAZN | 4 | | 0 | | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | CAZN | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol).....mg | 5.00 | | 0 | BFZN | 4 | | 0.70 | | |
| 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 | 93.0 | | 1 | CAZN | 4 | | 13.0 | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 13.300 | | 0 | BFZN | 4 | | 1.862 | | |
| 4:0.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 6:0.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 8:0.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 10:0.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |

NDB No. 04626

Margarine-like spread, made with yogurt, stick, salted

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 9.800 | | 0 | BFZN | 4 | | 1.372 | | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 3.500 | | 0 | BFZN | 4 | | 0.490 | | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 39.900 | | 0 | BFZN | 4 | | 5.586 | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.700 | | 0 | BFZN | 4 | | 0.098 | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 39.200 | | 0 | BFZN | 4 | | 5.488 | | |
| 20:1.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 14.000 | | 0 | BFZN | 4 | | 1.960 | | |
| 18:2 undifferentiated.....g | 12.600 | | 0 | BFZN | 4 | | 1.764 | | |
| 18:3 undifferentiated.....g | 1.400 | | 0 | BFZN | 4 | | 0.196 | | |
| 18:4.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 20:5 n-3.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 22:5 n-3.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 22:6 n-3.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 0 | MC | 9 | | 0 | | |
| Phytosterols.....mg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 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:

Measure 1 = 14.0g: 1 tablespoon

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 42310

Margarine-like spread, reduced calorie, 40% fat, stick, with salt

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 | 57.80 | | 0 | | 4 | | 8.09 | | |
| Energy.....kcal | 356 | | 0 | | 4 | | 50 | | |
| Energy.....kj | 1490 | | 0 | | 4 | | 209 | | |
| Protein.....g | 0.60 | | 0 | | 4 | | 0.08 | | |
| Total lipid (fat).....g | 40.00 | | 0 | | 4 | | 5.60 | | |
| Ash.....g | 1.60 | | 0 | O | 4 | | 0.22 | | |
| Carbohydrate, by difference.....g | 0.00 | | 0 | | 4 | | 0.00 | | |
| Fiber, total dietary.....g | 0.0 | | 0 | | 4 | | 0.0 | | |
| Sugars, total.....g | 0.00 | | 0 | CAZN | 4 | | 0.00 | | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 21 | | 0 | | 4 | | 3 | | |
| Iron, Fe.....mg | 0.00 | | 0 | | 4 | | 0.00 | | |
| Magnesium, Mg.....mg | 2 | | 0 | | 4 | | 0 | | |
| Phosphorus, P.....mg | 16 | | 0 | | 4 | | 2 | | |
| Potassium, K.....mg | 30 | | 0 | | 4 | | 4 | | |
| Sodium, Na.....mg | 994 | | 0 | | 4 | | 139 | | |
| Zinc, Zn.....mg | 0.00 | | 0 | | 4 | | 0.00 | | |
| Copper, Cu.....mg | 0.000 | | 0 | | 4 | | 0.000 | | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.1 | | 0 | | 4 | | 0.0 | | |
| Thiamin.....mg | 0.010 | | 0 | | 4 | | 0.001 | | |
| Riboflavin.....mg | 0.030 | | 0 | | 4 | | 0.004 | | |
| Niacin.....mg | 0.020 | | 0 | | 4 | | 0.003 | | |
| Pantothenic acid.....mg | | | | | | | | | |
| Vitamin B-6.....mg | 0.010 | | 0 | | 4 | | 0.001 | | |
| Folate, total.....mcg | 1 | | 0 | | 4 | | 0 | | |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food.....mcg | 1 | | 0 | | 4 | | 0 | | |
| Folate, DFE.....mcg_DFE | 1 | | 0 | NC | 4 | | 0 | | |
| Choline, total.....mg | 12.4 | | 0 | CAZN | 4 | | 1.7 | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.07 | | 0 | | 4 | | 0.01 | | |
| Vitamin B-12, added.....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE.....mcg_RAE | 819 | | 0 | NC | 4 | | 115 | | |
| Retinol.....mcg | 768 | | 0 | CAZN | 4 | | 108 | | |
| Carotene, beta.....mcg | 610 | | 0 | CAZN | 4 | | 85 | | |
| Carotene, alpha.....mcg | 0 | | 0 | CAZN | 4 | | 0 | | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | CAZN | 4 | | 0 | | |
| Vitamin A, IU.....IU | 3577 | | 0 | NC | 4 | | 501 | | |
| Lycopene.....mcg | 0 | | 0 | CAZN | 4 | | 0 | | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | CAZN | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol).....mg | 5.00 | | 0 | BFZN | 4 | | 0.70 | | |
| 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 | 93.0 | | 1 | CAZN | 4 | | 13.0 | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 6.081 | | 0 | | 4 | | 0.851 | | |
| 4:0.....g | 0.000 | | 0 | | 7 | | 0.000 | | |
| 6:0.....g | 0.000 | | 0 | | 7 | | 0.000 | | |
| 8:0.....g | 0.000 | | 0 | | 7 | | 0.000 | | |
| 10:0.....g | 0.000 | | 0 | | 7 | | 0.000 | | |

NDB No. 42310

Margarine-like spread, reduced calorie, 40% fat, stick, with salt

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.000 | | 0 | | 7 | | 0.000 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.025 | | 0 | | 4 | | 0.004 | | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 3.707 | | 0 | | 4 | | 0.519 | | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 2.294 | | 0 | | 4 | | 0.321 | | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 18.887 | | 0 | | 4 | | 2.644 | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | | 7 | | 0.000 | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 18.887 | | 0 | | 4 | | 2.644 | | |
| 20:1.....g | 0.000 | | 0 | | 7 | | 0.000 | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 7 | | 0.000 | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 13.272 | | 0 | | 4 | | 1.858 | | |
| 18:2 undifferentiated.....g | 12.953 | | 0 | | 4 | | 1.813 | | |
| 18:3 undifferentiated.....g | 0.279 | | 0 | | 4 | | 0.039 | | |
| 18:4.....g | 0.000 | | 0 | | 7 | | 0.000 | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 7 | | 0.000 | | |
| 20:5 n-3.....g | 0.000 | | 0 | | 7 | | 0.000 | | |
| 22:5 n-3.....g | 0.000 | | 0 | | 7 | | 0.000 | | |
| 22:6 n-3.....g | 0.000 | | 0 | | 7 | | 0.000 | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 0 | | 4 | | 0 | | |
| Phytosterols.....mg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | | 4 | | 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:

Measure 1 = 14.0g: 1 tablespoon

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04627

Margarine-like spread, reduced calorie, about 40% fat, made with yogurt, tub, salted

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 | 59.00 | | 0 | MC | 9 | | 8.26 | | |
| Energy.....kcal | 330 | | 0 | MC | 9 | | 46 | | |
| Energy.....kj | 1381 | | 0 | | 9 | | 193 | | |
| Protein.....g | 2.00 | | 0 | MC | 9 | | 0.28 | | |
| Total lipid (fat).....g | 35.00 | | 0 | MC | 9 | | 4.90 | | |
| Ash.....g | 2.00 | | 0 | MC | 9 | | 0.28 | | |
| Carbohydrate, by difference.....g | 2.00 | | 0 | NC | 4 | | 0.28 | | |
| Fiber, total dietary.....g | 0.0 | | 0 | MC | 9 | | 0.0 | | |
| Sugars, total.....g | 0.00 | | 0 | CAZN | 4 | | 0.00 | | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 50 | | 0 | BFZN | 4 | | 7 | | |
| Iron, Fe.....mg | 0.02 | | 0 | BFZN | 4 | | 0.00 | | |
| Magnesium, Mg.....mg | 5 | | 0 | BFZN | 4 | | 1 | | |
| Phosphorus, P.....mg | 39 | | 0 | BFZN | 4 | | 5 | | |
| Potassium, K.....mg | 64 | | 0 | BFZN | 4 | | 9 | | |
| Sodium, Na.....mg | 630 | | 0 | MC | 9 | | 88 | | |
| Zinc, Zn.....mg | 0.24 | | 0 | BFZN | 4 | | 0.03 | | |
| Copper, Cu.....mg | 0.004 | | 0 | BFZN | 4 | | 0.001 | | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 1.0 | | 0 | BFZN | 4 | | 0.1 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.2 | | 0 | BFZN | 4 | | 0.0 | | |
| Thiamin.....mg | 0.010 | | 0 | BFZN | 4 | | 0.001 | | |
| Riboflavin.....mg | 0.060 | | 0 | BFZN | 4 | | 0.008 | | |
| Niacin.....mg | 0.030 | | 0 | BFZN | 4 | | 0.004 | | |
| Pantothenic acid.....mg | | | | | | | | | |
| Vitamin B-6.....mg | 0.010 | | 0 | BFZN | 4 | | 0.001 | | |
| Folate, total.....mcg | 3 | | 0 | BFZN | 4 | | 0 | | |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food.....mcg | 3 | | 0 | BFZN | 4 | | 0 | | |
| Folate, DFE.....mcg_DFE | 3 | | 0 | NC | 4 | | 0 | | |
| Choline, total.....mg | 12.4 | | 0 | CAZN | 4 | | 1.7 | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.15 | | 0 | BFZN | 4 | | 0.02 | | |
| Vitamin B-12, added.....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE.....mcg_RAE | 819 | | 0 | NC | 4 | | 115 | | |
| Retinol.....mcg | 768 | | 0 | CAZN | 4 | | 108 | | |
| Carotene, beta.....mcg | 610 | | 0 | CAZN | 4 | | 85 | | |
| Carotene, alpha.....mcg | 0 | | 0 | CAZN | 4 | | 0 | | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | CAZN | 4 | | 0 | | |
| Vitamin A, IU.....IU | 3577 | | 0 | NC | 4 | | 501 | | |
| Lycopene.....mcg | 0 | | 0 | CAZN | 4 | | 0 | | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | CAZN | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol).....mg | 5.00 | | 0 | BFZN | 4 | | 0.70 | | |
| 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 | 93.0 | | 1 | CAZN | 4 | | 13.0 | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 7.000 | | 0 | BFZN | 4 | | 0.980 | | |
| 4:0.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 6:0.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 8:0.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 10:0.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |

NDB No. 04627

Margarine-like spread, reduced calorie, about 40% fat, made with yogurt, tub, salted

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 5.950 | | 0 | BFZN | 4 | | 0.833 | | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 1.050 | | 0 | BFZN | 4 | | 0.147 | | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 9.800 | | 0 | BFZN | 4 | | 1.372 | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.350 | | 0 | BFZN | 4 | | 0.049 | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 9.450 | | 0 | BFZN | 4 | | 1.323 | | |
| 20:1.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 16.800 | | 0 | BFZN | 4 | | 2.352 | | |
| 18:2 undifferentiated.....g | 15.040 | | 0 | BFZN | 4 | | 2.106 | | |
| 18:3 undifferentiated.....g | 1.750 | | 0 | BFZN | 4 | | 0.245 | | |
| 18:4.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 20:5 n-3.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 22:5 n-3.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 22:6 n-3.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 0 | MC | 9 | | 0 | | |
| Phytosterols.....mg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 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:

Measure 1 = 14.0g: 1 tablespoon

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 42256

Margarine-like spread, stick or tub, sweetened

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 | 30.00 | | 1 | | 1 | | 4.20 | | |
| Energy.....kcal | 534 | | 0 | | 1 | | 75 | | |
| Energy.....kj | 2234 | | 0 | | 1 | | 313 | | |
| Protein.....g | 0.00 | | 1 | | 1 | | 0.00 | | |
| Total lipid (fat).....g | 52.00 | | 1 | | 1 | | 7.28 | | |
| Ash.....g | 1.30 | | 0 | O | 4 | | 0.18 | | |
| Carbohydrate, by difference.....g | 16.70 | | 0 | NC | 4 | | 2.34 | | |
| Fiber, total dietary.....g | 0.0 | | 1 | | 1 | | 0.0 | | |
| Sugars, total.....g | 16.70 | | 0 | NR | 4 | | 2.34 | | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 0 | | 1 | | 1 | | 0 | | |
| Iron, Fe.....mg | 0.00 | | 1 | | 1 | | 0.00 | | |
| Magnesium, Mg.....mg | 0 | | 1 | | 1 | | 0 | | |
| Phosphorus, P.....mg | 16 | | 0 | | 4 | | 2 | | |
| Potassium, K.....mg | 30 | | 0 | | 4 | | 4 | | |
| Sodium, Na.....mg | 542 | | 1 | | 1 | | 76 | | |
| Zinc, Zn.....mg | 0.00 | | 1 | | 1 | | 0.00 | | |
| Copper, Cu.....mg | 0.000 | | 1 | | 1 | | 0.000 | | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 1 | | 1 | | 0.0 | | |
| Thiamin.....mg | 0.000 | | 1 | | 1 | | 0.000 | | |
| Riboflavin.....mg | 0.000 | | 1 | | 1 | | 0.000 | | |
| Niacin.....mg | 0.000 | | 1 | | 1 | | 0.000 | | |
| Pantothenic acid.....mg | | | | | | | | | |
| Vitamin B-6.....mg | 0.000 | | 1 | | 1 | | 0.000 | | |
| Folate, total.....mcg | 0 | | 1 | | 1 | | 0 | | |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food.....mcg | 0 | | 1 | | 1 | | 0 | | |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | | |
| Choline, total.....mg | 12.4 | | 0 | CAZN | 4 | | 1.7 | | |
| 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 | 819 | | 0 | NC | 4 | | 115 | | |
| Retinol.....mcg | 768 | | 0 | CAZN | 4 | | 108 | | |
| Carotene, beta.....mcg | 610 | | 0 | CAZN | 4 | | 85 | | |
| Carotene, alpha.....mcg | 0 | | 0 | CAZN | 4 | | 0 | | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | CAZN | 4 | | 0 | | |
| Vitamin A, IU.....IU | 3577 | | 0 | NC | 4 | | 501 | | |
| Lycopene.....mcg | 0 | | 0 | CAZN | 4 | | 0 | | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | CAZN | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol).....mg | 5.00 | | 0 | BFZN | 4 | | 0.70 | | |
| 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 | 93.0 | | 1 | CAZN | 4 | | 13.0 | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 8.350 | | 1 | | 1 | | 1.169 | | |
| 4:0.....g | 0.000 | | 0 | | 7 | | 0.000 | | |
| 6:0.....g | 0.000 | | 0 | | 7 | | 0.000 | | |
| 8:0.....g | 0.000 | | 0 | | 7 | | 0.000 | | |
| 10:0.....g | 0.000 | | 0 | | 4 | | 0.000 | | |

NDB No. 42256

Margarine-like spread, stick or tub, sweetened

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 5.270 | | 0 | | 4 | | 0.738 | | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 3.080 | | 0 | | 4 | | 0.431 | | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 17.000 | | 1 | | 1 | | 2.380 | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 16.900 | | 0 | | 4 | | 2.366 | | |
| 20:1.....g | 0.100 | | 0 | | 4 | | 0.014 | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 23.800 | | 1 | | 1 | | 3.332 | | |
| 18:2 undifferentiated.....g | 20.870 | | 0 | | 4 | | 2.922 | | |
| 18:3 undifferentiated.....g | 2.930 | | 0 | | 4 | | 0.410 | | |
| 18:4.....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 20:5 n-3.....g | 0.000 | | 0 | | 7 | | 0.000 | | |
| 22:5 n-3.....g | 0.000 | | 0 | | 7 | | 0.000 | | |
| 22:6 n-3.....g | 0.000 | | 0 | | 7 | | 0.000 | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 0 | | 7 | | 0 | | |
| Phytosterols.....mg | | | | | | | | | |
| 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:

Measure 1 = 14.0g: 1 tablespoon

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 43598

Mayonnaise dressing, no cholesterol

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 | 21.70 | | 1 | | 1 | | 51.86 | 3.26 | |
| Energy.....kcal | 688 | | 1 | | 1 | | 1644 | 103 | |
| Energy.....kj | 2879 | | 1 | | 1 | | 6880 | 432 | |
| Protein.....g | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | |
| Total lipid (fat).....g | 77.80 | | 1 | | 1 | | 185.94 | 11.67 | |
| Ash.....g | 0.40 | | 0 | O | 4 | | 0.96 | 0.06 | |
| Carbohydrate, by difference.....g | 0.30 | | 0 | NC | 4 | | 0.72 | 0.05 | |
| Fiber, total dietary.....g | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | |
| Sugars, total.....g | 0.30 | | 0 | NR | 4 | | 0.72 | 0.05 | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 7 | | 1 | | 1 | | 17 | 1 | |
| Iron, Fe.....mg | 0.23 | | 1 | | 1 | | 0.55 | 0.03 | |
| Magnesium, Mg.....mg | 1 | | 1 | | 1 | | 2 | 0 | |
| Phosphorus, P.....mg | 25 | | 1 | | 1 | | 60 | 4 | |
| Potassium, K.....mg | 14 | | 1 | | 1 | | 33 | 2 | |
| Sodium, Na.....mg | 486 | | 1 | | 1 | | 1162 | 73 | |
| Zinc, Zn.....mg | 0.13 | | 1 | | 1 | | 0.31 | 0.02 | |
| Copper, Cu.....mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 1.6 | | 0 | CAZN | 4 | | 3.8 | 0.2 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 1 | | 1 | | 0.0 | 0.0 | |
| Thiamin.....mg | 0.010 | | 1 | | 1 | | 0.024 | 0.002 | |
| Riboflavin.....mg | 0.060 | | 1 | | 1 | | 0.143 | 0.009 | |
| Niacin.....mg | 0.010 | | 1 | | 1 | | 0.024 | 0.002 | |
| Pantothenic acid.....mg | | | | | | | | | |
| Vitamin B-6.....mg | 0.010 | | 1 | | 1 | | 0.024 | 0.002 | |
| Folate, total.....mcg | 0 | | 1 | | 1 | | 0 | 0 | |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food.....mcg | 0 | | 1 | | 1 | | 0 | 0 | |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total.....mg | 0.7 | | 0 | BFZN | 4 | | 1.7 | 0.1 | |
| 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 | AS | 1 | | 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 | | 1 | | 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 | 11.79 | | 0 | NR | 4 | | 28.18 | 1.77 | |
| 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 | 24.7 | | 0 | BFZN | 4 | | 59.1 | 3.7 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 10.784 | | 0 | | 4 | | 25.774 | 1.618 | |
| 4:0.....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| 6:0.....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| 8:0.....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| 10:0.....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |

NDB No. 43598

Mayonnaise dressing, no cholesterol

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 7.357 | | 0 | | 4 | | 17.583 | 1.104 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 2.952 | | 0 | | 4 | | 7.055 | 0.443 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 18.026 | | 0 | | 4 | | 43.082 | 2.704 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 18.026 | | 0 | | 4 | | 43.082 | 2.704 | |
| 20:1.....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 45.539 | | 0 | | 4 | | 108.838 | 6.831 | |
| 18:2 undifferentiated.....g | 40.569 | | 0 | | 4 | | 96.960 | 6.085 | |
| 18:3 undifferentiated.....g | 4.970 | | 0 | | 4 | | 11.878 | 0.746 | |
| 18:4.....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 0 | | 7 | | 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 = 239g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate3.8

Food Group: 04 Fats and Oils

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

NDB No. 43355

Mayonnaise, low sodium, low calorie or diet

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 | 62.70 | | 0 | | 4 | | 140.45 | 8.78 | |
| Energy.....kcal | 231 | | 0 | | 4 | | 517 | 32 | |
| Energy.....kj | 967 | | 0 | | 4 | | 2165 | 135 | |
| Protein.....g | 0.30 | | 0 | | 4 | | 0.67 | 0.04 | |
| Total lipid (fat).....g | 19.20 | | 0 | | 4 | | 43.01 | 2.69 | |
| Ash.....g | 1.80 | | 0 | | 4 | | 4.03 | 0.25 | |
| Carbohydrate, by difference.....g | 16.00 | | 0 | | 4 | | 35.84 | 2.24 | |
| Fiber, total dietary.....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Sugars, total.....g | 4.20 | | 0 | O | 4 | | 9.41 | 0.59 | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 0 | | 0 | | 7 | | 0 | 0 | |
| Iron, Fe.....mg | 0.00 | | 0 | | 7 | | 0.00 | 0.00 | |
| Magnesium, Mg.....mg | 0 | | 0 | | 7 | | 0 | 0 | |
| Phosphorus, P.....mg | 0 | | 0 | | 7 | | 0 | 0 | |
| Potassium, K.....mg | 10 | | 0 | | 4 | | 22 | 1 | |
| Sodium, Na.....mg | 110 | | 0 | | 4 | | 246 | 15 | |
| Zinc, Zn.....mg | 0.11 | | 0 | | 4 | | 0.25 | 0.02 | |
| Copper, Cu.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Manganese, Mn.....mg | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| Selenium, Se.....mcg | 1.6 | | 0 | CAZN | 4 | | 3.6 | 0.2 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Thiamin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Riboflavin.....mg | 0.010 | | 0 | | 4 | | 0.022 | 0.001 | |
| Niacin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Pantothenic acid.....mg | | | | | | | | | |
| Vitamin B-6.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Folate, total.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Folic acid.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Folate, food.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total.....mg | 8.5 | | 0 | CAZN | 4 | | 19.0 | 1.2 | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.06 | | 0 | | 4 | | 0.13 | 0.01 | |
| Vitamin B-12, added.....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE.....mcg_RAE | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Retinol.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Carotene, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Carotene, alpha.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Vitamin A, IU.....IU | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Lycopene.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol).....mg | 6.43 | | 0 | | 4 | | 14.40 | 0.90 | |
| 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 | 24.7 | | 0 | BFZN | 4 | | 55.4 | 3.5 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 3.300 | | 0 | | 4 | | 7.392 | 0.462 | |
| 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. 43355

Mayonnaise, low sodium, low calorie or diet

| 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 |
| | | | | | | | | | |
| 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 | 2.400 | | 0 | | 4 | | 5.376 | 0.336 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 0.900 | | 0 | | 4 | | 2.016 | 0.126 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 4.500 | | 0 | | 4 | | 10.080 | 0.630 | |
| 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 | 4.500 | | 0 | | 4 | | 10.080 | 0.630 | |
| 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 | 10.600 | | 0 | | 4 | | 23.744 | 1.484 | |
| 18:2 undifferentiated.....g | 9.000 | | 0 | | 4 | | 20.160 | 1.260 | |
| 18:3 undifferentiated.....g | 1.600 | | 0 | | 4 | | 3.584 | 0.224 | |
| 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 | 24 | | 0 | | 4 | | 54 | 3 | |
| Phytosterols.....mg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | BFZN | 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 = 224g: 1 cup

Measure 2 = 14.0g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 42178
 Mayonnaise, made with tofu

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 | 56.33 | | 0 | FLM | 4 | | 135.18 | 8.45 | |
| Energy.....kcal | 322 | | 0 | FLM | 4 | | 773 | 48 | |
| Energy.....kj | 1348 | | 0 | FLM | 4 | | 3235 | 202 | |
| Protein.....g | 5.95 | | 0 | FLM | 4 | | 14.29 | 0.89 | |
| Total lipid (fat).....g | 31.79 | | 0 | FLM | 4 | | 76.30 | 4.77 | |
| Ash.....g | 2.87 | | 0 | FLM | 4 | | 6.89 | 0.43 | |
| Carbohydrate, by difference.....g | 3.06 | | 0 | FLM | 4 | | 7.35 | 0.46 | |
| Fiber, total dietary.....g | 1.1 | | 0 | FLM | 4 | | 2.6 | 0.2 | |
| Sugars, total.....g | 0.85 | | 0 | FLM | 4 | | 2.05 | 0.13 | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 53 | | 0 | | 4 | | 127 | 8 | |
| Iron, Fe.....mg | 0.27 | | 0 | | 4 | | 0.65 | 0.04 | |
| Magnesium, Mg.....mg | 52 | | 0 | | 4 | | 125 | 8 | |
| Phosphorus, P.....mg | 49 | | 0 | | 4 | | 118 | 7 | |
| Potassium, K.....mg | 66 | | 0 | | 4 | | 158 | 10 | |
| Sodium, Na.....mg | 773 | | 0 | LC | 8 | | 1855 | 116 | |
| Zinc, Zn.....mg | 0.40 | | 0 | | 4 | | 0.96 | 0.06 | |
| Copper, Cu.....mg | 0.090 | | 0 | | 4 | | 0.216 | 0.014 | |
| Manganese, Mn.....mg | 0.399 | | 0 | FLM | 4 | | 0.957 | 0.060 | |
| Selenium, Se.....mcg | 1.6 | | 0 | CAZN | 4 | | 3.8 | 0.2 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Thiamin.....mg | 0.050 | | 0 | | 4 | | 0.120 | 0.008 | |
| Riboflavin.....mg | 0.040 | | 0 | | 4 | | 0.096 | 0.006 | |
| Niacin.....mg | 0.090 | | 0 | | 4 | | 0.216 | 0.014 | |
| Pantothenic acid.....mg | 0.124 | | 0 | FLM | 4 | | 0.298 | 0.019 | |
| Vitamin B-6.....mg | 0.020 | | 0 | | 4 | | 0.048 | 0.003 | |
| Folate, total.....mcg | 8 | | 0 | | 4 | | 19 | 1 | |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food.....mcg | 8 | | 0 | | 4 | | 19 | 1 | |
| Folate, DFE.....mcg_DFE | 8 | | 0 | NC | 4 | | 19 | 1 | |
| Choline, total.....mg | 26.2 | | 0 | FLM | 4 | | 62.9 | 3.9 | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Vitamin B-12, added.....mcg | 0.00 | | 0 | FLM | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE.....mcg_RAE | 2 | | 0 | NC | 4 | | 5 | 0 | |
| Retinol.....mcg | 0 | | 0 | FLM | 4 | | 0 | 0 | |
| Carotene, beta.....mcg | 23 | | 0 | FLM | 4 | | 55 | 3 | |
| Carotene, alpha.....mcg | 0 | | 0 | FLM | 4 | | 0 | 0 | |
| Cryptoxanthin, beta.....mcg | 6 | | 0 | FLM | 4 | | 14 | 1 | |
| Vitamin A, IU.....IU | 43 | | 0 | NC | 4 | | 104 | 7 | |
| Lycopene.....mcg | 0 | | 0 | FLM | 4 | | 0 | 0 | |
| Lutein + zeaxanthin.....mcg | 21 | | 0 | FLM | 4 | | 50 | 3 | |
| Vitamin E (alpha-tocopherol).....mg | 2.40 | | 0 | FLM | 4 | | 5.77 | 0.36 | |
| Vitamin E, added.....mg | 0.00 | | 0 | FLM | 4 | | 0.00 | 0.00 | |
| Tocopherol, beta.....mg | | | | | | | | | |
| Tocopherol, gamma.....mg | | | | | | | | | |
| Tocopherol, delta.....mg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....mcg | 53.4 | | 0 | FLM | 4 | | 128.3 | 8.0 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 2.921 | | 0 | FLM | 4 | | 7.010 | 0.438 | |
| 4:0.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 6:0.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 8:0.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 10:0.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |

NDB No. 42178
Mayonnaise, made with tofu

| 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 | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | Deriv Code | Points | | | | | |
| 12:0.....g | 0.001 | | 0 | FLM | 4 | | 0.001 | 0.000 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.005 | | 0 | FLM | 4 | | 0.012 | 0.001 | |
| 15:0.....g | 0.000 | | 0 | FLM | 4 | | 0.001 | 0.000 | |
| 16:0.....g | 1.962 | | 0 | FLM | 4 | | 4.709 | 0.294 | |
| 17:0.....g | 0.006 | | 0 | FLM | 4 | | 0.014 | 0.001 | |
| 18:0.....g | 0.815 | | 0 | FLM | 4 | | 1.956 | 0.122 | |
| 20:0.....g | 0.065 | | 0 | FLM | 4 | | 0.156 | 0.010 | |
| 22:0.....g | 0.065 | | 0 | FLM | 4 | | 0.156 | 0.010 | |
| 24:0.....g | 0.002 | | 0 | FLM | 4 | | 0.004 | 0.000 | |
| Fatty acids, total monounsaturated.....g | 5.246 | | 0 | FLM | 4 | | 12.591 | 0.787 | |
| 14:1.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 15:1.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 16:1 undifferentiated.....g | 0.007 | | 0 | FLM | 4 | | 0.016 | 0.001 | |
| 17:1.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 18:1 undifferentiated.....g | 4.873 | | 0 | FLM | 4 | | 11.695 | 0.731 | |
| 20:1.....g | 0.110 | | 0 | FLM | 4 | | 0.263 | 0.016 | |
| 22:1 undifferentiated.....g | 0.241 | | 0 | FLM | 4 | | 0.578 | 0.036 | |
| 24:1 c.....g | 0.016 | | 0 | FLM | 4 | | 0.038 | 0.002 | |
| Fatty acids, total polyunsaturated.....g | 16.590 | | 0 | FLM | 4 | | 39.815 | 2.488 | |
| 18:2 undifferentiated.....g | 14.534 | | 0 | FLM | 4 | | 34.883 | 2.180 | |
| 18:3 undifferentiated.....g | 2.042 | | 0 | FLM | 4 | | 4.900 | 0.306 | |
| 18:4.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c.c.....g | 0.003 | | 0 | FLM | 4 | | 0.008 | 0.000 | |
| 20:3 undifferentiated.....g | 0.008 | | 0 | FLM | 4 | | 0.019 | 0.001 | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | 0.153 | | 0 | FLM | 4 | | 0.367 | 0.023 | |
| Cholesterol.....mg | 0 | | 0 | | 7 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| Stigmasterol.....mg | 17 | | 0 | FLM | 4 | | 40 | 2 | |
| Campesterol.....mg | 17 | | 0 | FLM | 4 | | 42 | 3 | |
| Beta-sitosterol.....mg | 48 | | 0 | FLM | 4 | | 115 | 7 | |
| <u>Amino Acids:</u> | | | | | | | | | |
| Tryptophan.....g | | | | | | | | | |
| Threonine.....g | | | | | | | | | |
| Isoleucine.....g | | | | | | | | | |
| Leucine.....g | | | | | | | | | |
| Lysine.....g | | | | | | | | | |
| Methionine.....g | | | | | | | | | |
| Cystine.....g | | | | | | | | | |
| Phenylalanine.....g | | | | | | | | | |
| Tyrosine.....g | | | | | | | | | |
| Valine.....g | | | | | | | | | |
| Arginine.....g | | | | | | | | | |
| Histidine.....g | | | | | | | | | |
| Alanine.....g | | | | | | | | | |
| Aspartic acid.....g | | | | | | | | | |
| Glutamic acid.....g | | | | | | | | | |
| Glycine.....g | | | | | | | | | |
| Proline.....g | | | | | | | | | |
| Serine.....g | | | | | | | | | |
| Hydroxyproline.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| <u>Others:</u> | | | | | | | | | |
| 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.

NDB No. 42178

Mayonnaise, made with tofu

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 42138

Mayonnaise, reduced-calorie or diet, cholesterol-free

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 | 56.00 | | 0 | | 4 | | 129.36 | 8.18 | |
| Energy.....kcal | 333 | | 0 | | 1 | | 769 | 49 | |
| Energy.....kj | 1393 | | 1 | | 1 | | 3218 | 203 | |
| Protein.....g | 0.90 | | 1 | | 1 | | 2.08 | 0.13 | |
| Total lipid (fat).....g | 33.30 | | 1 | | 1 | | 76.92 | 4.86 | |
| Ash.....g | 3.10 | | 0 | NC | 4 | | 7.16 | 0.45 | |
| Carbohydrate, by difference.....g | 6.70 | | 0 | NC | 4 | | 15.48 | 0.98 | |
| Fiber, total dietary.....g | 0.0 | | 1 | | 7 | | 0.0 | 0.0 | |
| Sugars, total.....g | 4.20 | | 0 | O | 4 | | 9.70 | 0.61 | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Iron, Fe.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Magnesium, Mg.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Phosphorus, P.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Potassium, K.....mg | 67 | | 1 | | 1 | | 155 | 10 | |
| Sodium, Na.....mg | 733 | | 1 | | 1 | | 1693 | 107 | |
| Zinc, Zn.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Copper, Cu.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 1.6 | | 0 | CAZN | 4 | | 3.7 | 0.2 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Thiamin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Riboflavin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Niacin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Pantothenic acid.....mg | | | | | | | | | |
| Vitamin B-6.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Folate, total.....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Folic acid.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Folate, food.....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total.....mg | 7.0 | | 0 | CAZN | 4 | | 16.2 | 1.0 | |
| 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 | AS | 1 | | 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 | AS | 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 | 6.43 | | 0 | NR | 4 | | 14.85 | 0.94 | |
| 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 | 24.7 | | 0 | BFZN | 4 | | 57.2 | 3.6 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 4.618 | | 0 | | 4 | | 10.668 | 0.674 | |
| 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 | |

Mayonnaise, reduced-calorie or diet, cholesterol-free

| 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 |
| | | | | | | | | | |
| 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 | 3.150 | | 0 | | 4 | | 7.277 | 0.460 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 1.264 | | 0 | | 4 | | 2.920 | 0.185 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 7.707 | | 0 | | 4 | | 17.803 | 1.125 | |
| 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 | 7.707 | | 0 | | 4 | | 17.803 | 1.125 | |
| 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 | 19.500 | | 0 | | 4 | | 45.045 | 2.847 | |
| 18:2 undifferentiated.....g | 17.372 | | 0 | | 4 | | 40.129 | 2.536 | |
| 18:3 undifferentiated.....g | 2.128 | | 0 | | 4 | | 4.916 | 0.311 | |
| 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 | | 7 | | 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 = 231g: 1 cup

Measure 2 = 14.6g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04606

Meat drippings (lard, beef tallow, mutton tallow)

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 | 0.00 | | 0 | RA | 4 | | | | |
| Energy.....kcal | 889 | | 0 | RA | 4 | | | | |
| Energy.....kj | 3720 | | 0 | | 4 | | | | |
| Protein.....g | 0.00 | | 0 | RA | 4 | | | | |
| Total lipid (fat).....g | 98.59 | | 0 | RA | 4 | | | | |
| Ash.....g | 1.40 | | 0 | RA | 4 | | | | |
| Carbohydrate, by difference.....g | 0.00 | | 0 | RA | 4 | | | | |
| Fiber, total dietary.....g | 0.0 | | 0 | Z | 7 | | | | |
| Sugars, total.....g | 0.00 | | 0 | Z | 7 | | | | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 0 | | 0 | RA | 4 | | | | |
| Iron, Fe.....mg | 0.00 | | 0 | RA | 4 | | | | |
| Magnesium, Mg.....mg | 0 | | 0 | RA | 4 | | | | |
| Phosphorus, P.....mg | 0 | | 0 | RA | 4 | | | | |
| Potassium, K.....mg | 0 | | 0 | RA | 4 | | | | |
| Sodium, Na.....mg | 545 | | 0 | RA | 4 | | | | |
| Zinc, Zn.....mg | 0.00 | | 0 | RA | 4 | | | | |
| Copper, Cu.....mg | 0.000 | | 0 | RA | 4 | | | | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | Z | 7 | | | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | RA | 4 | | | | |
| Thiamin.....mg | 0.000 | | 0 | RA | 4 | | | | |
| Riboflavin.....mg | 0.000 | | 0 | RA | 4 | | | | |
| Niacin.....mg | 0.000 | | 0 | RA | 4 | | | | |
| Pantothenic acid.....mg | | | | | | | | | |
| Vitamin B-6.....mg | 0.000 | | 0 | RA | 4 | | | | |
| Folate, total.....mcg | 0 | | 0 | RA | 4 | | | | |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | | | |
| Folate, food.....mcg | 0 | | 0 | RA | 4 | | | | |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | | | |
| Choline, total.....mg | 49.0 | | 0 | BFFN | 4 | | | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.00 | | 0 | RA | 4 | | | | |
| Vitamin B-12, added.....mcg | 0.00 | | 0 | Z | 7 | | | | |
| Vitamin A, RAE.....mcg_RAE | 0 | | 0 | NC | 4 | | | | |
| Retinol.....mcg | 0 | | 0 | BFFN | 4 | | | | |
| Carotene, beta.....mcg | 0 | | 0 | Z | 7 | | | | |
| Carotene, alpha.....mcg | 0 | | 0 | Z | 7 | | | | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | Z | 7 | | | | |
| Vitamin A, IU.....IU | 0 | | 0 | NC | 4 | | | | |
| Lycopene.....mcg | 0 | | 0 | Z | 7 | | | | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | Z | 7 | | | | |
| Vitamin E (alpha-tocopherol).....mg | 0.59 | | 0 | BFFN | 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 | 0.0 | | 0 | BFFN | 4 | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 44.790 | | 0 | RA | 4 | | | | |
| 4:0.....g | 0.000 | | 0 | RA | 4 | | | | |
| 6:0.....g | 0.000 | | 0 | RA | 4 | | | | |
| 8:0.....g | 0.000 | | 0 | RA | 4 | | | | |
| 10:0.....g | 0.033 | | 0 | RA | 4 | | | | |

NDB No. 04606

Meat drippings (lard, beef tallow, mutton tallow)

| 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 |
| 12:0.....g | 0.362 | | 0 | RA | | 4 | | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 2.892 | | 0 | RA | | 4 | | | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 23.071 | | 0 | RA | | 4 | | | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 16.794 | | 0 | RA | | 4 | | | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 41.770 | | 0 | RA | | 4 | | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 3.024 | | 0 | RA | | 4 | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 37.728 | | 0 | RA | | 4 | | | |
| 20:1.....g | 0.427 | | 0 | RA | | 4 | | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | RA | | 4 | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 7.560 | | 0 | RA | | 4 | | | |
| 18:2 undifferentiated.....g | 6.179 | | 0 | RA | | 4 | | | |
| 18:3 undifferentiated.....g | 1.282 | | 0 | RA | | 4 | | | |
| 18:4.....g | 0.000 | | 0 | RA | | 4 | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | RA | | 4 | | | |
| 20:5 n-3.....g | 0.000 | | 0 | RA | | 4 | | | |
| 22:5 n-3.....g | 0.000 | | 0 | RA | | 4 | | | |
| 22:6 n-3.....g | 0.000 | | 0 | RA | | 4 | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 101 | | 0 | RA | | 4 | | | |
| Phytosterols.....mg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | | 7 | | | |
| Caffeine.....mg | 0 | | 0 | Z | | 7 | | | |
| Theobromine.....mg | 0 | | 0 | Z | | 7 | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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: 04 Fats and Oils

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

NDB No. 04679
Oil, PAM cooking spray, original
ConAgra, Inc.

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 | 0.11 | | 1 | MC | 9 | | 0.00 | | |
| Energy.....kcal | 792 | | 0 | MC | 9 | | 2 | | |
| Energy.....kj | 3314 | | 0 | MC | 9 | | 10 | | |
| Protein (N x 6.25).....g | 0.26 | | 1 | MC | 9 | | 0.00 | | |
| Total lipid (fat).....g | 78.69 | | 0 | NR | 4 | | 0.24 | | |
| Ash.....g | 0.25 | | 1 | MC | 9 | | 0.00 | | |
| Carbohydrate, by difference.....g | 20.69 | | 1 | MC | 9 | | 0.06 | | |
| Fiber, total dietary.....g | 0.0 | | 1 | MC | 9 | | 0.0 | | |
| Sugars, total.....g | 0.00 | | 1 | MC | 9 | | 0.00 | | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 0 | | 1 | MC | 9 | | 0 | | |
| Iron, Fe.....mg | 0.00 | | 0 | MC | 9 | | 0.00 | | |
| Magnesium, Mg.....mg | | | | | | | | | |
| Phosphorus, P.....mg | | | | | | | | | |
| Potassium, K.....mg | | | | | | | | | |
| Sodium, Na.....mg | 59 | | 1 | MC | 9 | | 0 | | |
| 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 | | | | | | | | | |
| 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 | 11.600 | | 1 | MC | 9 | | 0.035 | | |
| Fatty acids, total monounsaturated.....g | 55.790 | | 1 | MC | 9 | | 0.167 | | |
| Fatty acids, total polyunsaturated.....g | 9.820 | | 1 | MC | 9 | | 0.029 | | |
| Fatty acids, total trans.....g | 0.000 | | 1 | MC | 9 | | 0.000 | | |
| 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. 04679

Oil, PAM cooking spray, original

Measure 1 = 0.3g: 1 spray , about 1/3 second (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04685

Oil, cooking and salad, ENOVA, 80% diglycerides

| 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 |
| | | | | | | | | | |
| 18:2 c,t.....g | | | | | | | | | |
| 18:2 t,c.....g | | | | | | | | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | 0.569 | | 3 | A | 1 | 0.080 | 1.217 | | |
| 18:2 t not further defined.....g | | | | | | | | | |
| 18:3 undifferentiated.....g | 7.432 | | 3 | AS | 1 | 1.040 | 15.904 | | |
| 18:3 n-3 c,c,c.....g | 6.239 | | 3 | A | 1 | 0.873 | 13.351 | | |
| 18:3 n-6 c,c,c.....g | | | | | | | | | |
| 18:3i.....g | 1.193 | | 3 | A | 1 | 0.167 | 2.553 | | |
| 18:4.....g | 0.000 | | 3 | A | 1 | 0.000 | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.000 | | 3 | A | 1 | 0.000 | 0.000 | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:3 n-3.....g | | | | | | | | | |
| 20:3 n-6.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | | | | | | | | | |
| 20:4 n-3.....g | | | | | | | | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3.....g | 0.000 | | 3 | A | 1 | 0.000 | 0.000 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | | | | | | | | | |
| 22:5 n-3.....g | 0.000 | | 3 | A | 1 | 0.000 | 0.000 | | |
| 22:6 n-3.....g | | | | | | | | | |
| Fatty acids, total trans.....g | 1.762 | | 0 | NC | 4 | 0.247 | 3.771 | | |
| Fatty acids, total trans-monoenoic.....g | | | | | | | | | |
| Fatty acids, total trans-polyenoic.....g | 1.762 | | 0 | NC | 4 | 0.247 | 3.771 | | |
| 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 = 14.0g: 1 tbsp (1 NLEA serving)

Measure 2 = 214g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 42289
Oil, corn and canola (1)

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 | 0.00 | | 2 | | 1 | | 0.00 | 0.00 | 0.00 |
| Energy.....kcal | 884 | | 0 | NC | 4 | | 1980 | 124 | 40 |
| Energy.....kj | 3699 | | 0 | NC | 4 | | 8285 | 518 | 166 |
| Protein.....g | 0.00 | | 2 | | 1 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat).....g | 100.00 | | 1 | | 1 | | 224.00 | 14.00 | 4.50 |
| Ash.....g | 0.00 | | 2 | | 1 | | 0.00 | 0.00 | 0.00 |
| Carbohydrate, by difference.....g | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary.....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Sugars, total.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 0 | | 1 | | 1 | | 0 | 0 | 0 |
| Iron, Fe.....mg | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | 0.00 |
| Magnesium, Mg.....mg | 0 | | 1 | | 1 | | 0 | 0 | 0 |
| Phosphorus, P.....mg | 0 | | 1 | | 1 | | 0 | 0 | 0 |
| Potassium, K.....mg | 0 | | 1 | | 1 | | 0 | 0 | 0 |
| Sodium, Na.....mg | 0 | | 1 | | 1 | | 0 | 0 | 0 |
| Zinc, Zn.....mg | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | 0.00 |
| Copper, Cu.....mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 1 | | 1 | | 0.0 | 0.0 | 0.0 |
| Thiamin.....mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| Riboflavin.....mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| Niacin.....mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid.....mg | | | | | | | | | |
| Vitamin B-6.....mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| Folate, total.....mcg | 0 | | 1 | | 1 | | 0 | 0 | 0 |
| Folic acid.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folate, food.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total.....mg | 0.2 | | 0 | AS | 1 | | 0.4 | 0.0 | 0.0 |
| Betaine.....mg | 0.0 | | 2 | A | 1 | | 0.0 | 0.0 | 0.0 |
| 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 | BFZN | 4 | | 0 | 0 | 0 |
| Retinol.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Carotene, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Carotene, alpha.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Vitamin A, IU.....IU | 0 | | 1 | | 1 | | 0 | 0 | 0 |
| Lycopene.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol).....mg | 14.84 | | 2 | A | 1 | | 33.25 | 2.08 | 0.67 |
| Vitamin E, added.....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta.....mg | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, gamma.....mg | 35.37 | | 2 | A | 1 | | 79.23 | 4.95 | 1.59 |
| Tocopherol, delta.....mg | 1.28 | | 2 | A | 1 | | 2.88 | 0.18 | 0.06 |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....mcg | 42.2 | | 2 | A | 1 | | 94.6 | 5.9 | 1.9 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 8.026 | | 0 | NC | 4 | | 17.978 | 1.124 | 0.361 |
| 4:0.....g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| 6:0.....g | 0.000 | | 1 | | 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. 42289
Oil, corn and canola (1)

| 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 |
| | | | | | | | | | |
| 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 | 5.076 | | 2 | A | 1 | | 11.371 | 0.711 | 0.228 |
| 17:0.....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 18:0.....g | 2.028 | | 2 | A | 1 | | 4.542 | 0.284 | 0.091 |
| 20:0.....g | 0.615 | | 2 | A | 1 | | 1.379 | 0.086 | 0.028 |
| 22:0.....g | 0.306 | | 2 | A | 1 | | 0.686 | 0.043 | 0.014 |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 58.537 | | 0 | NC | 4 | | 131.123 | 8.195 | 2.634 |
| 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 | 0.191 | | 2 | A | 1 | | 0.428 | 0.027 | 0.009 |
| 17:1.....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 18:1 undifferentiated.....g | 57.142 | | 0 | AS | 1 | | 127.997 | 8.000 | 2.571 |
| 18:1 c.....g | 57.142 | | 2 | A | 1 | | 127.997 | 8.000 | 2.571 |
| 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 | 1.204 | | 2 | A | 1 | | 2.698 | 0.169 | 0.054 |
| 22:1 undifferentiated.....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 29.113 | | 0 | NC | 4 | | 65.214 | 4.076 | 1.310 |
| 18:2 undifferentiated.....g | 23.315 | | 0 | AS | 1 | | 52.225 | 3.264 | 1.049 |
| 18:2 n-6 c,c.....g | 22.981 | | 2 | A | 1 | | 51.478 | 3.217 | 1.034 |
| 18:2 CLAs.....g | | | | | | | | | |
| 18:2 c,t.....g | | | | | | | | | |
| 18:2 t,c.....g | | | | | | | | | |
| 18:2 t,t.....g | 0.334 | | 2 | A | 1 | | 0.747 | 0.047 | 0.015 |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | | | | | | | | | |
| 18:3 undifferentiated.....g | 5.798 | | 0 | AS | 1 | | 12.989 | 0.812 | 0.261 |
| 18:3 n-3 c,c,c.....g | 5.798 | | 2 | A | 1 | | 12.989 | 0.812 | 0.261 |
| 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 | | 1 | | 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 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | | | | | | | | | |
| 22:5 n-3.....g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3.....g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans.....g | 0.334 | | 0 | NC | 4 | | 0.747 | 0.047 | 0.015 |
| Fatty acids, total trans-monoenoic.....g | 0.000 | | 0 | NC | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans-polyenoic.....g | 0.334 | | 0 | NC | 4 | | 0.747 | 0.047 | 0.015 |
| Cholesterol.....mg | 0 | | 0 | | 7 | | 0 | 0 | 0 |
| Phytosterols.....mg | | | | | | | | | |
| Stigmasterol.....mg | 9 | | 2 | A | 1 | | 21 | 1 | 0 |
| Campesterol.....mg | 233 | | 2 | A | 1 | | 523 | 33 | 11 |
| Beta-sitosterol.....mg | 419 | | 2 | A | 1 | | 939 | 59 | 19 |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Theobromine.....mg | 0 | | 0 | BFZN | 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

NDB No. 42289
Oil, corn and canola (1)

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

food, or similar food.

Common Measures:

- Measure 1 = 224g: 1 cup
- Measure 2 = 14.0g: 1 tbsp
- Measure 3 = 4.5g: 1 teaspoon

Footnotes:

1 Other phytosterols and phytosteranols identified include: beta-sitosteranol (4.599) and delta-5 avenasterol (15.76)

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 44005
Oil, corn, peanut, and olive

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 | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Energy.....kcal | 884 | | 0 | | 4 | | 40 | 124 | |
| Energy.....kj | 3699 | | 0 | | 4 | | 166 | 518 | |
| Protein.....g | 0.00 | | 0 | | 7 | | 0.00 | 0.00 | |
| Total lipid (fat).....g | 100.00 | | 0 | | 1 | | 4.50 | 14.00 | |
| Ash.....g | 0.00 | | 0 | NC | 4 | | 0.00 | 0.00 | |
| Carbohydrate, by difference.....g | 0.00 | | 0 | | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary.....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Sugars, total.....g | 0.00 | | 0 | RA | 4 | | 0.00 | 0.00 | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Iron, Fe.....mg | 0.13 | | 0 | | 4 | | 0.01 | 0.02 | |
| Magnesium, Mg.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Phosphorus, P.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Potassium, K.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Sodium, Na.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Zinc, Zn.....mg | 0.02 | | 0 | | 4 | | 0.00 | 0.00 | |
| Copper, Cu.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Manganese, Mn.....mg | 0.000 | | 0 | RA | 4 | | 0.000 | 0.000 | |
| Selenium, Se.....mcg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Thiamin.....mg | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| Riboflavin.....mg | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| Niacin.....mg | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| Pantothenic acid.....mg | 0.000 | | 0 | RA | 4 | | 0.000 | 0.000 | |
| Vitamin B-6.....mg | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| Folate, total.....mcg | 0 | | 0 | RA | 4 | | 0 | 0 | |
| Folic acid.....mcg | 0 | | 0 | RA | 4 | | 0 | 0 | |
| Folate, food.....mcg | 0 | | 0 | RA | 4 | | 0 | 0 | |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total.....mg | 0.2 | | 0 | O | 4 | | 0.0 | 0.0 | |
| 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 | 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 | 0 | | 0 | RA | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol).....mg | 14.78 | | 0 | RA | 4 | | 0.67 | 2.07 | |
| 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 | 21.0 | | 0 | RA | 4 | | 0.9 | 2.9 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 14.367 | | 0 | | 4 | | 0.647 | 2.011 | |
| 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. 44005
Oil, corn, peanut, and olive

| Nutrients and Units | <u>Amount in 100 grams of edible portion</u> | | | | <u>Amount in edible portion of common measures of food</u> | | | | |
|--|--|------------|-----------------------|------------|--|-----------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 12:0.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.033 | | 0 | | 4 | | 0.001 | 0.005 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 10.467 | | 0 | | 4 | | 0.471 | 1.465 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 2.067 | | 0 | | 4 | | 0.093 | 0.289 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 48.033 | | 0 | | 4 | | 2.161 | 6.725 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.300 | | 0 | | 4 | | 0.014 | 0.042 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 47.167 | | 0 | | 4 | | 2.123 | 6.603 | |
| 20:1.....g | 0.533 | | 0 | | 4 | | 0.024 | 0.075 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 33.033 | | 0 | | 4 | | 1.486 | 4.625 | |
| 18:2 undifferentiated.....g | 32.633 | | 0 | | 4 | | 1.468 | 4.569 | |
| 18:3 undifferentiated.....g | 0.433 | | 0 | | 4 | | 0.019 | 0.061 | |
| 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 | | 7 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| 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 = 4.5g: 1 teaspoon
 Measure 2 = 14.0g: 1 tablespoon

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04643

Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying

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 | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Energy.....kcal | 884 | | 0 | NC | 4 | | 120 | 1927 | |
| Energy.....kj | 3699 | | 0 | NC | 4 | | 503 | 8063 | |
| Protein.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Total lipid (fat).....g | 100.00 | | 1 | PAK | 1 | | 13.60 | 218.00 | |
| Ash.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Carbohydrate, by difference.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Fiber, total dietary.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Sugars, total.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Iron, Fe.....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Magnesium, Mg.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Phosphorus, P.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Potassium, K.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Sodium, Na.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Zinc, Zn.....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Copper, Cu.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Manganese, Mn.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Selenium, Se.....mcg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Thiamin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Riboflavin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Niacin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Pantothenic acid.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Vitamin B-6.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Folate, total.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Folic acid.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Folate, food.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total.....mg | 0.2 | | 0 | BFZN | 4 | | 0.0 | 0.4 | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.00 | | 0 | BFZN | 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 | BFZN | 4 | | 0 | 0 | |
| Retinol.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Carotene, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Carotene, alpha.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Vitamin A, IU.....IU | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Lycopene.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol).....mg | 17.10 | | 0 | BFZN | 4 | | 2.33 | 37.28 | |
| Vitamin E, added.....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta.....mg | 0.02 | | 0 | BFZN | 4 | | 0.00 | 0.03 | |
| Tocopherol, gamma.....mg | 30.35 | | 0 | BFZN | 4 | | 4.13 | 66.16 | |
| Tocopherol, delta.....mg | 0.97 | | 0 | BFZN | 4 | | 0.13 | 2.11 | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....mcg | 122.0 | | 0 | BFZN | 4 | | 16.6 | 265.9 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 7.615 | | 0 | NC | 4 | | 1.036 | 16.600 | |
| 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 | |

Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.037 | | 1 | A | 1 | | 0.005 | 0.081 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.066 | | 1 | A | 1 | | 0.009 | 0.144 | |
| 15:0.....g | 0.037 | | 1 | A | 1 | | 0.005 | 0.081 | |
| 16:0.....g | 4.134 | | 1 | A | 1 | | 0.562 | 9.011 | |
| 17:0.....g | 0.048 | | 1 | A | 1 | | 0.006 | 0.104 | |
| 18:0.....g | 2.249 | | 1 | A | 1 | | 0.306 | 4.903 | |
| 20:0.....g | 0.727 | | 1 | A | 1 | | 0.099 | 1.586 | |
| 22:0.....g | 0.317 | | 1 | A | 1 | | 0.043 | 0.691 | |
| 24:0.....g | 0.200 | | 0 | BFZN | 4 | | 0.027 | 0.436 | |
| Fatty acids, total monounsaturated.....g | 62.093 | | 0 | NC | 4 | | 8.445 | 135.363 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.218 | | 0 | AS | 1 | | 0.030 | 0.475 | |
| 16:1 c.....g | 0.218 | | 1 | A | 1 | | 0.030 | 0.475 | |
| 16:1 t.....g | | | | | | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 60.754 | | 0 | AS | 1 | | 8.262 | 132.443 | |
| 18:1 c.....g | 60.592 | | 1 | A | 1 | | 8.240 | 132.090 | |
| 18:1-11c (18:1c n-7).....g | | | | | | | | | |
| 18:1 t.....g | 0.162 | | 1 | A | 1 | | 0.022 | 0.353 | |
| 18:1-11t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 1.122 | | 1 | A | 1 | | 0.153 | 2.445 | |
| 22:1 undifferentiated.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 25.588 | | 0 | NC | 4 | | 3.480 | 55.781 | |
| 18:2 undifferentiated.....g | 17.915 | | 0 | AS | 1 | | 2.436 | 39.054 | |
| 18:2 n-6 c,c.....g | 17.734 | | 1 | A | 1 | | 2.412 | 38.659 | |
| 18:2 CLAs.....g | | | | | | | | | |
| 18:2 c,t.....g | | | | | | | | | |
| 18:2 t,c.....g | | | | | | | | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | 0.181 | | 1 | A | 1 | | 0.025 | 0.394 | |
| 18:2 t not further defined.....g | | | | | | | | | |
| 18:3 undifferentiated.....g | 6.397 | | 0 | AS | 1 | | 0.870 | 13.946 | |
| 18:3 n-3 c,c,c.....g | 6.397 | | 1 | A | 1 | | 0.870 | 13.946 | |
| 18:3 n-6 c,c,c.....g | | | | | | | | | |
| 18:3i.....g | 1.276 | | 1 | A | 1 | | 0.173 | 2.781 | |
| 18:4.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:3 n-3.....g | | | | | | | | | |
| 20:3 n-6.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 1 | A | 1 | | 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 | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | | | | | | | | | |
| 22:5 n-3.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | 1.618 | | 0 | NC | 4 | | 0.220 | 3.528 | |
| Fatty acids, total trans-monoenoic.....g | 0.162 | | 0 | NC | 4 | | 0.022 | 0.353 | |
| Fatty acids, total trans-polyenoic.....g | 1.457 | | 0 | NC | 4 | | 0.198 | 3.175 | |
| Cholesterol.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | BFZN | 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.

NDB No. 04643

Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04661

Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners

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 Deriv Source Confidence | | | Measure 1 | Measure 2 | Measure 3 |
| | | | Points | Code | Code | | | |
| Proximates: | | | | | | | | |
| Water.....g | 0.07 | | 1 | A | 1 | 0.01 | 0.15 | 0.00 |
| Energy.....kcal | 880 | | 0 | NC | 4 | 120 | 1917 | 40 |
| Energy.....kj | 3680 | | 0 | NC | 4 | 501 | 8023 | 166 |
| Protein (N x 6.25).....g | 0.00 | | 1 | A | 1 | 0.00 | 0.00 | 0.00 |
| Total lipid (fat).....g | 99.50 | | 1 | | 1 | 13.53 | 216.91 | 4.48 |
| Ash.....g | 0.01 | | 1 | A | 1 | 0.00 | 0.03 | 0.00 |
| Carbohydrate, by difference.....g | 0.00 | | 0 | BFZN | 4 | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary.....g | 0.0 | | 0 | BFZN | 4 | 0.0 | 0.0 | 0.0 |
| Sugars, total.....g | 0.00 | | 0 | BFZN | 4 | 0.00 | 0.00 | 0.00 |
| Starch.....g | | | | | | | | |
| Minerals: | | | | | | | | |
| Calcium, Ca.....mg | 1 | | 1 | A | 1 | 0 | 2 | 0 |
| Iron, Fe.....mg | 0.15 | | 1 | A | 1 | 0.02 | 0.32 | 0.01 |
| Magnesium, Mg.....mg | 0 | | 1 | A | 1 | 0 | 0 | 0 |
| Phosphorus, P.....mg | 0 | | 1 | A | 1 | 0 | 0 | 0 |
| Potassium, K.....mg | 2 | | 1 | A | 1 | 0 | 4 | 0 |
| Sodium, Na.....mg | 7 | | 1 | A | 1 | 1 | 14 | 0 |
| Zinc, Zn.....mg | 0.04 | | 1 | A | 1 | 0.01 | 0.08 | 0.00 |
| Copper, Cu.....mg | 0.000 | | 1 | A | 1 | 0.000 | 0.000 | 0.000 |
| Manganese, Mn.....mg | 0.000 | | 1 | A | 1 | 0.000 | 0.000 | 0.000 |
| Selenium, Se.....mcg | 0.0 | | 0 | BFZN | 4 | 0.0 | 0.0 | 0.0 |
| Vitamins: | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | BFZN | 4 | 0.0 | 0.0 | 0.0 |
| Thiamin.....mg | 0.000 | | 0 | BFZN | 4 | 0.000 | 0.000 | 0.000 |
| Riboflavin.....mg | 0.000 | | 0 | BFZN | 4 | 0.000 | 0.000 | 0.000 |
| Niacin.....mg | 0.000 | | 0 | BFZN | 4 | 0.000 | 0.000 | 0.000 |
| Pantothenic acid.....mg | 0.000 | | 0 | BFZN | 4 | 0.000 | 0.000 | 0.000 |
| Vitamin B-6.....mg | 0.000 | | 0 | BFZN | 4 | 0.000 | 0.000 | 0.000 |
| Folate, total.....mcg | 0 | | 0 | BFZN | 4 | 0 | 0 | 0 |
| Folic acid.....mcg | 0 | | 0 | BFZN | 4 | 0 | 0 | 0 |
| Folate, food.....mcg | 0 | | 0 | BFZN | 4 | 0 | 0 | 0 |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | 0 | 0 | 0 |
| Choline, total.....mg | 0.3 | | 0 | CAZN | 4 | 0.0 | 0.6 | 0.0 |
| Betaine.....mg | | | | | | | | |
| Vitamin B-12.....mcg | 0.00 | | 0 | BFZN | 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 | BFZN | 4 | 0 | 0 | 0 |
| Retinol.....mcg | 0 | | 0 | BFZN | 4 | 0 | 0 | 0 |
| Carotene, beta.....mcg | 0 | | 0 | BFZN | 4 | 0 | 0 | 0 |
| Carotene, alpha.....mcg | 0 | | 0 | BFZN | 4 | 0 | 0 | 0 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | BFZN | 4 | 0 | 0 | 0 |
| Vitamin A, IU.....IU | 0 | | 0 | BFZN | 4 | 0 | 0 | 0 |
| Lycopene.....mcg | 0 | | 0 | BFZN | 4 | 0 | 0 | 0 |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | BFZN | 4 | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol).....mg | 0.09 | | 0 | BFZN | 4 | 0.01 | 0.20 | 0.00 |
| Vitamin E, added.....mg | 0.00 | | 0 | Z | 7 | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta.....mg | 0.00 | | 0 | BFZN | 4 | 0.00 | 0.00 | 0.00 |
| Tocopherol, gamma.....mg | 0.20 | | 0 | BFZN | 4 | 0.03 | 0.44 | 0.01 |
| Tocopherol, delta.....mg | 0.00 | | 0 | BFZN | 4 | 0.00 | 0.00 | 0.00 |
| Vitamin D.....IU | | | | | | | | |
| Vitamin K (phylloquinone).....mcg | 0.5 | | 0 | BFZN | 4 | 0.1 | 1.1 | 0.0 |
| Lipids: | | | | | | | | |
| Fatty acids, total saturated.....g | 93.536 | | 0 | NC | 4 | 12.721 | 203.908 | 4.209 |
| 4:0.....g | 0.060 | | 1 | A | 1 | 0.008 | 0.131 | 0.003 |
| 6:0.....g | 0.634 | | 1 | A | 1 | 0.086 | 1.381 | 0.029 |
| 8:0.....g | 7.574 | | 1 | A | 1 | 1.030 | 16.511 | 0.341 |
| 10:0.....g | 5.539 | | 1 | A | 1 | 0.753 | 12.075 | 0.249 |

Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners

| 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 |
| | | | | | | | | | |
| 12:0.....g | 44.216 | | 1 | A | 1 | | 6.013 | 96.391 | 1.990 |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 16.411 | | 1 | A | 1 | | 2.232 | 35.777 | 0.739 |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 8.561 | | 1 | A | 1 | | 1.164 | 18.664 | 0.385 |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 10.397 | | 1 | A | 1 | | 1.414 | 22.666 | 0.468 |
| 20:0.....g | 0.144 | | 1 | A | 1 | | 0.020 | 0.313 | 0.006 |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 0.267 | | 0 | NC | 4 | | 0.036 | 0.581 | 0.012 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.267 | | 0 | AS | 1 | | 0.036 | 0.581 | 0.012 |
| 18:1 c.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 18:1-11c (18:1c n-7).....g | | | | | | | | | |
| 18:1 t.....g | 0.267 | | 1 | A | 1 | | 0.036 | 0.581 | 0.012 |
| 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 | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.000 | | 0 | NC | 4 | | 0.000 | 0.000 | 0.000 |
| 18:2 undifferentiated.....g | 0.000 | | 0 | AS | 1 | | 0.000 | 0.000 | 0.000 |
| 18:2 n-6 c,c.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 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 | | | | | | | | | |
| 18:3 undifferentiated.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 18:3 n-3 c,c,c.....g | | | | | | | | | |
| 18:3 n-6 c,c,c.....g | | | | | | | | | |
| 18:3i.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 18:4.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 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 | | 1 | A | 1 | | 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 | 0.267 | | 0 | NC | 4 | | 0.036 | 0.581 | 0.012 |
| Fatty acids, total trans-monoenoic.....g | 0.267 | | 0 | NC | 4 | | 0.036 | 0.581 | 0.012 |
| Fatty acids, total trans-polyenoic.....g | 0.000 | | 0 | NC | 4 | | 0.000 | 0.000 | 0.000 |
| Cholesterol.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Phytosterols.....mg | 86 | | 0 | BFZN | 4 | | 12 | 187 | 4 |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Threonine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Isoleucine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Leucine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Lysine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Methionine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Cystine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Phenylalanine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Tyrosine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |

NDB No. 04661

Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners

| 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 |
| | | | | | | | | | |
| Valine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Arginine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Histidine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Alanine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Glycine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Proline.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Serine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Caffeine.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Theobromine.....mg | 0 | | 0 | BFZN | 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 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04646

Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts

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 | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Energy.....kcal | 884 | | 0 | NC | 4 | | 120 | 1927 | 40 |
| Energy.....kj | 3699 | | 0 | NC | 4 | | 503 | 8063 | 166 |
| Protein.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat).....g | 100.00 | | 1 | PAK | 1 | | 13.60 | 218.00 | 4.50 |
| Ash.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Carbohydrate, by difference.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Iron, Fe.....mg | 0.04 | | 0 | BFZN | 4 | | 0.01 | 0.09 | 0.00 |
| Magnesium, Mg.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Phosphorus, P.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Potassium, K.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Sodium, Na.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Zinc, Zn.....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Copper, Cu.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Selenium, Se.....mcg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Riboflavin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Niacin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folic acid.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folate, food.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total.....mg | 0.3 | | 0 | CAZN | 4 | | 0.0 | 0.6 | 0.0 |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.00 | | 0 | BFZN | 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 | BFZN | 4 | | 0 | 0 | 0 |
| Retinol.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Carotene, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Carotene, alpha.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Vitamin A, IU.....IU | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Lycopene.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol).....mg | 0.09 | | 0 | BFZN | 4 | | 0.01 | 0.20 | 0.00 |
| Vitamin E, added.....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta.....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, gamma.....mg | 0.20 | | 0 | BFZN | 4 | | 0.03 | 0.44 | 0.01 |
| Tocopherol, delta.....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....mcg | 0.5 | | 0 | BFZN | 4 | | 0.1 | 1.1 | 0.0 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 86.002 | | 0 | NC | 4 | | 11.696 | 187.485 | 3.870 |
| 4:0.....g | 0.060 | | 1 | A | 1 | | 0.008 | 0.131 | 0.003 |
| 6:0.....g | 0.750 | | 1 | A | 1 | | 0.102 | 1.634 | 0.034 |
| 8:0.....g | 8.212 | | 1 | A | 1 | | 1.117 | 17.902 | 0.370 |
| 10:0.....g | 5.594 | | 1 | A | 1 | | 0.761 | 12.196 | 0.252 |

Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts

| 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 |
| | | | | | | | | | |
| 12:0.....g | 43.749 | | 1 | A | 1 | | 5.950 | 95.372 | 1.969 |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 16.760 | | 1 | A | 1 | | 2.279 | 36.537 | 0.754 |
| 15:0.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 16:0.....g | 8.400 | | 1 | A | 1 | | 1.142 | 18.312 | 0.378 |
| 17:0.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 18:0.....g | 2.478 | | 1 | A | 1 | | 0.337 | 5.402 | 0.112 |
| 20:0.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 22:0.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 5.935 | | 0 | NC | 4 | | 0.807 | 12.939 | 0.267 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | AS | 1 | | 0.000 | 0.000 | 0.000 |
| 16:1 c.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 16:1 t.....g | | | | | | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 5.935 | | 0 | AS | 1 | | 0.807 | 12.939 | 0.267 |
| 18:1 c.....g | 5.935 | | 1 | A | 1 | | 0.807 | 12.939 | 0.267 |
| 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 | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 1.657 | | 0 | NC | 4 | | 0.225 | 3.612 | 0.075 |
| 18:2 undifferentiated.....g | 1.657 | | 0 | AS | 1 | | 0.225 | 3.612 | 0.075 |
| 18:2 n-6 c,c.....g | 1.657 | | 1 | A | 1 | | 0.225 | 3.612 | 0.075 |
| 18:2 CLAs.....g | | | | | | | | | |
| 18:2 c,t.....g | | | | | | | | | |
| 18:2 t,c.....g | | | | | | | | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 18:2 t not further defined.....g | | | | | | | | | |
| 18:3 undifferentiated.....g | 0.000 | | 0 | AS | 1 | | 0.000 | 0.000 | 0.000 |
| 18:3 n-3 c,c,c.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 18:3 n-6 c,c,c.....g | | | | | | | | | |
| 18:3i.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 18:4.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 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 | | 1 | A | 1 | | 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 | 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 | 0.000 | | 0 | NC | 4 | | 0.000 | 0.000 | 0.000 |
| Cholesterol.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Phytosterols.....mg | 86 | | 0 | BFZN | 4 | | 12 | 187 | 4 |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Threonine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Isoleucine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Leucine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Lysine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Methionine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Cystine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |

NDB No. 04646

Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts

| 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 |
| | | | | | | | | | |
| Phenylalanine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Tyrosine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Valine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Arginine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Histidine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Alanine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Glycine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Proline.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Serine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Caffeine.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Theobromine.....mg | 0 | | 0 | BFZN | 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 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04663

Oil, industrial, palm kernel (hydrogenated), filling fat

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 Deriv | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | Points | Code | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 0.08 | | 1 | A | 1 | | 0.01 | 0.17 | 0.00 |
| Energy.....kcal | 884 | | 0 | NC | 4 | | 120 | 1927 | 40 |
| Energy.....kj | 3699 | | 0 | NC | 4 | | 503 | 8063 | 166 |
| Protein (N x 6.25).....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat).....g | 100.00 | | 1 | PAK | 1 | | 13.60 | 218.00 | 4.50 |
| Ash.....g | 0.01 | | 1 | A | 1 | | 0.00 | 0.03 | 0.00 |
| Carbohydrate, by difference.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 2 | | 1 | A | 1 | | 0 | 4 | 0 |
| Iron, Fe.....mg | 0.15 | | 1 | A | 1 | | 0.02 | 0.32 | 0.01 |
| Magnesium, Mg.....mg | 0 | | 1 | A | 1 | | 0 | 0 | 0 |
| Phosphorus, P.....mg | 0 | | 1 | A | 1 | | 0 | 0 | 0 |
| Potassium, K.....mg | 1 | | 1 | A | 1 | | 0 | 2 | 0 |
| Sodium, Na.....mg | 6 | | 1 | A | 1 | | 1 | 12 | 0 |
| Zinc, Zn.....mg | 0.04 | | 1 | A | 1 | | 0.01 | 0.08 | 0.00 |
| Copper, Cu.....mg | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn.....mg | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Selenium, Se.....mcg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Riboflavin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Niacin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folic acid.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folate, food.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total.....mg | 0.2 | | 0 | CAZN | 4 | | 0.0 | 0.4 | 0.0 |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.00 | | 0 | BFZN | 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 | BFZN | 4 | | 0 | 0 | 0 |
| Retinol.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Carotene, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Carotene, alpha.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Vitamin A, IU.....IU | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Lycopene.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol).....mg | 3.81 | | 0 | BFZN | 4 | | 0.52 | 8.31 | 0.17 |
| 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 | BFZN | 4 | | 3.4 | 53.9 | 1.1 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 88.209 | | 0 | NC | 4 | | 11.996 | 192.296 | 3.969 |
| 4:0.....g | 0.063 | | 1 | A | 1 | | 0.009 | 0.137 | 0.003 |
| 6:0.....g | 0.318 | | 1 | A | 1 | | 0.043 | 0.693 | 0.014 |
| 8:0.....g | 3.760 | | 1 | A | 1 | | 0.511 | 8.196 | 0.169 |
| 10:0.....g | 3.291 | | 1 | A | 1 | | 0.448 | 7.174 | 0.148 |

NDB No. 04663

Oil, industrial, palm kernel (hydrogenated), filling fat

| 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 |
| | | | | | | | | | |
| 12:0.....g | 44.702 | | 1 | A | 1 | | 6.079 | 97.450 | 2.012 |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 14.094 | | 1 | A | 1 | | 1.917 | 30.725 | 0.634 |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 7.664 | | 1 | A | 1 | | 1.042 | 16.707 | 0.345 |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 14.319 | | 1 | A | 1 | | 1.947 | 31.214 | 0.644 |
| 20:0.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 5.705 | | 0 | NC | 4 | | 0.776 | 12.437 | 0.257 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 5.705 | | 0 | AS | 1 | | 0.776 | 12.437 | 0.257 |
| 18:1 c.....g | 1.047 | | 1 | A | 1 | | 0.142 | 2.282 | 0.047 |
| 18:1-11c (18:1c n-7).....g | | | | | | | | | |
| 18:1 t.....g | 4.658 | | 1 | A | 1 | | 0.634 | 10.155 | 0.210 |
| 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 | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.000 | | 0 | NC | 4 | | 0.000 | 0.000 | 0.000 |
| 18:2 undifferentiated.....g | 0.000 | | 0 | AS | 1 | | 0.000 | 0.000 | 0.000 |
| 18:2 n-6 c,c.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 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 | | | | | | | | | |
| 18:3 undifferentiated.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 18:3 n-3 c,c,c.....g | | | | | | | | | |
| 18:3 n-6 c,c,c.....g | | | | | | | | | |
| 18:3i.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 18:4.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 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 | | 1 | A | 1 | | 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 | 4.658 | | 0 | NC | 4 | | 0.634 | 10.155 | 0.210 |
| Fatty acids, total trans-monoenoic.....g | 4.658 | | 0 | NC | 4 | | 0.634 | 10.155 | 0.210 |
| Fatty acids, total trans-polyenoic.....g | 0.000 | | 0 | NC | 4 | | 0.000 | 0.000 | 0.000 |
| Cholesterol.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Phytosterols.....mg | 95 | | 0 | BFZN | 4 | | 13 | 207 | 4 |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Threonine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Isoleucine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Leucine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Lysine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Methionine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Cystine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Phenylalanine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Tyrosine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |

NDB No. 04663

Oil, industrial, palm kernel (hydrogenated), filling fat

| 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 |
| | | | | | | | | | |
| Valine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Arginine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Histidine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Alanine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Glycine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Proline.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Serine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Caffeine.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Theobromine.....mg | 0 | | 0 | BFZN | 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 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04654

Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening

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 | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Energy.....kcal | 884 | | 0 | NC | 4 | | 120 | 1927 | 40 |
| Energy.....kj | 3699 | | 0 | NC | 4 | | 503 | 8063 | 166 |
| Protein (N x 6.25).....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat).....g | 100.00 | | 1 | PAK | 1 | | 13.60 | 218.00 | 4.50 |
| Ash.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Carbohydrate, by difference.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Iron, Fe.....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Magnesium, Mg.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Phosphorus, P.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Potassium, K.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Sodium, Na.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Zinc, Zn.....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Copper, Cu.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Riboflavin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Niacin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folic acid.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folate, food.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total.....mg | 0.2 | | 0 | CAZN | 4 | | 0.0 | 0.4 | 0.0 |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.00 | | 0 | BFZN | 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 | BFZN | 4 | | 0 | 0 | 0 |
| Retinol.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Carotene, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Carotene, alpha.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Vitamin A, IU.....IU | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Lycopene.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol).....mg | 12.10 | | 0 | BFZN | 4 | | 1.65 | 26.38 | 0.54 |
| 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 | BFZN | 4 | | 3.4 | 53.9 | 1.1 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 25.883 | | 0 | NC | 4 | | 3.520 | 56.425 | 1.165 |
| 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 |

Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common | | | |
|--|---------------------------------------|------------|-----------------------------|---------------|----------------|------------------------------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | measures of food | | | |
| | | | | | | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 12:0.....g | 0.037 | | 1 | A | 1 | | 0.005 | 0.081 | 0.002 |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.170 | | 1 | A | 1 | | 0.023 | 0.370 | 0.008 |
| 15:0.....g | 0.037 | | 1 | A | 1 | | 0.005 | 0.081 | 0.002 |
| 16:0.....g | 13.017 | | 1 | A | 1 | | 1.770 | 28.378 | 0.586 |
| 17:0.....g | 0.133 | | 1 | A | 1 | | 0.018 | 0.290 | 0.006 |
| 18:0.....g | 11.770 | | 1 | A | 1 | | 1.601 | 25.658 | 0.530 |
| 20:0.....g | 0.354 | | 1 | A | 1 | | 0.048 | 0.772 | 0.016 |
| 22:0.....g | 0.365 | | 1 | A | 1 | | 0.050 | 0.795 | 0.016 |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 59.133 | | 0 | NC | 4 | | 8.042 | 128.910 | 2.661 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.076 | | 0 | AS | 1 | | 0.010 | 0.165 | 0.003 |
| 16:1 c.....g | 0.076 | | 1 | A | 1 | | 0.010 | 0.165 | 0.003 |
| 16:1 t.....g | | | | | | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 59.020 | | 0 | AS | 1 | | 8.027 | 128.663 | 2.656 |
| 18:1 c.....g | 31.734 | | 1 | A | 1 | | 4.316 | 69.181 | 1.428 |
| 18:1-11c (18:1c n-7).....g | | | | | | | | | |
| 18:1 t.....g | 27.285 | | 1 | A | 1 | | 3.711 | 59.482 | 1.228 |
| 18:1-11t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.037 | | 1 | A | 1 | | 0.005 | 0.081 | 0.002 |
| 22:1 undifferentiated.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 10.305 | | 0 | NC | 4 | | 1.401 | 22.464 | 0.464 |
| 18:2 undifferentiated.....g | 9.610 | | 0 | AS | 1 | | 1.307 | 20.949 | 0.432 |
| 18:2 n-6 c,c.....g | 6.619 | | 1 | A | 1 | | 0.900 | 14.430 | 0.298 |
| 18:2 CLAs.....g | | | | | | | | | |
| 18:2 c,t.....g | | | | | | | | | |
| 18:2 t,c.....g | | | | | | | | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | 2.991 | | 1 | A | 1 | | 0.407 | 6.519 | 0.135 |
| 18:2 t not further defined.....g | | | | | | | | | |
| 18:3 undifferentiated.....g | 0.162 | | 0 | AS | 1 | | 0.022 | 0.353 | 0.007 |
| 18:3 n-3 c,c,c.....g | 0.162 | | 1 | A | 1 | | 0.022 | 0.353 | 0.007 |
| 18:3 n-6 c,c,c.....g | | | | | | | | | |
| 18:3i.....g | 0.533 | | 1 | A | 1 | | 0.073 | 1.162 | 0.024 |
| 18:4.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 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 | | 1 | A | 1 | | 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 | 30.809 | | 0 | NC | 4 | | 4.190 | 67.163 | 1.386 |
| Fatty acids, total trans-monoenoic.....g | 27.285 | | 0 | NC | 4 | | 3.711 | 59.482 | 1.228 |
| Fatty acids, total trans-polyenoic.....g | 3.524 | | 0 | NC | 4 | | 0.479 | 7.681 | 0.159 |
| Cholesterol.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Phytosterols.....mg | 152 | | 0 | BFZN | 4 | | 21 | 331 | 7 |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Threonine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Isoleucine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Leucine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Lysine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Methionine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Cystine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |

NDB No. 04654

Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening

| 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 |
| | | | | | | | | | |
| Phenylalanine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Tyrosine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Valine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Arginine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Histidine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Alanine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Glycine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Proline.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Serine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Caffeine.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Theobromine.....mg | 0 | | 0 | BFZN | 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 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04053
 Oil, olive, salad or cooking

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 | 0.00 | 0.000 | 4 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Energy.....kcal | 884 | | 0 | NC | 4 | | 119 | 1909 | 40 |
| Energy.....kj | 3699 | | 0 | NC | 4 | | 499 | 7989 | 166 |
| Protein (N x 0).....g | 0.00 | 0.000 | 4 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat).....g | 100.00 | | 0 | O | 4 | | 13.50 | 216.00 | 4.50 |
| Ash.....g | 0.00 | 0.000 | 4 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Carbohydrate, by difference.....g | 0.00 | | 0 | NC | 4 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary.....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total.....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 1 | 0.189 | 4 | A | 1 | | 0 | 2 | 0 |
| Iron, Fe.....mg | 0.56 | 0.081 | 4 | A | 1 | | 0.08 | 1.20 | 0.03 |
| Magnesium, Mg.....mg | 0 | 0.050 | 4 | A | 1 | | 0 | 0 | 0 |
| Phosphorus, P.....mg | 0 | 0.000 | 4 | A | 1 | | 0 | 0 | 0 |
| Potassium, K.....mg | 1 | 0.149 | 4 | A | 1 | | 0 | 1 | 0 |
| Sodium, Na.....mg | 2 | 0.323 | 4 | A | 1 | | 0 | 5 | 0 |
| Zinc, Zn.....mg | 0.00 | 0.000 | 4 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Copper, Cu.....mg | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn.....mg | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Selenium, Se.....mcg | 0.0 | | 2 | A | 1 | | 0.0 | 0.0 | 0.0 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Riboflavin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Niacin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total.....mcg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food.....mcg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total.....mg | 0.3 | | 0 | A | 1 | | 0.0 | 0.6 | 0.0 |
| Betaine.....mg | 0.1 | | 0 | A | 1 | | 0.0 | 0.3 | 0.0 |
| 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 | Z | 7 | | 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 | 0 | | 0 | | 4 | | 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 | 14.35 | 1.535 | 6 | A | 1 | | 1.94 | 30.99 | 0.65 |
| Vitamin E, added.....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta.....mg | 0.11 | 0.052 | 6 | A | 1 | | 0.01 | 0.24 | 0.00 |
| Tocopherol, gamma.....mg | 0.83 | 0.184 | 6 | A | 1 | | 0.11 | 1.80 | 0.04 |
| Tocopherol, delta.....mg | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....mcg | 60.2 | | 2 | A | 1 | | 8.1 | 130.0 | 2.7 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 13.808 | | 0 | NC | 4 | | 1.864 | 29.825 | 0.621 |
| 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 |

NDB No. 04053
Oil, olive, salad or cooking

| 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 |
| | | | | | | | | | |
| 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 | | | | | | | | | |
| 16:0.....g | 11.290 | 0.583 | 4 | A | 1 | 1.524 | 24.387 | 0.508 | |
| 17:0.....g | 0.022 | 0.023 | 3 | A | 1 | 0.003 | 0.048 | 0.001 | |
| 18:0.....g | 1.953 | 0.024 | 4 | A | 1 | 0.264 | 4.218 | 0.088 | |
| 20:0.....g | 0.414 | 0.003 | 4 | A | 1 | 0.056 | 0.894 | 0.019 | |
| 22:0.....g | 0.129 | 0.003 | 4 | A | 1 | 0.017 | 0.278 | 0.006 | |
| 24:0.....g | 0.000 | 0.000 | 4 | A | 1 | 0.000 | 0.000 | 0.000 | |
| Fatty acids, total monounsaturated.....g | 72.961 | | 0 | NC | 4 | 9.850 | 157.595 | 3.283 | |
| 14:1.....g | 0.000 | 0.000 | 4 | A | 1 | 0.000 | 0.000 | 0.000 | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 1.255 | 0.140 | 4 | A | 1 | 0.169 | 2.712 | 0.056 | |
| 17:1.....g | 0.125 | 0.014 | 4 | A | 1 | 0.017 | 0.270 | 0.006 | |
| 18:1 undifferentiated.....g | 71.269 | 1.689 | 4 | A | 1 | 9.621 | 153.941 | 3.207 | |
| 20:1.....g | 0.311 | 0.017 | 4 | A | 1 | 0.042 | 0.673 | 0.014 | |
| 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 | 10.523 | | 0 | NC | 4 | 1.421 | 22.730 | 0.474 | |
| 18:2 undifferentiated.....g | 9.762 | 0.720 | 4 | A | 1 | 1.318 | 21.086 | 0.439 | |
| 18:3 undifferentiated.....g | 0.761 | 0.040 | 4 | A | 1 | 0.103 | 1.643 | 0.034 | |
| 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 | | 0 | | 4 | 0 | 0 | 0 | |
| Phytosterols.....mg | 221 | 41.923 | 13 | | 1 | 30 | 477 | 10 | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 | |
| Threonine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 | |
| Isoleucine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 | |
| Leucine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 | |
| Lysine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 | |
| Methionine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 | |
| Cystine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 | |
| Phenylalanine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 | |
| Tyrosine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 | |
| Valine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 | |
| Arginine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 | |
| Histidine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 | |
| Alanine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 | |
| Aspartic acid.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 | |
| Glutamic acid.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 | |
| Glycine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 | |
| Proline.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 | |
| Serine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 | |
| 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. 04053

Oil, olive, salad or cooking

Measure 1 = 13.5g: 1 tablespoon

Measure 2 = 216g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04042
Oil, peanut, salad or cooking

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 | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Energy.....kcal | 884 | | 0 | NC | 4 | | 1909 | 119 | 40 |
| Energy.....kj | 3699 | | 0 | | 4 | | 7989 | 499 | 166 |
| Protein (N x 0).....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat).....g | 100.00 | | 0 | | 1 | | 216.00 | 13.50 | 4.50 |
| Ash.....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Carbohydrate, by difference.....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary.....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total.....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 0 | 0.024 | 9 | | 1 | | 0 | 0 | 0 |
| Iron, Fe.....mg | 0.03 | 0.004 | 9 | | 1 | | 0.06 | 0.00 | 0.00 |
| Magnesium, Mg.....mg | 0 | 0.017 | 8 | | 1 | | 0 | 0 | 0 |
| Phosphorus, P.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Potassium, K.....mg | 0 | 0.004 | 6 | | 1 | | 0 | 0 | 0 |
| Sodium, Na.....mg | 0 | 0.037 | 11 | | 1 | | 0 | 0 | 0 |
| Zinc, Zn.....mg | 0.01 | | 1 | | 1 | | 0.02 | 0.00 | 0.00 |
| Copper, Cu.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Riboflavin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Niacin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total.....mcg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total.....mg | 0.1 | | 0 | AS | 1 | | 0.2 | 0.0 | 0.0 |
| Betaine.....mg | 0.0 | | 1 | A | 1 | | 0.0 | 0.0 | 0.0 |
| 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 | 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 | 0 | | 0 | | 4 | | 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 | 15.69 | 0.395 | 6 | A | 1 | | 33.90 | 2.12 | 0.71 |
| Vitamin E, added.....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta.....mg | 0.46 | 0.036 | 6 | A | 1 | | 0.99 | 0.06 | 0.02 |
| Tocopherol, gamma.....mg | 15.91 | 0.749 | 6 | A | 1 | | 34.35 | 2.15 | 0.72 |
| Tocopherol, delta.....mg | 1.37 | 0.166 | 6 | A | 1 | | 2.95 | 0.18 | 0.06 |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....mcg | 0.7 | | 1 | A | 1 | | 1.6 | 0.1 | 0.0 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 16.900 | | 0 | | 1 | | 36.504 | 2.282 | 0.761 |
| 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. 04042
Oil, peanut, salad or cooking

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.000 | | 0 | | | 1 | 0.000 | 0.000 | 0.000 |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.100 | 0.092 | 4 | | | 1 | 0.216 | 0.014 | 0.005 |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 9.500 | 0.233 | 15 | | | 1 | 20.520 | 1.283 | 0.428 |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 2.200 | 0.165 | 15 | | | 1 | 4.752 | 0.297 | 0.099 |
| 20:0.....g | 1.400 | | 0 | | | 1 | 3.024 | 0.189 | 0.063 |
| 22:0.....g | 2.800 | | 0 | | | 1 | 6.048 | 0.378 | 0.126 |
| 24:0.....g | 0.900 | | 0 | | | 1 | 1.944 | 0.122 | 0.041 |
| Fatty acids, total monounsaturated.....g | 46.200 | | 0 | | | 1 | 99.792 | 6.237 | 2.079 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.100 | 0.072 | 4 | | | 1 | 0.216 | 0.014 | 0.005 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 44.800 | 1.835 | 15 | | | 1 | 96.768 | 6.048 | 2.016 |
| 20:1.....g | 1.300 | 0.097 | 14 | | | 1 | 2.808 | 0.176 | 0.059 |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | | 1 | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 32.000 | | 0 | | | 1 | 69.120 | 4.320 | 1.440 |
| 18:2 undifferentiated.....g | 32.000 | 1.744 | 15 | | | 1 | 69.120 | 4.320 | 1.440 |
| 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 | | 0 | | | 4 | 0 | 0 | 0 |
| Phytosterols.....mg | 207 | 43.078 | 8 | | | 1 | 447 | 28 | 9 |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | | 4 | 0.000 | 0.000 | 0.000 |
| Threonine.....g | 0.000 | | 0 | | | 4 | 0.000 | 0.000 | 0.000 |
| Isoleucine.....g | 0.000 | | 0 | | | 4 | 0.000 | 0.000 | 0.000 |
| Leucine.....g | 0.000 | | 0 | | | 4 | 0.000 | 0.000 | 0.000 |
| Lysine.....g | 0.000 | | 0 | | | 4 | 0.000 | 0.000 | 0.000 |
| Methionine.....g | 0.000 | | 0 | | | 4 | 0.000 | 0.000 | 0.000 |
| Cystine.....g | 0.000 | | 0 | | | 4 | 0.000 | 0.000 | 0.000 |
| Phenylalanine.....g | 0.000 | | 0 | | | 4 | 0.000 | 0.000 | 0.000 |
| Tyrosine.....g | 0.000 | | 0 | | | 4 | 0.000 | 0.000 | 0.000 |
| Valine.....g | 0.000 | | 0 | | | 4 | 0.000 | 0.000 | 0.000 |
| Arginine.....g | 0.000 | | 0 | | | 4 | 0.000 | 0.000 | 0.000 |
| Histidine.....g | 0.000 | | 0 | | | 4 | 0.000 | 0.000 | 0.000 |
| Alanine.....g | 0.000 | | 0 | | | 4 | 0.000 | 0.000 | 0.000 |
| Aspartic acid.....g | 0.000 | | 0 | | | 4 | 0.000 | 0.000 | 0.000 |
| Glutamic acid.....g | 0.000 | | 0 | | | 4 | 0.000 | 0.000 | 0.000 |
| Glycine.....g | 0.000 | | 0 | | | 4 | 0.000 | 0.000 | 0.000 |
| Proline.....g | 0.000 | | 0 | | | 4 | 0.000 | 0.000 | 0.000 |
| Serine.....g | 0.000 | | 0 | | | 4 | 0.000 | 0.000 | 0.000 |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | | 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. 04042

Oil, peanut, salad or cooking

Measure 1 = 216g: 1 cup

Measure 2 = 13.5g: 1 tbsp

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04058
Oil, sesame, salad or cooking

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 | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Energy.....kcal | 884 | | 0 | NC | 4 | | 120 | 1927 | 40 |
| Energy.....kj | 3699 | | 0 | | 4 | | 503 | 8063 | 166 |
| Protein (N x 0).....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat).....g | 100.00 | | 0 | | 1 | | 13.60 | 218.00 | 4.50 |
| Ash.....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Carbohydrate, by difference.....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary.....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total.....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Iron, Fe.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Magnesium, Mg.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Phosphorus, P.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Potassium, K.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Sodium, Na.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Zinc, Zn.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Copper, Cu.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Riboflavin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Niacin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total.....mg | 0.2 | | 0 | CAZN | 4 | | 0.0 | 0.4 | 0.0 |
| 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 | 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 | 0 | | 0 | AS | 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 | 1.40 | 0.097 | 5 | | 1 | | 0.19 | 3.05 | 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 | 13.6 | 2.621 | 7 | A | 1 | | 1.8 | 29.6 | 0.6 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 14.200 | | 0 | | 1 | | 1.931 | 30.956 | 0.639 |
| 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. 04058
Oil, sesame, salad or cooking

| 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 | | Measure 1 | Measure 2 | Measure 3 | |
| | | | Deriv Code | Source Code | | | | Confidence Code |
| 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 | 8.900 | 0.378 | 37 | | 1 | 1.210 | 19.402 | 0.401 |
| 17:0.....g | | | | | | | | |
| 18:0.....g | 4.800 | 0.220 | 37 | | 1 | 0.653 | 10.464 | 0.216 |
| 20:0.....g | | | | | | | | |
| 22:0.....g | | | | | | | | |
| 24:0.....g | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 39.700 | | 0 | | 1 | 5.399 | 86.546 | 1.787 |
| 14:1.....g | | | | | | | | |
| 15:1.....g | | | | | | | | |
| 16:1 undifferentiated.....g | 0.200 | 0.035 | 32 | | 1 | 0.027 | 0.436 | 0.009 |
| 17:1.....g | | | | | | | | |
| 18:1 undifferentiated.....g | 39.300 | 0.659 | 38 | | 1 | 5.345 | 85.674 | 1.769 |
| 20:1.....g | 0.200 | 0.047 | 11 | | 1 | 0.027 | 0.436 | 0.009 |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 1 | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 41.700 | | 0 | | 1 | 5.671 | 90.906 | 1.877 |
| 18:2 undifferentiated.....g | 41.300 | 0.677 | 38 | | 1 | 5.617 | 90.034 | 1.859 |
| 18:3 undifferentiated.....g | 0.300 | 0.058 | 23 | | 1 | 0.041 | 0.654 | 0.014 |
| 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 | | 4 | 0 | 0 | 0 |
| Phytosterols.....mg | 865 | | 0 | | 1 | 118 | 1886 | 39 |
| Amino Acids: | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Threonine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Isoleucine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Leucine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Lysine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Methionine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Cystine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Phenylalanine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Tyrosine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Valine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Arginine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Histidine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Alanine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Aspartic acid.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Glutamic acid.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Glycine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Proline.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Serine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Hydroxyproline.....g | | | | | | | | |
| Others: | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 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. 04058

Oil, sesame, salad or cooking

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04044

Oil, soybean, salad or cooking (1)

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 | 0.00 | 0.000 | 4 | JO | 11 | | 0.00 | 0.00 | 0.00 |
| Energy.....kcal | 884 | | 0 | NC | 4 | | 1927 | 120 | 40 |
| Energy.....kj | 3699 | | 0 | | 4 | | 8063 | 503 | 166 |
| Protein (N x 0).....g | 0.00 | 0.000 | 3 | | 1 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat).....g | 100.00 | | 0 | | 1 | | 218.00 | 13.60 | 4.50 |
| Ash.....g | 0.00 | 0.000 | 3 | JO | 11 | | 0.00 | 0.00 | 0.00 |
| Carbohydrate, by difference.....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary.....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total.....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 0 | 0.021 | 3 | | 1 | | 0 | 0 | 0 |
| Iron, Fe.....mg | 0.05 | | 1 | A | 1 | | 0.11 | 0.01 | 0.00 |
| Magnesium, Mg.....mg | 0 | 0.023 | 3 | | 1 | | 0 | 0 | 0 |
| Phosphorus, P.....mg | 0 | 0.055 | 10 | | 1 | | 1 | 0 | 0 |
| Potassium, K.....mg | 0 | | 1 | A | 1 | | 0 | 0 | 0 |
| Sodium, Na.....mg | 0 | | 1 | A | 1 | | 0 | 0 | 0 |
| Zinc, Zn.....mg | 0.01 | | 1 | A | 1 | | 0.02 | 0.00 | 0.00 |
| Copper, Cu.....mg | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn.....mg | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Selenium, Se.....mcg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Riboflavin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Niacin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total.....mg | 0.2 | | 0 | AS | 1 | | 0.4 | 0.0 | 0.0 |
| Betaine.....mg | 0.0 | | 1 | A | 1 | | 0.0 | 0.0 | 0.0 |
| 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 | 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 | 0 | | 0 | AS | 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 | 8.18 | 0.819 | 10 | A | 1 | | 17.83 | 1.11 | 0.37 |
| Vitamin E, added.....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta.....mg | 0.90 | 0.020 | 10 | A | 1 | | 1.97 | 0.12 | 0.04 |
| Tocopherol, gamma.....mg | 64.26 | 2.144 | 10 | A | 1 | | 140.08 | 8.74 | 2.89 |
| Tocopherol, delta.....mg | 21.30 | 1.122 | 10 | A | 1 | | 46.44 | 2.90 | 0.96 |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....mcg | 183.9 | 20.585 | 35 | A | 1 | | 401.0 | 25.0 | 8.3 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 15.650 | | 0 | NC | 4 | | 34.118 | 2.128 | 0.704 |
| 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 | 0.000 | 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 |

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common | | |
|--|---------------------------------------|------------|--------------------------|---------------|----------------|--------------------|------------------------------------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | 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 | 10.455 | 0.094 | 3 | A | 1 | 22.792 | 1.422 | 0.470 | |
| 17:0.....g | 0.034 | 0.034 | 3 | A | 1 | 0.073 | 0.005 | 0.002 | |
| 18:0.....g | 4.435 | 0.113 | 3 | A | 1 | 9.667 | 0.603 | 0.200 | |
| 20:0.....g | 0.361 | 0.007 | 3 | A | 1 | 0.788 | 0.049 | 0.016 | |
| 22:0.....g | 0.366 | 0.015 | 3 | A | 1 | 0.798 | 0.050 | 0.016 | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 22.783 | | 0 | NC | 4 | 49.667 | 3.099 | 1.025 | |
| 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 | 22.550 | 0.175 | 3 | AS | 1 | 49.159 | 3.067 | 1.015 | |
| 18:1 c.....g | 22.550 | 0.175 | 3 | A | 1 | 49.159 | 3.067 | 1.015 | |
| 18:1-11c (18:1c n-7).....g | | | | | | | | | |
| 18:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | 0.000 | 0.000 | 0.000 | |
| 18:1-11t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.233 | 0.014 | 3 | A | 1 | 0.509 | 0.032 | 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 | 57.740 | | 0 | NC | 4 | 125.873 | 7.853 | 2.598 | |
| 18:2 undifferentiated.....g | 50.952 | 0.190 | 3 | AS | 1 | 111.074 | 6.929 | 2.293 | |
| 18:2 n-6 c,c.....g | 50.418 | 0.335 | 3 | A | 1 | 109.912 | 6.857 | 2.269 | |
| 18:2 CLAs.....g | | | | | | | | | |
| 18:2 c,t.....g | | | | | | | | | |
| 18:2 t,c.....g | | | | | | | | | |
| 18:2 t,t.....g | 0.533 | 0.144 | 3 | A | 1 | 1.163 | 0.073 | 0.024 | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | | | | | | | | | |
| 18:3 undifferentiated.....g | 6.789 | | 69 | JA | 6 | 14.800 | 0.923 | 0.306 | |
| 18:3 n-3 c,c,c.....g | 6.789 | | 3 | A | 1 | 14.800 | 0.923 | 0.306 | |
| 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 | | 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 | |
| 20:3 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 | | 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 | 0.000 | | 0 | | 1 | 0.000 | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | 0.533 | | 0 | NC | 4 | 1.163 | 0.073 | 0.024 | |
| Fatty acids, total trans-monoenoic.....g | 0.000 | | 0 | NC | 4 | 0.000 | 0.000 | 0.000 | |
| Fatty acids, total trans-polyenoic.....g | 0.533 | | 0 | NC | 4 | 1.163 | 0.073 | 0.024 | |
| Cholesterol.....mg | 0 | | 0 | | 4 | 0 | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| Stigmasterol.....mg | 59 | 3.671 | 3 | A | 1 | 129 | 8 | 3 | |
| Campesterol.....mg | 62 | 3.223 | 3 | A | 1 | 135 | 8 | 3 | |
| Beta-sitosterol.....mg | 172 | 5.573 | 3 | A | 1 | 374 | 23 | 8 | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 | |
| Threonine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 | |
| Isoleucine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 | |
| Leucine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 | |
| Lysine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 | |

NDB No. 04044

Oil, soybean, salad or cooking (1)

| 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 | | Measure 1 | Measure 2 | Measure 3 | |
| | | | Deriv Code | Source Code | | | | Confidence Code |
| Methionine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Cystine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Phenylalanine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Tyrosine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Valine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Arginine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Histidine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Alanine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Aspartic acid.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Glutamic acid.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Glycine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Proline.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Serine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Hydroxyproline.....g | | | | | | | | |
| Others: | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 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:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 tsp

Footnotes:

1 Other phytosterols and phytosterols identified include: beta-sitosterol (4.483) and delta-5 avenasterol (8.733)

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04543

Oil, soybean, salad or cooking, (hydrogenated) and cottonseed

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 | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Energy.....kcal | 884 | | 0 | NC | 4 | | 120 | 1927 | 40 |
| Energy.....kj | 3699 | | 0 | | 4 | | 503 | 8063 | 166 |
| Protein (N x 0).....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat).....g | 100.00 | | 0 | | 1 | | 13.60 | 218.00 | 4.50 |
| Ash.....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Carbohydrate, by difference.....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary.....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total.....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Iron, Fe.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Magnesium, Mg.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Phosphorus, P.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Potassium, K.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Sodium, Na.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Zinc, Zn.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Copper, Cu.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Riboflavin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Niacin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total.....mg | 0.2 | | 0 | CAZN | 4 | | 0.0 | 0.4 | 0.0 |
| 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 | 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 | 0 | | 0 | | 4 | | 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 | 12.10 | | 0 | | 4 | | 1.65 | 26.38 | 0.54 |
| 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 | 5.831 | 69 | JO | 11 | | 3.4 | 53.9 | 1.1 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 18.000 | | 0 | | 1 | | 2.448 | 39.240 | 0.810 |
| 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. 04543

Oil, soybean, salad or cooking, (hydrogenated) and cottonseed

| 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 | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | Deriv Code | Points | | | | | |
| 12:0.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.300 | 0.059 | 8 | | 1 | | 0.041 | 0.654 | 0.014 |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 14.000 | 0.644 | 11 | | 1 | | 1.904 | 30.520 | 0.630 |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 3.700 | 0.262 | 11 | | 1 | | 0.503 | 8.066 | 0.167 |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 29.500 | | 0 | | 1 | | 4.012 | 64.310 | 1.328 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.200 | 0.046 | 7 | | 1 | | 0.027 | 0.436 | 0.009 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 29.300 | 1.206 | 16 | | 1 | | 3.985 | 63.874 | 1.319 |
| 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 | 48.100 | | 0 | | 1 | | 6.542 | 104.858 | 2.165 |
| 18:2 undifferentiated.....g | 45.300 | 0.888 | 16 | | 1 | | 6.161 | 98.754 | 2.039 |
| 18:3 undifferentiated.....g | 2.800 | 0.398 | 16 | | 1 | | 0.381 | 6.104 | 0.126 |
| 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 | | 4 | | 0 | 0 | 0 |
| Phytosterols.....mg | 152 | | 0 | | 4 | | 21 | 331 | 7 |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Threonine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Isoleucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Leucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Lysine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Methionine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Cystine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Phenylalanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Tyrosine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Valine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Arginine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Histidine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Alanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Glycine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Proline.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Serine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 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. 04543

Oil, soybean, salad or cooking, (hydrogenated) and cottonseed

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04034

Oil, soybean, salad or cooking, (partially hydrogenated)

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 | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Energy.....kcal | 884 | | 0 | NC | 4 | | 1927 | 120 | 40 |
| Energy.....kj | 3699 | | 0 | | 4 | | 8063 | 503 | 166 |
| Protein (N x 0).....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat).....g | 100.00 | | 0 | | 1 | | 218.00 | 13.60 | 4.50 |
| Ash.....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Carbohydrate, by difference.....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary.....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total.....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Iron, Fe.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Magnesium, Mg.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Phosphorus, P.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Potassium, K.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Sodium, Na.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Zinc, Zn.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Copper, Cu.....mg | 0.0000 | | 0 | | 4 | | 0.0000 | 0.0000 | 0.0000 |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin.....mg | 0.0000 | | 0 | | 4 | | 0.0000 | 0.0000 | 0.0000 |
| Riboflavin.....mg | 0.0000 | | 0 | | 4 | | 0.0000 | 0.0000 | 0.0000 |
| Niacin.....mg | 0.0000 | | 0 | | 4 | | 0.0000 | 0.0000 | 0.0000 |
| Pantothenic acid.....mg | 0.0000 | | 0 | | 4 | | 0.0000 | 0.0000 | 0.0000 |
| Vitamin B-6.....mg | 0.0000 | | 0 | | 4 | | 0.0000 | 0.0000 | 0.0000 |
| Folate, total.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total.....mg | 0.2 | | 0 | BFZN | 4 | | 0.4 | 0.0 | 0.0 |
| Betaine.....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| 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 | 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 | 0 | | 0 | AS | 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 | 8.10 | | 0 | | 1 | | 17.66 | 1.10 | 0.36 |
| 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 | 5.831 | 69 | JO | 11 | | 53.9 | 3.4 | 1.1 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 14.900 | | 0 | | 1 | | 32.482 | 2.026 | 0.671 |
| 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. 04034

Oil, soybean, salad or cooking, (partially hydrogenated)

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.100 | 0.030 | 13 | | 1 | | 0.218 | 0.014 | 0.005 |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 9.800 | 0.171 | 40 | | 1 | | 21.364 | 1.333 | 0.441 |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 5.000 | 0.352 | 40 | | 1 | | 10.900 | 0.680 | 0.225 |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 43.000 | | 0 | | 1 | | 93.740 | 5.848 | 1.935 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.400 | 0.143 | 8 | | 1 | | 0.872 | 0.054 | 0.018 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 42.500 | 0.645 | 43 | | 1 | | 92.650 | 5.780 | 1.913 |
| 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 | 37.600 | | 0 | | 1 | | 81.968 | 5.114 | 1.692 |
| 18:2 undifferentiated.....g | 34.900 | 0.704 | 43 | | 1 | | 76.082 | 4.746 | 1.571 |
| 18:3 undifferentiated.....g | 2.600 | 0.158 | 39 | | 1 | | 5.668 | 0.354 | 0.117 |
| 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 | | 4 | | 0 | 0 | 0 |
| Phytosterols.....mg | 132 | | 0 | | 1 | | 288 | 18 | 6 |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Threonine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Isoleucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Leucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Lysine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Methionine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Cystine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Phenylalanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Tyrosine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Valine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Arginine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Histidine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Alanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Glycine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Proline.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Serine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 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. 04034

Oil, soybean, salad or cooking, (partially hydrogenated)

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04510

Oil, vegetable safflower, salad or cooking, linoleic, (over 70%)

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 | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Energy.....kcal | 884 | | 0 | NC | 4 | | 1927 | 120 | 40 |
| Energy.....kj | 3699 | | 0 | | 4 | | 8063 | 503 | 166 |
| Protein (N x 0).....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat).....g | 100.00 | | 0 | | 1 | | 218.00 | 13.60 | 4.50 |
| Ash.....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Carbohydrate, by difference.....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary.....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Iron, Fe.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Magnesium, Mg.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Phosphorus, P.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Potassium, K.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Sodium, Na.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Zinc, Zn.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Copper, Cu.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Riboflavin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Niacin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total.....mcg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Folic acid.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folate, food.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total.....mg | | | | | | | | | |
| 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 | BFZN | 4 | | 0 | 0 | 0 |
| Carotene, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Carotene, alpha.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Vitamin A, IU.....IU | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Lycopene.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol).....mg | 34.10 | 6.300 | 3 | | 1 | | 74.34 | 4.64 | 1.53 |
| 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 | 7.1 | 1.803 | 8 | A | 1 | | 15.4 | 1.0 | 0.3 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 6.203 | | 0 | MA | 12 | | 13.523 | 0.844 | 0.279 |
| 4:0.....g | 0.000 | | 0 | MA | 12 | | 0.000 | 0.000 | 0.000 |
| 6:0.....g | 0.000 | | 0 | MA | 12 | | 0.000 | 0.000 | 0.000 |
| 8:0.....g | 0.000 | | 0 | MA | 12 | | 0.000 | 0.000 | 0.000 |
| 10:0.....g | 0.000 | | 0 | MA | 12 | | 0.000 | 0.000 | 0.000 |

NDB No. 04510

Oil, vegetable safflower, salad or cooking, linoleic, (over 70%)

| 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 | | | Measure 1 | Measure 2 | Measure 3 |
| | | | Deriv Code | Source Code | Confidence Code | | | |
| 12:0.....g | 0.000 | | 0 | MA | 12 | 0.000 | 0.000 | 0.000 |
| 13:0.....g | | | | | | | | |
| 14:0.....g | 0.000 | | 0 | MA | 12 | 0.000 | 0.000 | 0.000 |
| 15:0.....g | | | | | | | | |
| 16:0.....g | 4.288 | | 0 | MA | 12 | 9.348 | 0.583 | 0.193 |
| 17:0.....g | | | | | | | | |
| 18:0.....g | 1.915 | | 0 | MA | 12 | 4.175 | 0.260 | 0.086 |
| 20:0.....g | | | | | | | | |
| 22:0.....g | | | | | | | | |
| 24:0.....g | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 14.355 | | 0 | MA | 12 | 31.294 | 1.952 | 0.646 |
| 14:1.....g | | | | | | | | |
| 15:1.....g | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | MA | 12 | 0.000 | 0.000 | 0.000 |
| 17:1.....g | | | | | | | | |
| 18:1 undifferentiated.....g | 14.355 | | 0 | MA | 12 | 31.294 | 1.952 | 0.646 |
| 20:1.....g | 0.000 | | 0 | MA | 12 | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated.....g | 0.000 | | 0 | MA | 12 | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 74.623 | | 0 | MA | 12 | 162.678 | 10.149 | 3.358 |
| 18:2 undifferentiated.....g | 74.623 | | 0 | MA | 12 | 162.678 | 10.149 | 3.358 |
| 18:3 undifferentiated.....g | 0.000 | | 0 | MA | 12 | 0.000 | 0.000 | 0.000 |
| 18:4.....g | 0.000 | | 0 | MA | 12 | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | MA | 12 | 0.000 | 0.000 | 0.000 |
| 20:5 n-3.....g | 0.000 | | 0 | MA | 12 | 0.000 | 0.000 | 0.000 |
| 22:5 n-3.....g | 0.000 | | 0 | MA | 12 | 0.000 | 0.000 | 0.000 |
| 22:6 n-3.....g | 0.000 | | 0 | MA | 12 | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans.....g | | | | | | | | |
| Cholesterol.....mg | 0 | | 0 | | 4 | 0 | 0 | 0 |
| Phytosterols.....mg | 444 | | 0 | | 1 | 968 | 60 | 20 |
| Amino Acids: | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Threonine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Isoleucine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Leucine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Lysine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Methionine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Cystine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Phenylalanine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Tyrosine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Valine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Arginine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Histidine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Alanine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Aspartic acid.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Glutamic acid.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Glycine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Proline.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Serine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Hydroxyproline.....g | | | | | | | | |
| Others: | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | BFZN | 4 | 0.0 | 0.0 | 0.0 |
| Caffeine.....mg | 0 | | 0 | BFZN | 4 | 0 | 0 | 0 |
| Theobromine.....mg | 0 | | 0 | BFZN | 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. 04510

Oil, vegetable safflower, salad or cooking, linoleic, (over 70%)

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04511

Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion of common | | | | |
|---------------------------------------|---------------------------------------|------------|--------------------------|---------------|------------------------------------|--------------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | measures of food | | | | |
| | | | | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Proximates: | | | | | | | | | |
| Water.....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Energy.....kcal | 884 | | 0 | NC | 4 | | 120 | 1927 | 40 |
| Energy.....kj | 3699 | | 0 | | 4 | | 503 | 8063 | 166 |
| Protein (N x O).....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat).....g | 100.00 | | 0 | | 1 | | 13.60 | 218.00 | 4.50 |
| Ash.....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Carbohydrate, by difference.....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary.....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Iron, Fe.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Magnesium, Mg.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Phosphorus, P.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Potassium, K.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Sodium, Na.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Zinc, Zn.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Copper, Cu.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Selenium, Se.....mcg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Riboflavin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Niacin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total.....mcg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Folic acid.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folate, food.....mcg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total.....mg | 0.2 | | 0 | CAZN | 4 | | 0.0 | 0.4 | 0.0 |
| 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 | Z | 7 | | 0 | 0 | 0 |
| Carotene, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Carotene, alpha.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Vitamin A, IU.....IU | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Lycopene.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol).....mg | 34.10 | | 0 | | 4 | | 4.64 | 74.34 | 1.53 |
| 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 | 7.1 | | 0 | BFZN | 4 | | 1.0 | 15.4 | 0.3 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 6.203 | | 0 | MA | 12 | | 0.844 | 13.523 | 0.279 |

Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)

| 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 |
| | | | | | | | | | |
| 4:0.....g | 0.000 | | 0 | MA | 12 | | 0.000 | 0.000 | 0.000 |
| 6:0.....g | 0.000 | | 0 | MA | 12 | | 0.000 | 0.000 | 0.000 |
| 8:0.....g | 0.000 | | 0 | MA | 12 | | 0.000 | 0.000 | 0.000 |
| 10:0.....g | 0.000 | | 0 | MA | 12 | | 0.000 | 0.000 | 0.000 |
| 12:0.....g | 0.000 | | 0 | MA | 12 | | 0.000 | 0.000 | 0.000 |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.000 | | 0 | MA | 12 | | 0.000 | 0.000 | 0.000 |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 4.288 | | 0 | MA | 12 | | 0.583 | 9.348 | 0.193 |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 1.915 | | 0 | MA | 12 | | 0.260 | 4.175 | 0.086 |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 74.646 | | 0 | MA | 12 | | 10.152 | 162.728 | 3.359 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | MA | 12 | | 0.000 | 0.000 | 0.000 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 74.646 | | 0 | MA | 12 | | 10.152 | 162.728 | 3.359 |
| 20:1.....g | 0.000 | | 0 | MA | 12 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated.....g | 0.000 | | 0 | MA | 12 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 14.350 | | 0 | MA | 12 | | 1.952 | 31.283 | 0.646 |
| 18:2 undifferentiated.....g | 14.350 | | 0 | MA | 12 | | 1.952 | 31.283 | 0.646 |
| 18:3 undifferentiated.....g | 0.000 | | 0 | MA | 12 | | 0.000 | 0.000 | 0.000 |
| 18:4.....g | 0.000 | | 0 | MA | 12 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | MA | 12 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3.....g | 0.000 | | 0 | MA | 12 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3.....g | 0.000 | | 0 | MA | 12 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3.....g | 0.000 | | 0 | MA | 12 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Phytosterols.....mg | 444 | | 0 | | 4 | | 60 | 968 | 20 |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Threonine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Isoleucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Leucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Lysine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Methionine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Cystine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Phenylalanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Tyrosine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Valine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Arginine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Histidine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Alanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Glycine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Proline.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Serine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |

NDB No. 04511

Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)

| Nutrients and Units | <u>Amount in 100 grams of edible portion</u> | | | | <u>Amount in edible portion of common measures of food</u> | | | | |
|---------------------|--|------------|-----------------------|------------|--|-----------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Theobromine.....mg | 0 | | 0 | BFZN | 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 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04678

Oil, vegetable, Natreon canola, high stability, non trans, high oleic (70%)

Dow AgroSciences, LLC

trans free high stability low saturated fat non-hydrogenated canola oil

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 | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Energy.....kcal | 884 | | 0 | NC | 4 | | 124 | | |
| Energy.....kj | 3699 | | 0 | NC | 4 | | 518 | | |
| Protein.....g | 0.00 | | 0 | MC | 9 | | 0.00 | | |
| Total lipid (fat).....g | 100.00 | | 1 | A | 1 | | 14.00 | | |
| Ash.....g | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Carbohydrate, by difference.....g | 0.00 | | 0 | MC | 9 | | 0.00 | | |
| Fiber, total dietary.....g | 0.0 | | 0 | MC | 9 | | 0.0 | | |
| Sugars, total.....g | 0.00 | | 0 | MC | 9 | | 0.00 | | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | | | | | | | | | |
| Iron, Fe.....mg | | | | | | | | | |
| Magnesium, Mg.....mg | | | | | | | | | |
| Phosphorus, P.....mg | | | | | | | | | |
| Potassium, K.....mg | | | | | | | | | |
| Sodium, Na.....mg | 0 | | 0 | MC | 9 | | 0 | | |
| 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 | 0.000 | | 0 | MC | 9 | | 0.000 | | |
| Riboflavin.....mg | 0.000 | | 0 | MC | 9 | | 0.000 | | |
| Niacin.....mg | 0.000 | | 0 | MC | 9 | | 0.000 | | |
| 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 | 21.80 | | 1 | A | 1 | | 3.05 | | |
| Tocopherol, beta.....mg | | | | | | | | | |
| Tocopherol, gamma.....mg | 21.80 | | 1 | A | 1 | | 3.05 | | |
| Tocopherol, delta.....mg | | | | | | | | | |
| Vitamin D.....IU | 0 | | 0 | MC | 9 | | 0 | | |
| Vitamin K (phylloquinone).....mcg | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 6.511 | | 0 | NC | 4 | | 0.912 | | |
| 4:0.....g | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| 6:0.....g | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| 8:0.....g | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| 10:0.....g | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| 12:0.....g | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.047 | | 1 | A | 1 | | 0.007 | | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 3.437 | | 1 | A | 1 | | 0.481 | | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 1.918 | | 1 | A | 1 | | 0.269 | | |
| 20:0.....g | 0.674 | | 1 | A | 1 | | 0.094 | | |

NDB No. 04678

Oil, vegetable, Natreon canola, high stability, non trans, high oleic (70%)

| 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 |
| | | | | | | | | | |
| 22:0.....g | 0.290 | | 1 | A | 1 | | 0.041 | | |
| 24:0.....g | 0.145 | | 1 | A | 1 | | 0.020 | | |
| Fatty acids, total monounsaturated.....g | 71.991 | | 0 | NC | 4 | | 10.079 | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.286 | | 0 | AS | 1 | | 0.040 | | |
| 16:1 c.....g | 0.286 | | 1 | A | 1 | | 0.040 | | |
| 16:1 t.....g | | | | | | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 69.970 | | 0 | AS | 1 | | 9.796 | | |
| 18:1 c.....g | 69.893 | | 175 | A | 1 | | 9.785 | | |
| 18:1-11c (18:1c n-7).....g | | | | | | | | | |
| 18:1 t.....g | 0.077 | | 1 | A | 1 | | 0.011 | | |
| 18:1-11t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 1.348 | | 1 | A | 1 | | 0.189 | | |
| 22:1 undifferentiated.....g | 0.241 | | 1 | A | 1 | | 0.034 | | |
| 24:1 c.....g | 0.145 | | 1 | A | 1 | | 0.020 | | |
| Fatty acids, total polyunsaturated.....g | 17.098 | | 0 | NC | 4 | | 2.394 | | |
| 18:2 undifferentiated.....g | 14.501 | | 0 | AS | 1 | | 2.030 | | |
| 18:2 n-6 c,c.....g | 14.339 | | 175 | A | 1 | | 2.007 | | |
| 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 | 0.163 | | 1 | A | 1 | | 0.023 | | |
| 18:3 undifferentiated.....g | 2.597 | | 0 | AS | 1 | | 0.364 | | |
| 18:3 n-3 c,c,c.....g | 2.070 | | 175 | A | 1 | | 0.290 | | |
| 18:3 n-6 c,c,c.....g | | | | | | | | | |
| 18:3i.....g | 0.527 | | 1 | A | 1 | | 0.074 | | |
| 18:4.....g | | | | | | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:3 n-3.....g | | | | | | | | | |
| 20:3 n-6.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | | | | | | | | | |
| 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 | 0.767 | | 0 | NC | 4 | | 0.107 | | |
| Fatty acids, total trans-monoenoic.....g | 0.077 | | 0 | NC | 4 | | 0.011 | | |
| Fatty acids, total trans-polyenoic.....g | 0.690 | | 0 | NC | 4 | | 0.097 | | |
| Cholesterol.....mg | 0 | | 0 | MC | 9 | | 0 | | |
| Phytosterols.....mg | | | | | | | | | |
| Stigmasterol.....mg | | | | | | | | | |
| Campesterol.....mg | 202 | | 1 | A | 1 | | 28 | | |
| Beta-sitosterol.....mg | 426 | | 1 | A | 1 | | 60 | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 = 14.0g: 1 tbsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

NDB No. 04678

Oil, vegetable, Natreon canola, high stability, non trans, high oleic (70%)

Food Group: 04 Fats and Oils

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

NDB No. 04529
Oil, vegetable, almond

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 | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Energy.....kcal | 884 | | 0 | NC | 4 | | 120 | 1927 | 40 |
| Energy.....kj | 3699 | | 0 | | 4 | | 503 | 8063 | 166 |
| Protein (N x 0).....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat).....g | 100.00 | | 0 | | 1 | | 13.60 | 218.00 | 4.50 |
| Ash.....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Carbohydrate, by difference.....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary.....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total.....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Iron, Fe.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Magnesium, Mg.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Phosphorus, P.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Potassium, K.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Sodium, Na.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Zinc, Zn.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Copper, Cu.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Riboflavin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Niacin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total.....mg | 0.4 | | 0 | BFZN | 4 | | 0.1 | 0.9 | 0.0 |
| 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 | 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 | 0 | | 0 | AS | 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 | 39.20 | | 0 | | 1 | | 5.33 | 85.46 | 1.76 |
| 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 | T | 4 | | 1.0 | 15.3 | 0.3 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 8.200 | | 0 | | 1 | | 1.115 | 17.876 | 0.369 |
| 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. 04529
Oil, vegetable, almond

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.000 | 0.006 | 23 | | 1 | | 0.000 | 0.000 | 0.000 |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 6.500 | 0.074 | 91 | | 1 | | 0.884 | 14.170 | 0.293 |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 1.700 | 0.077 | 90 | | 1 | | 0.231 | 3.706 | 0.077 |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 69.900 | | 0 | | 1 | | 9.506 | 152.382 | 3.146 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.600 | 0.025 | 89 | | 1 | | 0.082 | 1.308 | 0.027 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 69.400 | 0.426 | 91 | | 1 | | 9.438 | 151.292 | 3.123 |
| 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 | 17.400 | | 0 | | 1 | | 2.366 | 37.932 | 0.783 |
| 18:2 undifferentiated.....g | 17.400 | 0.394 | 91 | | 1 | | 2.366 | 37.932 | 0.783 |
| 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 | | 0 | | 4 | | 0 | 0 | 0 |
| Phytosterols.....mg | 266 | | 0 | | 4 | | 36 | 580 | 12 |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Threonine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Isoleucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Leucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Lysine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Methionine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Cystine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Phenylalanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Tyrosine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Valine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Arginine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Histidine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Alanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Glycine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Proline.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Serine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 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. 04529

Oil, vegetable, almond

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04530
Oil, vegetable, apricot kernel

| 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 | 5.800 | 0.117 | 54 | | 1 | | 0.789 | 12.644 | 0.261 |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 0.500 | 0.057 | 53 | | 1 | | 0.068 | 1.090 | 0.023 |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 60.000 | | 0 | | 1 | | 8.160 | 130.800 | 2.700 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 1.500 | 0.071 | 51 | | 1 | | 0.204 | 3.270 | 0.068 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 58.500 | 0.763 | 54 | | 1 | | 7.956 | 127.530 | 2.633 |
| 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 | 29.300 | | 0 | | 1 | | 3.985 | 63.874 | 1.319 |
| 18:2 undifferentiated.....g | 29.300 | 0.688 | 54 | | 1 | | 3.985 | 63.874 | 1.319 |
| 18:3 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 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 | 266 | | 0 | | 4 | | 36 | 580 | 12 |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Threonine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Isoleucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Leucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Lysine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Methionine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Cystine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Phenylalanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Tyrosine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Valine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Arginine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Histidine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Alanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Glycine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Proline.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Serine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 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:

Measure 1 = 13.6g: 1 tablespoon

NDB No. 04530

Oil, vegetable, apricot kernel

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04534
Oil, vegetable, babassu

| 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 | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | Deriv Code | Points | | | | | |
| 14:0.....g | 15.000 | 0.368 | 6 | | 1 | | 2.040 | 32.700 | 0.675 |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 8.200 | 0.183 | 6 | | 1 | | 1.115 | 17.876 | 0.369 |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 2.800 | 0.197 | 6 | | 1 | | 0.381 | 6.104 | 0.126 |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 11.400 | | 0 | | 1 | | 1.550 | 24.852 | 0.513 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 2 | | 1 | | 0.000 | 0.000 | 0.000 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 11.400 | 0.526 | 6 | | 1 | | 1.550 | 24.852 | 0.513 |
| 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 | 1.600 | | 0 | | 1 | | 0.218 | 3.488 | 0.072 |
| 18:2 undifferentiated.....g | 1.600 | 0.284 | 6 | | 1 | | 0.218 | 3.488 | 0.072 |
| 18:3 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 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 | 95 | | 0 | | 4 | | 13 | 207 | 4 |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Threonine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Isoleucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Leucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Lysine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Methionine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Cystine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Phenylalanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Tyrosine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Valine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Arginine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Histidine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Alanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Glycine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Proline.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Serine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 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:

Measure 1 = 13.6g: 1 tbsp

NDB No. 04534

Oil, vegetable, babassu

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.82

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04582
 Oil, vegetable, canola (1)

low erucic acid rapeseed oil
 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 | 0.00 | 0.000 | 5 | JO | 11 | | 0.00 | 0.00 | 0.00 |
| Energy.....kcal | 884 | | 0 | NC | 4 | | 1927 | 124 | 40 |
| Energy.....kj | 3699 | | 0 | | 4 | | 8063 | 518 | 166 |
| Protein (N x 0).....g | 0.00 | 0.000 | 4 | | 1 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat).....g | 100.00 | 0.000 | 8 | JO | 11 | | 218.00 | 14.00 | 4.50 |
| Ash.....g | 0.00 | 0.000 | 4 | | 1 | | 0.00 | 0.00 | 0.00 |
| Carbohydrate, by difference.....g | 0.00 | | 0 | NC | 4 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary.....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total.....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Iron, Fe.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Magnesium, Mg.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Phosphorus, P.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Potassium, K.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Sodium, Na.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Zinc, Zn.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Copper, Cu.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Selenium, Se.....mcg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Riboflavin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Niacin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total.....mg | 0.2 | | 0 | AS | 1 | | 0.4 | 0.0 | 0.0 |
| Betaine.....mg | 0.0 | | 1 | A | 1 | | 0.0 | 0.0 | 0.0 |
| 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 | 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 | 0 | | 0 | AS | 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 | 17.46 | 0.424 | 10 | A | 1 | | 38.07 | 2.44 | 0.79 |
| Vitamin E, added.....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta.....mg | 0.01 | 0.000 | 11 | A | 1 | | 0.02 | 0.00 | 0.00 |
| Tocopherol, gamma.....mg | 27.34 | 2.728 | 11 | A | 1 | | 59.59 | 3.83 | 1.23 |
| Tocopherol, delta.....mg | 0.99 | 0.075 | 11 | A | 1 | | 2.16 | 0.14 | 0.04 |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....mcg | 71.3 | 5.102 | 4 | A | 1 | | 155.5 | 10.0 | 3.2 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 7.365 | | 0 | NC | 4 | | 16.056 | 1.031 | 0.331 |
| 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 | 0.000 | 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 |

NDB No. 04582
Oil, vegetable, canola (1)

| 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 |
| | | | | | | | | | |
| 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 | 4.298 | 0.021 | 4 | A | 1 | | 9.370 | 0.602 | 0.193 |
| 17:0.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 18:0.....g | 2.087 | 0.014 | 4 | A | 1 | | 4.550 | 0.292 | 0.094 |
| 20:0.....g | 0.650 | 0.004 | 4 | A | 1 | | 1.417 | 0.091 | 0.029 |
| 22:0.....g | 0.330 | 0.002 | 4 | A | 1 | | 0.719 | 0.046 | 0.015 |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 63.276 | | 0 | NC | 4 | | 137.941 | 8.859 | 2.847 |
| 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 | 0.214 | 0.001 | 4 | A | 1 | | 0.466 | 0.030 | 0.010 |
| 17:1.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 18:1 undifferentiated.....g | 61.744 | 0.338 | 4 | AS | 1 | | 134.603 | 8.644 | 2.778 |
| 18:1 c.....g | 61.714 | 0.354 | 4 | A | 1 | | 134.538 | 8.640 | 2.777 |
| 18:1-11c (18:1c n-7).....g | | | | | | | | | |
| 18:1 t.....g | 0.030 | 0.030 | 4 | A | 1 | | 0.065 | 0.004 | 0.001 |
| 18:1-11t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 1.317 | 0.015 | 4 | A | 1 | | 2.872 | 0.184 | 0.059 |
| 22:1 undifferentiated.....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 28.142 | | 0 | NC | 4 | | 61.350 | 3.940 | 1.266 |
| 18:2 undifferentiated.....g | 19.005 | 0.144 | 4 | AS | 1 | | 41.432 | 2.661 | 0.855 |
| 18:2 n-6 c,c.....g | 18.640 | 0.147 | 4 | A | 1 | | 40.636 | 2.610 | 0.839 |
| 18:2 CLAs.....g | | | | | | | | | |
| 18:2 c,t.....g | | | | | | | | | |
| 18:2 t,c.....g | | | | | | | | | |
| 18:2 t,t.....g | 0.365 | 0.073 | 4 | A | 1 | | 0.796 | 0.051 | 0.016 |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | | | | | | | | | |
| 18:3 undifferentiated.....g | 9.137 | | 49 | JA | 6 | | 19.918 | 1.279 | 0.411 |
| 18:3 n-3 c,c,c.....g | 9.137 | | 4 | A | 1 | | 19.918 | 1.279 | 0.411 |
| 18:3 n-6 c,c,c.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 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 | 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 |
| 20:3 n-3.....g | | | | | | | | | |
| 20:3 n-6.....g | | | | | | | | | |
| 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 | | 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 | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans.....g | 0.395 | | 0 | NC | 4 | | 0.861 | 0.055 | 0.018 |
| Fatty acids, total trans-monoenoic.....g | 0.030 | | 0 | NC | 4 | | 0.065 | 0.004 | 0.001 |
| Fatty acids, total trans-polyenoic.....g | 0.365 | | 0 | NC | 4 | | 0.796 | 0.051 | 0.016 |
| Cholesterol.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Phytosterols.....mg | | | | | | | | | |
| Stigmasterol.....mg | 3 | 0.167 | 4 | A | 1 | | 6 | 0 | 0 |
| Campesterol.....mg | 241 | 9.056 | 4 | A | 1 | | 525 | 34 | 11 |
| Beta-sitosterol.....mg | 413 | 14.560 | 4 | A | 1 | | 899 | 58 | 19 |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 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

NDB No. 04582
Oil, vegetable, canola (1)

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

food, or similar food.

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 14.0g: 1 tbsp

Measure 3 = 4.5g: 1 tsp

Footnotes:

1 Other phytosterols and phytosterols identified include: beta-sitosterol (0.925 mg), campestanol (0.811 mg) and delta-5 avenasterol (11.721 mg)

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04501
Oil, vegetable, cocoa butter

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 | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Energy.....kcal | 884 | | 0 | | 4 | | 120 | 1927 | 40 |
| Energy.....kj | 3699 | | 0 | | 4 | | 503 | 8063 | 166 |
| Protein (N x 0).....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat).....g | 100.00 | | 0 | | 1 | | 13.60 | 218.00 | 4.50 |
| Ash.....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Carbohydrate, by difference.....g | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary.....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Sugars, total.....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Iron, Fe.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Magnesium, Mg.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Phosphorus, P.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Potassium, K.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Sodium, Na.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Zinc, Zn.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Copper, Cu.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Selenium, Se.....mcg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Riboflavin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Niacin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total.....mg | 0.3 | | 0 | CAZN | 4 | | 0.0 | 0.6 | 0.0 |
| 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 | 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 | 0 | | 0 | AS | 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 | 1.80 | 0.316 | 6 | | 1 | | 0.24 | 3.92 | 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 | 24.7 | 5.831 | 69 | JO | 11 | | 3.4 | 53.9 | 1.1 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 59.700 | | 0 | | 1 | | 8.119 | 130.146 | 2.687 |
| 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. 04501
Oil, vegetable, cocoa butter

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.000 | 0.003 | 49 | | 1 | | 0.000 | 0.000 | 0.000 |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.100 | 0.007 | 141 | | 1 | | 0.014 | 0.218 | 0.005 |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 25.400 | 0.120 | 154 | | 1 | | 3.454 | 55.372 | 1.143 |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 33.200 | 0.101 | 154 | | 1 | | 4.515 | 72.376 | 1.494 |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 32.900 | | 0 | | 1 | | 4.474 | 71.722 | 1.481 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.200 | 0.019 | 108 | | 1 | | 0.027 | 0.436 | 0.009 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 32.600 | 0.121 | 154 | | 1 | | 4.434 | 71.068 | 1.467 |
| 20:1.....g | 0.000 | 0.010 | 21 | | 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 | 3.000 | | 0 | | 1 | | 0.408 | 6.540 | 0.135 |
| 18:2 undifferentiated.....g | 2.800 | 0.048 | 154 | | 1 | | 0.381 | 6.104 | 0.126 |
| 18:3 undifferentiated.....g | 0.100 | 0.009 | 117 | | 1 | | 0.014 | 0.218 | 0.005 |
| 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 | | 7 | | 0 | 0 | 0 |
| Phytosterols.....mg | 201 | | 0 | | 1 | | 27 | 438 | 9 |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Threonine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Isoleucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Leucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Lysine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Methionine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Cystine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Phenylalanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Tyrosine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Valine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Arginine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Histidine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Alanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Glycine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Proline.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Serine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 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. 04501

Oil, vegetable, cocoa butter

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04518

Oil, vegetable, corn, industrial and retail, all purpose salad or cooking

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 | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Energy.....kcal | 884 | | 0 | NC | 4 | | 120 | 1927 | 40 |
| Energy.....kj | 3699 | | 0 | | 4 | | 503 | 8063 | 166 |
| Protein (N x 0).....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat).....g | 100.00 | | 0 | | 1 | | 13.60 | 218.00 | 4.50 |
| Ash.....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Carbohydrate, by difference.....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary.....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total.....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Iron, Fe.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Magnesium, Mg.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Phosphorus, P.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Potassium, K.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Sodium, Na.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Zinc, Zn.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Copper, Cu.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Riboflavin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Niacin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total.....mcg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total.....mg | 0.2 | | 0 | CAZN | 4 | | 0.0 | 0.4 | 0.0 |
| 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 | 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 | 0 | | 0 | | 4 | | 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 | 14.30 | 1.040 | 46 | | 1 | | 1.94 | 31.17 | 0.64 |
| 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 | 0.294 | 13 | A | 1 | | 0.3 | 4.2 | 0.1 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 12.948 | | 0 | NC | 4 | | 1.761 | 28.227 | 0.583 |
| 4:0.....g | 0.000 | | 1 | JA | 6 | | 0.000 | 0.000 | 0.000 |
| 6:0.....g | 0.000 | | 1 | JA | 6 | | 0.000 | 0.000 | 0.000 |
| 8:0.....g | 0.000 | | 1 | JA | 6 | | 0.000 | 0.000 | 0.000 |
| 10:0.....g | 0.000 | | 1 | JA | 6 | | 0.000 | 0.000 | 0.000 |

NDB No. 04518

Oil, vegetable, corn, industrial and retail, all purpose salad or cooking

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.000 | | 2 | JA | 6 | | 0.000 | 0.000 | 0.000 |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.024 | | 2 | JA | 6 | | 0.003 | 0.051 | 0.001 |
| 15:0.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 16:0.....g | 10.579 | | 2 | JA | 6 | | 1.439 | 23.063 | 0.476 |
| 17:0.....g | 0.067 | | 1 | A | 1 | | 0.009 | 0.145 | 0.003 |
| 18:0.....g | 1.848 | | 2 | JA | 6 | | 0.251 | 4.029 | 0.083 |
| 20:0.....g | 0.431 | | 1 | A | 1 | | 0.059 | 0.939 | 0.019 |
| 22:0.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 27.576 | | 0 | NC | 4 | | 3.750 | 60.116 | 1.241 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.114 | | 0 | AS | 1 | | 0.015 | 0.248 | 0.005 |
| 16:1 c.....g | 0.114 | | 1 | A | 1 | | 0.015 | 0.248 | 0.005 |
| 16:1 t.....g | | | | | | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 27.333 | | 0 | AS | 1 | | 3.717 | 59.586 | 1.230 |
| 18:1 c.....g | 27.333 | | 1 | A | 1 | | 3.717 | 59.586 | 1.230 |
| 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 | 0.129 | | 1 | JA | 6 | | 0.018 | 0.282 | 0.006 |
| 22:1 undifferentiated.....g | 0.000 | | 1 | JA | 6 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 54.677 | | 0 | NC | 4 | | 7.436 | 119.195 | 2.460 |
| 18:2 undifferentiated.....g | 53.515 | | 0 | AS | 1 | | 7.278 | 116.663 | 2.408 |
| 18:2 n-6 c,c.....g | 53.230 | | 1 | A | 1 | | 7.239 | 116.041 | 2.395 |
| 18:2 CLAs.....g | | | | | | | | | |
| 18:2 c,t.....g | | | | | | | | | |
| 18:2 t,c.....g | | | | | | | | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | 0.286 | | 1 | A | 1 | | 0.039 | 0.623 | 0.013 |
| 18:2 t not further defined.....g | | | | | | | | | |
| 18:3 undifferentiated.....g | 1.161 | | 0 | A | 1 | | 0.158 | 2.532 | 0.052 |
| 18:3 n-3 c,c,c.....g | 1.161 | | 1 | A | 1 | | 0.158 | 2.532 | 0.052 |
| 18:3 n-6 c,c,c.....g | | | | | | | | | |
| 18:3i.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 18:4.....g | 0.000 | | 1 | JA | 6 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:3 n-3.....g | | | | | | | | | |
| 20:3 n-6.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 1 | JA | 6 | | 0.000 | 0.000 | 0.000 |
| 20:4 n-3.....g | | | | | | | | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3.....g | 0.000 | | 1 | JA | 6 | | 0.000 | 0.000 | 0.000 |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | | | | | | | | | |
| 22:5 n-3.....g | 0.000 | | 1 | JA | 6 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3.....g | 0.000 | | 1 | JA | 6 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans.....g | 0.286 | | 0 | NC | 4 | | 0.039 | 0.623 | 0.013 |
| Fatty acids, total trans-monoenoic.....g | 0.000 | | 0 | NC | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans-polyenoic.....g | 0.286 | | 0 | NC | 4 | | 0.039 | 0.623 | 0.013 |
| Cholesterol.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Phytosterols.....mg | 968 | 84.091 | 8 | | 1 | | 132 | 2110 | 44 |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Threonine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Isoleucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Leucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Lysine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Methionine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Cystine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |

NDB No. 04518

Oil, vegetable, corn, industrial and retail, all purpose salad or cooking

| Nutrients and Units | <u>Amount in 100 grams of edible portion</u> | | | | <u>Amount in edible portion of common measures of food</u> | | | | |
|----------------------|--|------------|-----------------------|------------|--|-----------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Phenylalanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Tyrosine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Valine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Arginine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Histidine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Alanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Glycine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Proline.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Serine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 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:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04502

Oil, vegetable, cottonseed, salad or cooking

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 | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Energy.....kcal | 884 | | 0 | NC | 4 | | 120 | 1927 | 40 |
| Energy.....kj | 3699 | | 0 | | 4 | | 503 | 8063 | 166 |
| Protein (N x 0).....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat).....g | 100.00 | | 0 | | 1 | | 13.60 | 218.00 | 4.50 |
| Ash.....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Carbohydrate, by difference.....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary.....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total.....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Iron, Fe.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Magnesium, Mg.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Phosphorus, P.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Potassium, K.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Sodium, Na.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Zinc, Zn.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Copper, Cu.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Riboflavin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Niacin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total.....mg | 0.2 | | 0 | CAZN | 4 | | 0.0 | 0.4 | 0.0 |
| 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 | 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 | 0 | | 0 | AS | 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 | 35.30 | 3.370 | 25 | | 1 | | 4.80 | 76.95 | 1.59 |
| 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 | 5.831 | 69 | JO | 11 | | 3.4 | 53.9 | 1.1 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 25.900 | | 0 | | 1 | | 3.522 | 56.462 | 1.166 |
| 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 |

| 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 | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | Deriv Code | Points | | | | | |
| 12:0.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.800 | 0.016 | 115 | | 1 | | 0.109 | 1.744 | 0.036 |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 22.700 | 0.198 | 121 | | 1 | | 3.087 | 49.486 | 1.022 |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 2.300 | 0.044 | 121 | | 1 | | 0.313 | 5.014 | 0.104 |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 17.800 | | 0 | | 1 | | 2.421 | 38.804 | 0.801 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.800 | 0.031 | 120 | | 1 | | 0.109 | 1.744 | 0.036 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 17.000 | 0.259 | 124 | | 1 | | 2.312 | 37.060 | 0.765 |
| 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 | 51.900 | | 0 | | 1 | | 7.058 | 113.142 | 2.336 |
| 18:2 undifferentiated.....g | 51.500 | 0.357 | 123 | | 1 | | 7.004 | 112.270 | 2.318 |
| 18:3 undifferentiated.....g | 0.200 | 0.030 | 59 | | 1 | | 0.027 | 0.436 | 0.009 |
| 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 | 0.100 | 0.015 | 48 | | 1 | | 0.014 | 0.218 | 0.005 |
| 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 | | 4 | | 0 | 0 | 0 |
| Phytosterols.....mg | 324 | 14.738 | 9 | | 1 | | 44 | 706 | 15 |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Threonine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Isoleucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Leucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Lysine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Methionine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Cystine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Phenylalanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Tyrosine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Valine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Arginine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Histidine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Alanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Glycine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Proline.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Serine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 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. 04502

Oil, vegetable, cottonseed, salad or cooking

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04541
Oil, vegetable, cupu assu

| 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 | 0.900 | | 1 | | 1 | | 0.122 | 1.962 | 0.041 |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 9.600 | | 1 | | 1 | | 1.306 | 20.928 | 0.432 |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 32.700 | | 1 | | 1 | | 4.447 | 71.286 | 1.472 |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 38.700 | | 0 | | 1 | | 5.263 | 84.366 | 1.742 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 38.700 | | 1 | | 1 | | 5.263 | 84.366 | 1.742 |
| 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 | 3.800 | | 0 | | 1 | | 0.517 | 8.284 | 0.171 |
| 18:2 undifferentiated.....g | 3.800 | | 1 | | 1 | | 0.517 | 8.284 | 0.171 |
| 18:3 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 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 | 95 | | 0 | | 4 | | 13 | 207 | 4 |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Threonine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Isoleucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Leucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Lysine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Methionine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Cystine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Phenylalanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Tyrosine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Valine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Arginine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Histidine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Alanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Glycine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Proline.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Serine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 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:

Measure 1 = 13.6g: 1 tablespoon

NDB No. 04541

Oil, vegetable, cupu assu

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.62

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04517
Oil, vegetable, grapeseed

| Nutrients and Units | <u>Amount in 100 grams of edible portion</u> | | | | <u>Amount in edible portion of common</u> | | | | |
|--|--|------------|--------------------------|---------------|---|--------------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | measures of food | | | |
| | | | | | | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0.....g | 0.100 | 0.016 | 10 | | 1 | | 0.014 | 0.218 | 0.005 |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 6.700 | 0.140 | 19 | | 1 | | 0.911 | 14.606 | 0.302 |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 2.700 | 0.191 | 19 | | 1 | | 0.367 | 5.886 | 0.122 |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 16.100 | | 0 | | 1 | | 2.190 | 35.098 | 0.725 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.300 | 0.160 | 3 | | 1 | | 0.041 | 0.654 | 0.014 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 15.800 | 0.581 | 19 | | 1 | | 2.149 | 34.444 | 0.711 |
| 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 | 69.900 | | 0 | | 1 | | 9.506 | 152.382 | 3.146 |
| 18:2 undifferentiated.....g | 69.600 | 0.693 | 19 | | 1 | | 9.466 | 151.728 | 3.132 |
| 18:3 undifferentiated.....g | 0.100 | 0.061 | 13 | | 1 | | 0.014 | 0.218 | 0.005 |
| 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 | 180 | | 0 | | 4 | | 24 | 392 | 8 |
| <u>Amino Acids:</u> | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Threonine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Isoleucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Leucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Lysine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Methionine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Cystine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Phenylalanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Tyrosine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Valine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Arginine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Histidine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Alanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Glycine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Proline.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Serine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Hydroxyproline.....g | | | | | | | | | |
| <u>Others:</u> | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 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:

Measure 1 = 13.6g: 1 tablespoon

NDB No. 04517

Oil, vegetable, grapeseed

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04532
Oil, vegetable, hazelnut

| 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 | 0.100 | 0.042 | 12 | | 1 | | 0.014 | 0.218 | 0.005 |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 5.200 | 0.055 | 111 | | 1 | | 0.707 | 11.336 | 0.234 |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 2.000 | 0.054 | 110 | | 1 | | 0.272 | 4.360 | 0.090 |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 78.000 | | 0 | | 1 | | 10.608 | 170.040 | 3.510 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.200 | 0.010 | 104 | | 1 | | 0.027 | 0.436 | 0.009 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 77.800 | 0.299 | 111 | | 1 | | 10.581 | 169.604 | 3.501 |
| 20:1.....g | 0.000 | 0.003 | 96 | | 1 | | 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 | 10.200 | | 0 | | 1 | | 1.387 | 22.236 | 0.459 |
| 18:2 undifferentiated.....g | 10.100 | 0.318 | 111 | | 1 | | 1.374 | 22.018 | 0.455 |
| 18:3 undifferentiated.....g | 0.000 | 0.006 | 101 | | 1 | | 0.000 | 0.000 | 0.000 |
| 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 | 120 | | 0 | | 4 | | 16 | 262 | 5 |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Threonine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Isoleucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Leucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Lysine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Methionine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Cystine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Phenylalanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Tyrosine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Valine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Arginine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Histidine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Alanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Glycine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Proline.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Serine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 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:

Measure 1 = 13.6g: 1 tablespoon

NDB No. 04532

Oil, vegetable, hazelnut

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04645

Oil, vegetable, industrial, canola (partially hydrogenated) oil for deep fat frying

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 | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Energy.....kcal | 884 | | 0 | BFZN | 4 | | 1927 | 120 | 40 |
| Energy.....kj | 3699 | | 0 | BFZN | 4 | | 8063 | 503 | 166 |
| Protein.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat).....g | 100.00 | | 1 | PAK | 1 | | 218.00 | 13.60 | 4.50 |
| Ash.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Carbohydrate, by difference.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Iron, Fe.....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Magnesium, Mg.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Phosphorus, P.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Potassium, K.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Sodium, Na.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Zinc, Zn.....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Copper, Cu.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Selenium, Se.....mcg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Riboflavin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Niacin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folic acid.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folate, food.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total.....mg | 0.2 | | 0 | BFZN | 4 | | 0.4 | 0.0 | 0.0 |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.00 | | 0 | BFZN | 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 | BFZN | 4 | | 0 | 0 | 0 |
| Retinol.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Carotene, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Carotene, alpha.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Vitamin A, IU.....IU | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Lycopene.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol).....mg | 17.46 | | 0 | BFZN | 4 | | 38.07 | 2.37 | 0.79 |
| 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 | 71.3 | | 0 | BFZN | 4 | | 155.5 | 9.7 | 3.2 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 10.117 | | 0 | NC | 4 | | 22.055 | 1.376 | 0.455 |
| 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 |

Oil, vegetable, industrial, canola (partially hydrogenated) oil for deep fat frying

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.066 | | 1 | A | 1 | | 0.144 | 0.009 | 0.003 |
| 15:0.....g | 0.047 | | 1 | A | 1 | | 0.103 | 0.006 | 0.002 |
| 16:0.....g | 5.101 | | 1 | A | 1 | | 11.120 | 0.694 | 0.230 |
| 17:0.....g | 0.076 | | 1 | A | 1 | | 0.166 | 0.010 | 0.003 |
| 18:0.....g | 3.831 | | 1 | A | 1 | | 8.352 | 0.521 | 0.172 |
| 20:0.....g | 0.641 | | 1 | A | 1 | | 1.398 | 0.087 | 0.029 |
| 22:0.....g | 0.355 | | 1 | A | 1 | | 0.775 | 0.048 | 0.016 |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 71.075 | | 0 | NC | 4 | | 154.944 | 9.666 | 3.198 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.218 | | 0 | AS | 1 | | 0.475 | 0.030 | 0.010 |
| 16:1 c.....g | 0.218 | | 1 | A | 1 | | 0.475 | 0.030 | 0.010 |
| 16:1 t.....g | | | | | | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 70.081 | | 0 | AS | 1 | | 152.775 | 9.531 | 3.154 |
| 18:1 c.....g | 47.292 | | 1 | A | 1 | | 103.097 | 6.432 | 2.128 |
| 18:1-11c (18:1c n-7).....g | | | | | | | | | |
| 18:1 t.....g | 22.789 | | 1 | A | 1 | | 49.679 | 3.099 | 1.025 |
| 18:1-11t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.777 | | 1 | A | 1 | | 1.693 | 0.106 | 0.035 |
| 22:1 undifferentiated.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 14.038 | | 0 | NC | 4 | | 30.602 | 1.909 | 0.632 |
| 18:2 undifferentiated.....g | 12.543 | | 0 | AS | 1 | | 27.344 | 1.706 | 0.564 |
| 18:2 n-6 c,c.....g | 8.781 | | 1 | A | 1 | | 19.143 | 1.194 | 0.395 |
| 18:2 CLAs.....g | | | | | | | | | |
| 18:2 c,t.....g | | | | | | | | | |
| 18:2 t,c.....g | | | | | | | | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | 3.762 | | 1 | A | 1 | | 8.201 | 0.512 | 0.169 |
| 18:2 t not further defined.....g | | | | | | | | | |
| 18:3 undifferentiated.....g | 1.495 | | 0 | AS | 1 | | 3.258 | 0.203 | 0.067 |
| 18:3 n-3 c,c,c.....g | 1.028 | | 1 | A | 1 | | 2.241 | 0.140 | 0.046 |
| 18:3 n-6 c,c,c.....g | | | | | | | | | |
| 18:3i.....g | 0.466 | | 1 | A | 1 | | 1.017 | 0.063 | 0.021 |
| 18:4.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 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 | | 1 | A | 1 | | 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 | 27.017 | | 0 | NC | 4 | | 58.897 | 3.674 | 1.216 |
| Fatty acids, total trans-monoenoic.....g | 22.789 | | 0 | NC | 4 | | 49.679 | 3.099 | 1.025 |
| Fatty acids, total trans-polyenoic.....g | 4.228 | | 0 | NC | 4 | | 9.218 | 0.575 | 0.190 |
| Cholesterol.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Phytosterols.....mg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Caffeine.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Theobromine.....mg | 0 | | 0 | BFZN | 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.

NDB No. 04645

Oil, vegetable, industrial, canola (partially hydrogenated) oil for deep fat frying

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tablespoon

Measure 3 = 4.5g: 1 teaspoon

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04644

Oil, vegetable, industrial, canola for salads, woks and light frying

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 | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Energy.....kcal | 884 | | 0 | BFZN | 4 | | 120 | 40 | 1927 |
| Energy.....kj | 3699 | | 0 | BFZN | 4 | | 503 | 166 | 8063 |
| Protein.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat).....g | 100.00 | | 1 | PAK | 1 | | 13.60 | 4.50 | 218.00 |
| Ash.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Carbohydrate, by difference.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Iron, Fe.....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Magnesium, Mg.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Phosphorus, P.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Potassium, K.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Sodium, Na.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Zinc, Zn.....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Copper, Cu.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Selenium, Se.....mcg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Riboflavin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Niacin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folic acid.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folate, food.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total.....mg | 0.2 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.4 |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.00 | | 0 | BFZN | 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 | BFZN | 4 | | 0 | 0 | 0 |
| Retinol.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Carotene, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Carotene, alpha.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Vitamin A, IU.....IU | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Lycopene.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol).....mg | 17.46 | | 0 | BFZN | 4 | | 2.37 | 0.79 | 38.07 |
| 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 | 71.3 | | 0 | BFZN | 4 | | 9.7 | 3.2 | 155.5 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 7.758 | | 0 | NC | 4 | | 1.055 | 0.349 | 16.912 |
| 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 |

Oil, vegetable, industrial, canola for salads, woks and light frying

| 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 | | | Measure 1 | Measure 2 | Measure 3 |
| | | | Deriv Code | Source Code | Confidence Code | | | |
| 12:0.....g | 0.037 | | 1 | A | 1 | 0.005 | 0.002 | 0.081 |
| 13:0.....g | | | | | | | | |
| 14:0.....g | 0.066 | | 1 | A | 1 | 0.009 | 0.003 | 0.144 |
| 15:0.....g | 0.037 | | 1 | A | 1 | 0.005 | 0.002 | 0.081 |
| 16:0.....g | 4.191 | | 1 | A | 1 | 0.570 | 0.189 | 9.136 |
| 17:0.....g | 0.057 | | 1 | A | 1 | 0.008 | 0.003 | 0.124 |
| 18:0.....g | 2.306 | | 1 | A | 1 | 0.314 | 0.104 | 5.028 |
| 20:0.....g | 0.727 | | 1 | A | 1 | 0.099 | 0.033 | 1.586 |
| 22:0.....g | 0.336 | | 1 | A | 1 | 0.046 | 0.015 | 0.733 |
| 24:0.....g | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 61.150 | | 0 | NC | 4 | 8.316 | 2.752 | 133.306 |
| 14:1.....g | | | | | | | | |
| 15:1.....g | | | | | | | | |
| 16:1 undifferentiated.....g | 0.284 | | 0 | AS | 1 | 0.039 | 0.013 | 0.620 |
| 16:1 c.....g | 0.284 | | 1 | A | 1 | 0.039 | 0.013 | 0.620 |
| 16:1 t.....g | | | | | | | | |
| 17:1.....g | | | | | | | | |
| 18:1 undifferentiated.....g | 59.782 | | 0 | AS | 1 | 8.130 | 2.690 | 130.325 |
| 18:1 c.....g | 59.496 | | 1 | A | 1 | 8.091 | 2.677 | 129.701 |
| 18:1-11c (18:1c n-7).....g | | | | | | | | |
| 18:1 t.....g | 0.286 | | 1 | A | 1 | 0.039 | 0.013 | 0.623 |
| 18:1-11t (18:1t n-7).....g | | | | | | | | |
| 20:1.....g | 1.083 | | 1 | A | 1 | 0.147 | 0.049 | 2.362 |
| 22:1 undifferentiated.....g | 0.000 | | 1 | A | 1 | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 26.397 | | 0 | NC | 4 | 3.590 | 1.188 | 57.546 |
| 18:2 undifferentiated.....g | 18.762 | | 0 | AS | 1 | 2.552 | 0.844 | 40.902 |
| 18:2 n-6 c,c.....g | 18.572 | | 1 | A | 1 | 2.526 | 0.836 | 40.487 |
| 18:2 CLAs.....g | | | | | | | | |
| 18:2 c,t.....g | | | | | | | | |
| 18:2 t,c.....g | | | | | | | | |
| 18:2 t,t.....g | | | | | | | | |
| 18:2 i.....g | 0.190 | | 1 | A | 1 | 0.026 | 0.009 | 0.415 |
| 18:2 t not further defined.....g | | | | | | | | |
| 18:3 undifferentiated.....g | 7.635 | | 0 | AS | 1 | 1.038 | 0.344 | 16.644 |
| 18:3 n-3 c,c,c.....g | 6.340 | | 1 | A | 1 | 0.862 | 0.285 | 13.822 |
| 18:3 n-6 c,c,c.....g | | | | | | | | |
| 18:3i.....g | 1.295 | | 1 | A | 1 | 0.176 | 0.058 | 2.822 |
| 18:4.....g | 0.000 | | 1 | A | 1 | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | |
| 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 | | 1 | A | 1 | 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 | 1.771 | | 0 | NC | 4 | 0.241 | 0.080 | 3.861 |
| Fatty acids, total trans-monoenoic.....g | 0.286 | | 0 | NC | 4 | 0.039 | 0.013 | 0.623 |
| Fatty acids, total trans-polyenoic.....g | 1.485 | | 0 | NC | 4 | 0.202 | 0.067 | 3.238 |
| Cholesterol.....mg | 0 | | 0 | BFZN | 4 | 0 | 0 | 0 |
| Phytosterols.....mg | | | | | | | | |
| Others: | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | BFZN | 4 | 0.0 | 0.0 | 0.0 |
| Caffeine.....mg | 0 | | 0 | BFZN | 4 | 0 | 0 | 0 |
| Theobromine.....mg | 0 | | 0 | BFZN | 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.

NDB No. 04644

Oil, vegetable, industrial, canola for salads, woks and light frying

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 4.5g: 1 teaspoon

Measure 3 = 218g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04659

Oil, vegetable, industrial, coconut, confection fat, typical basis for ice cream coatings

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 Deriv | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | Points | Code | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 0.08 | | 1 | A | 1 | | 0.01 | 0.17 | 0.00 |
| Energy.....kcal | 884 | | 0 | NC | 4 | | 120 | 1927 | 40 |
| Energy.....kj | 3699 | | 0 | NC | 4 | | 503 | 8063 | 166 |
| Protein (N x 6.25).....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat).....g | 100.00 | | 1 | PAK | 1 | | 13.60 | 218.00 | 4.50 |
| Ash.....g | 0.01 | | 1 | A | 1 | | 0.00 | 0.03 | 0.00 |
| Carbohydrate, by difference.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 2 | | 1 | A | 1 | | 0 | 4 | 0 |
| Iron, Fe.....mg | 0.15 | | 1 | A | 1 | | 0.02 | 0.32 | 0.01 |
| Magnesium, Mg.....mg | 0 | | 1 | A | 1 | | 0 | 0 | 0 |
| Phosphorus, P.....mg | 0 | | 1 | A | 1 | | 0 | 0 | 0 |
| Potassium, K.....mg | 2 | | 1 | A | 1 | | 0 | 4 | 0 |
| Sodium, Na.....mg | 5 | | 1 | A | 1 | | 1 | 11 | 0 |
| Zinc, Zn.....mg | 0.04 | | 1 | A | 1 | | 0.01 | 0.08 | 0.00 |
| Copper, Cu.....mg | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn.....mg | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Selenium, Se.....mcg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Riboflavin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Niacin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folic acid.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folate, food.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total.....mg | 0.3 | | 0 | CAZN | 4 | | 0.0 | 0.6 | 0.0 |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.00 | | 0 | BFZN | 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 | BFZN | 4 | | 0 | 0 | 0 |
| Retinol.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Carotene, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Carotene, alpha.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Vitamin A, IU.....IU | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Lycopene.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol).....mg | 0.09 | | 0 | BFZN | 4 | | 0.01 | 0.20 | 0.00 |
| Vitamin E, added.....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta.....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, gamma.....mg | 0.20 | | 0 | BFZN | 4 | | 0.03 | 0.44 | 0.01 |
| Tocopherol, delta.....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....mcg | 0.5 | | 0 | BFZN | 4 | | 0.1 | 1.1 | 0.0 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 86.503 | | 0 | NC | 4 | | 11.764 | 188.576 | 3.893 |
| 4:0.....g | 0.063 | | 1 | A | 1 | | 0.009 | 0.138 | 0.003 |
| 6:0.....g | 0.752 | | 1 | A | 1 | | 0.102 | 1.638 | 0.034 |
| 8:0.....g | 7.889 | | 1 | A | 1 | | 1.073 | 17.198 | 0.355 |
| 10:0.....g | 5.596 | | 1 | A | 1 | | 0.761 | 12.198 | 0.252 |

Oil, vegetable, industrial, coconut, confection fat, typical basis for ice cream coatings

| 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 |
| | | | | | | | | | |
| 12:0.....g | 44.482 | | 1 | A | 1 | | 6.049 | 96.970 | 2.002 |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 16.659 | | 1 | A | 1 | | 2.266 | 36.317 | 0.750 |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 8.182 | | 1 | A | 1 | | 1.113 | 17.837 | 0.368 |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 2.843 | | 1 | A | 1 | | 0.387 | 6.198 | 0.128 |
| 20:0.....g | 0.037 | | 1 | A | 1 | | 0.005 | 0.081 | 0.002 |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 5.681 | | 0 | NC | 4 | | 0.773 | 12.385 | 0.256 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 5.681 | | 0 | AS | 1 | | 0.773 | 12.385 | 0.256 |
| 18:1 c.....g | 5.681 | | 1 | A | 1 | | 0.773 | 12.385 | 0.256 |
| 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 | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 1.450 | | 0 | NC | 4 | | 0.197 | 3.162 | 0.065 |
| 18:2 undifferentiated.....g | 1.450 | | 0 | AS | 1 | | 0.197 | 3.162 | 0.065 |
| 18:2 n-6 c,c.....g | 1.450 | | 1 | A | 1 | | 0.197 | 3.162 | 0.065 |
| 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 | | | | | | | | | |
| 18:3 undifferentiated.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 18:3 n-3 c,c,c.....g | | | | | | | | | |
| 18:3 n-6 c,c,c.....g | | | | | | | | | |
| 18:3i.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 18:4.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 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 | | 1 | A | 1 | | 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 | 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 | 0.000 | | 0 | NC | 4 | | 0.000 | 0.000 | 0.000 |
| Cholesterol.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Phytosterols.....mg | 86 | | 0 | BFZN | 4 | | 12 | 187 | 4 |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Threonine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Isoleucine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Leucine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Lysine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Methionine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Cystine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Phenylalanine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Tyrosine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |

NDB No. 04659

Oil, vegetable, industrial, coconut, confection fat, typical basis for ice cream coatings

| 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 |
| | | | | | | | | | |
| Valine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Arginine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Histidine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Alanine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Glycine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Proline.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Serine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Caffeine.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Theobromine.....mg | 0 | | 0 | BFZN | 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 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04642

Oil, vegetable, industrial, mid-oleic, sunflower, principal uses frying and salad dressings

NuSun

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 | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Energy.....kcal | 884 | | 0 | NC | 4 | | 120 | 40 | 1927 |
| Energy.....kj | 3699 | | 0 | NC | 4 | | 503 | 166 | 8063 |
| Protein.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat).....g | 100.00 | | 1 | PAK | 1 | | 13.60 | 4.50 | 218.00 |
| Ash.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Carbohydrate, by difference.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Iron, Fe.....mg | 0.03 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.07 |
| Magnesium, Mg.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Phosphorus, P.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Potassium, K.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Sodium, Na.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Zinc, Zn.....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Copper, Cu.....mg | | | | | | | | | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Riboflavin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Niacin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folic acid.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folate, food.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total.....mg | 0.2 | | 0 | CAZN | 4 | | 0.0 | 0.0 | 0.4 |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.00 | | 0 | BFZN | 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 | BFZN | 4 | | 0 | 0 | 0 |
| Retinol.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Carotene, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Carotene, alpha.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Vitamin A, IU.....IU | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Lycopene.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol).....mg | 41.08 | | 0 | BFZN | 4 | | 5.59 | 1.85 | 89.55 |
| 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 | 5.4 | | 0 | BFZN | 4 | | 0.7 | 0.2 | 11.8 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 9.009 | | 0 | NC | 4 | | 1.225 | 0.405 | 19.640 |
| 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 |

Oil, vegetable, industrial, mid-oleic, sunflower, principal uses frying and salad dressings

| 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 Deriv Source Confidence | | | Measure 1 | Measure 2 | Measure 3 |
| | | | Points | Code | Code | | | |
| 12:0.....g | 0.000 | | 1 | A | 1 | 0.000 | 0.000 | 0.000 |
| 13:0.....g | | | | | | | | |
| 14:0.....g | 0.057 | | 1 | A | 1 | 0.008 | 0.003 | 0.123 |
| 15:0.....g | 0.000 | | 1 | A | 1 | 0.000 | 0.000 | 0.000 |
| 16:0.....g | 4.219 | | 1 | A | 1 | 0.574 | 0.190 | 9.197 |
| 17:0.....g | 0.037 | | 1 | A | 1 | 0.005 | 0.002 | 0.081 |
| 18:0.....g | 3.564 | | 1 | A | 1 | 0.485 | 0.160 | 7.770 |
| 20:0.....g | 0.297 | | 1 | A | 1 | 0.040 | 0.013 | 0.647 |
| 22:0.....g | 0.836 | | 1 | A | 1 | 0.114 | 0.038 | 1.821 |
| 24:0.....g | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 57.334 | | 0 | NC | 4 | 7.797 | 2.580 | 124.989 |
| 14:1.....g | | | | | | | | |
| 15:1.....g | | | | | | | | |
| 16:1 undifferentiated.....g | 0.095 | | 0 | AS | 1 | 0.013 | 0.004 | 0.206 |
| 16:1 c.....g | 0.095 | | 1 | A | 1 | 0.013 | 0.004 | 0.206 |
| 16:1 t.....g | | | | | | | | |
| 17:1.....g | | | | | | | | |
| 18:1 undifferentiated.....g | 57.029 | | 0 | AS | 1 | 7.756 | 2.566 | 124.322 |
| 18:1 c.....g | 57.029 | | 1 | A | 1 | 7.756 | 2.566 | 124.322 |
| 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 | 0.211 | | 1 | A | 1 | 0.029 | 0.009 | 0.460 |
| 22:1 undifferentiated.....g | 0.000 | | 1 | A | 1 | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 28.962 | | 0 | NC | 4 | 3.939 | 1.303 | 63.136 |
| 18:2 undifferentiated.....g | 28.924 | | 0 | AS | 1 | 3.934 | 1.302 | 63.055 |
| 18:2 n-6 c,c.....g | 28.705 | | 1 | A | 1 | 3.904 | 1.292 | 62.578 |
| 18:2 CLAs.....g | | | | | | | | |
| 18:2 c,t.....g | | | | | | | | |
| 18:2 t,c.....g | | | | | | | | |
| 18:2 t,t.....g | | | | | | | | |
| 18:2 i.....g | 0.219 | | 1 | A | 1 | 0.030 | 0.010 | 0.477 |
| 18:2 t not further defined.....g | | | | | | | | |
| 18:3 undifferentiated.....g | 0.037 | | 0 | AS | 1 | 0.005 | 0.002 | 0.081 |
| 18:3 n-3 c,c,c.....g | 0.037 | | 1 | A | 1 | 0.005 | 0.002 | 0.081 |
| 18:3 n-6 c,c,c.....g | | | | | | | | |
| 18:3i.....g | 0.000 | | 1 | A | 1 | 0.000 | 0.000 | 0.000 |
| 18:4.....g | 0.000 | | 1 | A | 1 | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | |
| 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 | | 1 | A | 1 | 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 | 0.219 | | 0 | NC | 4 | 0.030 | 0.010 | 0.477 |
| Fatty acids, total trans-monoenoic.....g | 0.000 | | 0 | NC | 4 | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans-polyenoic.....g | 0.219 | | 0 | NC | 4 | 0.030 | 0.010 | 0.477 |
| Cholesterol.....mg | 0 | | 0 | BFZN | 4 | 0 | 0 | 0 |
| Phytosterols.....mg | | | | | | | | |
| Others: | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | BFZN | 4 | 0.0 | 0.0 | 0.0 |
| Caffeine.....mg | 0 | | 0 | BFZN | 4 | 0 | 0 | 0 |
| Theobromine.....mg | 0 | | 0 | BFZN | 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.

NDB No. 04642

Oil, vegetable, industrial, mid-oleic, sunflower, principal uses frying and salad dressings

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 4.5g: 1 teaspoon

Measure 3 = 218g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04662

Oil, vegetable, industrial, palm and palm kernel, filling fat

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 Deriv | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | Points | Code | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 0.04 | | 1 | A | 1 | | 0.01 | 0.09 | 0.00 |
| Energy.....kcal | 880 | | 0 | NC | 4 | | 120 | 1917 | 40 |
| Energy.....kj | 3680 | | 0 | NC | 4 | | 501 | 8023 | 166 |
| Protein (N x 6.25).....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat).....g | 99.50 | | 1 | A | 1 | | 13.53 | 216.91 | 4.48 |
| Ash.....g | 0.01 | | 1 | A | 1 | | 0.00 | 0.03 | 0.00 |
| Carbohydrate, by difference.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 1 | | 1 | A | 1 | | 0 | 2 | 0 |
| Iron, Fe.....mg | 0.15 | | 1 | A | 1 | | 0.02 | 0.32 | 0.01 |
| Magnesium, Mg.....mg | 0 | | 1 | A | 1 | | 0 | 0 | 0 |
| Phosphorus, P.....mg | 0 | | 1 | A | 1 | | 0 | 0 | 0 |
| Potassium, K.....mg | 4 | | 1 | A | 1 | | 1 | 8 | 0 |
| Sodium, Na.....mg | 6 | | 1 | A | 1 | | 1 | 13 | 0 |
| Zinc, Zn.....mg | 0.04 | | 1 | A | 1 | | 0.01 | 0.08 | 0.00 |
| Copper, Cu.....mg | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn.....mg | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Selenium, Se.....mcg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Riboflavin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Niacin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folic acid.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folate, food.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total.....mg | 24.0 | | 0 | O | 4 | | 3.3 | 52.3 | 1.1 |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.00 | | 0 | BFZN | 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 | BFZN | 4 | | 0 | 0 | 0 |
| Retinol.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Carotene, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Carotene, alpha.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Vitamin A, IU.....IU | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Lycopene.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol).....mg | 3.81 | | 0 | BFZN | 4 | | 0.52 | 8.31 | 0.17 |
| 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 | BFZN | 4 | | 3.4 | 53.9 | 1.1 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 71.444 | | 0 | NC | 4 | | 9.716 | 155.747 | 3.215 |
| 4:0.....g | 0.042 | | 1 | A | 1 | | 0.006 | 0.092 | 0.002 |
| 6:0.....g | 0.236 | | 1 | A | 1 | | 0.032 | 0.515 | 0.011 |
| 8:0.....g | 2.682 | | 1 | A | 1 | | 0.365 | 5.846 | 0.121 |
| 10:0.....g | 1.999 | | 1 | A | 1 | | 0.272 | 4.357 | 0.090 |

NDB No. 04662

Oil, vegetable, industrial, palm and palm kernel, filling fat

| 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 |
| | | | | | | | | | |
| 12:0.....g | 23.231 | | 1 | A | 1 | | 3.159 | 50.644 | 1.045 |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 7.423 | | 1 | A | 1 | | 1.009 | 16.181 | 0.334 |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 29.450 | | 1 | A | 1 | | 4.005 | 64.202 | 1.325 |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 6.080 | | 1 | A | 1 | | 0.827 | 13.254 | 0.274 |
| 20:0.....g | 0.300 | | 1 | A | 1 | | 0.041 | 0.654 | 0.014 |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 19.702 | | 0 | NC | 4 | | 2.680 | 42.951 | 0.887 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 19.702 | | 0 | AS | 1 | | 2.680 | 42.951 | 0.887 |
| 18:1 c.....g | 19.702 | | 1 | A | 1 | | 2.680 | 42.951 | 0.887 |
| 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 | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 3.247 | | 0 | NC | 4 | | 0.442 | 7.079 | 0.146 |
| 18:2 undifferentiated.....g | 3.247 | | 0 | AS | 1 | | 0.442 | 7.079 | 0.146 |
| 18:2 n-6 c,c.....g | 3.247 | | 1 | A | 1 | | 0.442 | 7.079 | 0.146 |
| 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 | | | | | | | | | |
| 18:3 undifferentiated.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 18:3 n-3 c,c,c.....g | | | | | | | | | |
| 18:3 n-6 c,c,c.....g | | | | | | | | | |
| 18:3i.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 18:4.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 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 | | 1 | A | 1 | | 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 | 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 | 0.000 | | 0 | NC | 4 | | 0.000 | 0.000 | 0.000 |
| Cholesterol.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Phytosterols.....mg | 95 | | 0 | BFZN | 4 | | 13 | 207 | 4 |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Threonine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Isoleucine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Leucine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Lysine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Methionine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Cystine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Phenylalanine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Tyrosine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |

NDB No. 04662

Oil, vegetable, industrial, palm and palm kernel, filling fat

| Nutrients and Units | <u>Amount in 100 grams of edible portion</u> | | | | <u>Amount in edible portion of common measures of food</u> | | | | |
|----------------------|--|------------|-----------------------|------------|--|-----------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Valine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Arginine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Histidine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Alanine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Glycine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Proline.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Serine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Caffeine.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Theobromine.....mg | 0 | | 0 | BFZN | 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 = 13.6g: 1 tbs

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04660

Oil, vegetable, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy

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 Deriv | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | Points | Code | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 0.04 | | 1 | A | 1 | | 0.01 | 0.09 | 0.00 |
| Energy.....kcal | 884 | | 0 | NC | 4 | | 120 | 1927 | 40 |
| Energy.....kj | 3699 | | 0 | NC | 4 | | 503 | 8063 | 166 |
| Protein (N x 6.25).....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat).....g | 100.00 | | 1 | PAK | 1 | | 13.60 | 218.00 | 4.50 |
| Ash.....g | 0.01 | | 1 | A | 1 | | 0.00 | 0.03 | 0.00 |
| Carbohydrate, by difference.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 1 | | 1 | A | 1 | | 0 | 2 | 0 |
| Iron, Fe.....mg | 0.15 | | 1 | A | 1 | | 0.02 | 0.32 | 0.01 |
| Magnesium, Mg.....mg | 0 | | 1 | A | 1 | | 0 | 0 | 0 |
| Phosphorus, P.....mg | 0 | | 1 | A | 1 | | 0 | 0 | 0 |
| Potassium, K.....mg | 2 | | 1 | A | 1 | | 0 | 3 | 0 |
| Sodium, Na.....mg | 6 | | 1 | A | 1 | | 1 | 12 | 0 |
| Zinc, Zn.....mg | 0.04 | | 1 | A | 1 | | 0.01 | 0.08 | 0.00 |
| Copper, Cu.....mg | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn.....mg | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Selenium, Se.....mcg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Riboflavin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Niacin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folic acid.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folate, food.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total.....mg | 0.2 | | 0 | CAZN | 4 | | 0.0 | 0.4 | 0.0 |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.00 | | 0 | BFZN | 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 | BFZN | 4 | | 0 | 0 | 0 |
| Retinol.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Carotene, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Carotene, alpha.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Vitamin A, IU.....IU | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Lycopene.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol).....mg | 3.81 | | 0 | BFZN | 4 | | 0.52 | 8.31 | 0.17 |
| 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 | BFZN | 4 | | 3.4 | 53.9 | 1.1 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 88.965 | | 0 | NC | 4 | | 12.099 | 193.943 | 4.003 |
| 4:0.....g | 0.073 | | 1 | A | 1 | | 0.010 | 0.159 | 0.003 |
| 6:0.....g | 0.325 | | 1 | A | 1 | | 0.044 | 0.708 | 0.015 |
| 8:0.....g | 3.895 | | 1 | A | 1 | | 0.530 | 8.491 | 0.175 |
| 10:0.....g | 3.322 | | 1 | A | 1 | | 0.452 | 7.241 | 0.149 |

NDB No. 04660

Oil, vegetable, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy

| 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 |
| | | | | | | | | | |
| 12:0.....g | 45.314 | | 1 | A | 1 | | 6.163 | 98.785 | 2.039 |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 13.916 | | 1 | A | 1 | | 1.893 | 30.336 | 0.626 |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 7.353 | | 1 | A | 1 | | 1.000 | 16.030 | 0.331 |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 14.561 | | 1 | A | 1 | | 1.980 | 31.742 | 0.655 |
| 20:0.....g | 0.207 | | 1 | A | 1 | | 0.028 | 0.450 | 0.009 |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 4.934 | | 0 | NC | 4 | | 0.671 | 10.756 | 0.222 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 4.934 | | 0 | AS | 1 | | 0.671 | 10.756 | 0.222 |
| 18:1 c.....g | 1.254 | | 1 | A | 1 | | 0.170 | 2.733 | 0.056 |
| 18:1-11c (18:1c n-7).....g | | | | | | | | | |
| 18:1 t.....g | 3.680 | | 1 | A | 1 | | 0.501 | 8.023 | 0.166 |
| 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 | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.000 | | 0 | NC | 4 | | 0.000 | 0.000 | 0.000 |
| 18:2 undifferentiated.....g | 0.000 | | 0 | AS | 1 | | 0.000 | 0.000 | 0.000 |
| 18:2 n-6 c,c.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 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 | | | | | | | | | |
| 18:3 undifferentiated.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 18:3 n-3 c,c,c.....g | | | | | | | | | |
| 18:3 n-6 c,c,c.....g | | | | | | | | | |
| 18:3i.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 18:4.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 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 | | 1 | A | 1 | | 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 | 3.680 | | 0 | NC | 4 | | 0.501 | 8.023 | 0.166 |
| Fatty acids, total trans-monoenoic.....g | 3.680 | | 0 | NC | 4 | | 0.501 | 8.023 | 0.166 |
| Fatty acids, total trans-polyenoic.....g | 0.000 | | 0 | NC | 4 | | 0.000 | 0.000 | 0.000 |
| Cholesterol.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Phytosterols.....mg | 95 | | 0 | BFZN | 4 | | 13 | 207 | 4 |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Threonine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Isoleucine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Leucine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Lysine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Methionine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Cystine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Phenylalanine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Tyrosine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |

NDB No. 04660

Oil, vegetable, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy

| Nutrients and Units | <u>Amount in 100 grams of edible portion</u> | | | | <u>Amount in edible portion of common measures of food</u> | | | | |
|----------------------|--|------------|-----------------------|------------|--|-----------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Valine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Arginine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Histidine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Alanine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Glycine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Proline.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Serine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Caffeine.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Theobromine.....mg | 0 | | 0 | BFZN | 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 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04658

Oil, vegetable, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product

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 | 0.04 | | 1 | A | 1 | | 0.01 | 0.09 | 0.00 |
| Energy.....kcal | 884 | | 0 | NC | 4 | | 120 | 1927 | 40 |
| Energy.....kj | 3699 | | 0 | NC | 4 | | 503 | 8063 | 166 |
| Protein (N x 6.25).....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat).....g | 100.00 | | 1 | PAK | 1 | | 13.60 | 218.00 | 4.50 |
| Ash.....g | 0.01 | | 1 | A | 1 | | 0.00 | 0.03 | 0.00 |
| Carbohydrate, by difference.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 1 | | 1 | A | 1 | | 0 | 3 | 0 |
| Iron, Fe.....mg | 0.15 | | 1 | A | 1 | | 0.02 | 0.32 | 0.01 |
| Magnesium, Mg.....mg | 0 | | 1 | A | 1 | | 0 | 0 | 0 |
| Phosphorus, P.....mg | 0 | | 1 | A | 1 | | 0 | 0 | 0 |
| Potassium, K.....mg | 1 | | 1 | A | 1 | | 0 | 2 | 0 |
| Sodium, Na.....mg | 6 | | 1 | A | 1 | | 1 | 13 | 0 |
| Zinc, Zn.....mg | 0.04 | | 1 | A | 1 | | 0.01 | 0.08 | 0.00 |
| Copper, Cu.....mg | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn.....mg | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Selenium, Se.....mcg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Riboflavin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Niacin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folic acid.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folate, food.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total.....mg | 0.2 | | 0 | CAZN | 4 | | 0.0 | 0.4 | 0.0 |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.00 | | 0 | BFZN | 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 | BFZN | 4 | | 0 | 0 | 0 |
| Retinol.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Carotene, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Carotene, alpha.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Vitamin A, IU.....IU | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Lycopene.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol).....mg | 3.81 | | 0 | BFZN | 4 | | 0.52 | 8.31 | 0.17 |
| 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 | BFZN | 4 | | 3.4 | 53.9 | 1.1 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 92.614 | | 0 | NC | 4 | | 12.595 | 201.898 | 4.168 |
| 4:0.....g | 0.077 | | 1 | A | 1 | | 0.011 | 0.169 | 0.003 |
| 6:0.....g | 0.258 | | 1 | A | 1 | | 0.035 | 0.563 | 0.012 |
| 8:0.....g | 3.260 | | 1 | A | 1 | | 0.443 | 7.107 | 0.147 |
| 10:0.....g | 3.157 | | 1 | A | 1 | | 0.429 | 6.882 | 0.142 |

Oil, vegetable, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product

| 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 |
| | | | | | | | | | |
| 12:0.....g | 48.445 | | 1 | A | 1 | | 6.589 | 105.611 | 2.180 |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 16.205 | | 1 | A | 1 | | 2.204 | 35.327 | 0.729 |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 7.696 | | 1 | A | 1 | | 1.047 | 16.777 | 0.346 |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 13.477 | | 1 | A | 1 | | 1.833 | 29.380 | 0.606 |
| 20:0.....g | 0.037 | | 1 | A | 1 | | 0.005 | 0.081 | 0.002 |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 1.271 | | 0 | NC | 4 | | 0.173 | 2.770 | 0.057 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 1.271 | | 0 | AS | 1 | | 0.173 | 2.770 | 0.057 |
| 18:1 c.....g | 1.271 | | 1 | A | 1 | | 0.173 | 2.770 | 0.057 |
| 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 | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.037 | | 0 | NC | 4 | | 0.005 | 0.081 | 0.002 |
| 18:2 undifferentiated.....g | 0.037 | | 0 | AS | 1 | | 0.005 | 0.081 | 0.002 |
| 18:2 n-6 c,c.....g | 0.037 | | 1 | A | 1 | | 0.005 | 0.081 | 0.002 |
| 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 | | | | | | | | | |
| 18:3 undifferentiated.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 18:3 n-3 c,c,c.....g | | | | | | | | | |
| 18:3 n-6 c,c,c.....g | | | | | | | | | |
| 18:3i.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 18:4.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 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 | | 1 | A | 1 | | 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 | 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 | 0.000 | | 0 | NC | 4 | | 0.000 | 0.000 | 0.000 |
| Cholesterol.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Phytosterols.....mg | 95 | | 0 | BFZN | 4 | | 13 | 207 | 4 |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Threonine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Isoleucine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Leucine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Lysine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Methionine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Cystine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Phenylalanine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Tyrosine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |

NDB No. 04658

Oil, vegetable, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product

| 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 |
| | | | | | | | | | |
| Valine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Arginine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Histidine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Alanine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Glycine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Proline.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Serine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Caffeine.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Theobromine.....mg | 0 | | 0 | BFZN | 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 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04657

Oil, vegetable, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter

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 | 0.05 | | 1 | A | 1 | | 0.01 | 0.11 | 0.00 |
| Energy.....kcal | 884 | | 0 | NC | 4 | | 120 | 1927 | 40 |
| Energy.....kj | 3699 | | 0 | NC | 4 | | 503 | 8063 | 166 |
| Protein (N x 6.25).....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat).....g | 100.00 | | 1 | PAK | 1 | | 13.60 | 218.00 | 4.50 |
| Ash.....g | 0.01 | | 1 | A | 1 | | 0.00 | 0.03 | 0.00 |
| Carbohydrate, by difference.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 1 | | 1 | A | 1 | | 0 | 3 | 0 |
| Iron, Fe.....mg | 0.15 | | 1 | A | 1 | | 0.02 | 0.32 | 0.01 |
| Magnesium, Mg.....mg | 0 | | 1 | A | 1 | | 0 | 0 | 0 |
| Phosphorus, P.....mg | 0 | | 1 | A | 1 | | 0 | 0 | 0 |
| Potassium, K.....mg | 1 | | 1 | A | 1 | | 0 | 2 | 0 |
| Sodium, Na.....mg | 6 | | 1 | A | 1 | | 1 | 13 | 0 |
| Zinc, Zn.....mg | 0.08 | | 1 | A | 1 | | 0.01 | 0.16 | 0.00 |
| Copper, Cu.....mg | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn.....mg | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Selenium, Se.....mcg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Riboflavin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Niacin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folic acid.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folate, food.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total.....mg | 0.2 | | 0 | CAZN | 4 | | 0.0 | 0.4 | 0.0 |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.00 | | 0 | BFZN | 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 | BFZN | 4 | | 0 | 0 | 0 |
| Retinol.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Carotene, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Carotene, alpha.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Vitamin A, IU.....IU | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Lycopene.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol).....mg | 3.81 | | 0 | BFZN | 4 | | 0.52 | 8.31 | 0.17 |
| 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 | BFZN | 4 | | 3.4 | 53.9 | 1.1 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 93.701 | | 0 | NC | 4 | | 12.743 | 204.268 | 4.217 |
| 4:0.....g | 0.069 | | 1 | A | 1 | | 0.009 | 0.150 | 0.003 |
| 6:0.....g | 0.321 | | 1 | A | 1 | | 0.044 | 0.700 | 0.014 |
| 8:0.....g | 3.873 | | 1 | A | 1 | | 0.527 | 8.444 | 0.174 |
| 10:0.....g | 3.125 | | 1 | A | 1 | | 0.425 | 6.813 | 0.141 |

| 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 |
| | | | | | | | | | |
| 12:0.....g | 42.515 | | 1 | A | 1 | | 5.782 | 92.682 | 1.913 |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 14.782 | | 1 | A | 1 | | 2.010 | 32.224 | 0.665 |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 8.173 | | 1 | A | 1 | | 1.111 | 17.816 | 0.368 |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 20.585 | | 1 | A | 1 | | 2.800 | 44.875 | 0.926 |
| 20:0.....g | 0.258 | | 1 | A | 1 | | 0.035 | 0.563 | 0.012 |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 0.257 | | 0 | NC | 4 | | 0.035 | 0.561 | 0.012 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.257 | | 0 | AS | 1 | | 0.035 | 0.561 | 0.012 |
| 18:1 c.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 18:1-11c (18:1c n-7).....g | | | | | | | | | |
| 18:1 t.....g | 0.257 | | 1 | A | 1 | | 0.035 | 0.561 | 0.012 |
| 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 | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.000 | | 0 | NC | 4 | | 0.000 | 0.000 | 0.000 |
| 18:2 undifferentiated.....g | 0.000 | | 0 | AS | 1 | | 0.000 | 0.000 | 0.000 |
| 18:2 n-6 c,c.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 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 | | | | | | | | | |
| 18:3 undifferentiated.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 18:3 n-3 c,c,c.....g | | | | | | | | | |
| 18:3 n-6 c,c,c.....g | | | | | | | | | |
| 18:3i.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 18:4.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 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 | | 1 | A | 1 | | 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 | 0.257 | | 0 | NC | 4 | | 0.035 | 0.561 | 0.012 |
| Fatty acids, total trans-monoenoic.....g | 0.257 | | 0 | NC | 4 | | 0.035 | 0.561 | 0.012 |
| Fatty acids, total trans-polyenoic.....g | 0.000 | | 0 | NC | 4 | | 0.000 | 0.000 | 0.000 |
| Cholesterol.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Phytosterols.....mg | 95 | | 0 | BFZN | 4 | | 13 | 207 | 4 |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Threonine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Isoleucine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Leucine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Lysine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Methionine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Cystine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Phenylalanine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Tyrosine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |

NDB No. 04657

Oil, vegetable, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter

| 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 |
| | | | | | | | | | |
| Valine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Arginine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Histidine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Alanine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Glycine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Proline.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Serine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Caffeine.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Theobromine.....mg | 0 | | 0 | BFZN | 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 = 13.6g: 1 tbs

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04656

Oil, vegetable, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter

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 Deriv Source Confidence | | | Measure 1 | Measure 2 | Measure 3 |
| | | | Points | Code | Code | | | |
| Proximates: | | | | | | | | |
| Water.....g | 0.05 | | 1 | A | 1 | 0.01 | 0.11 | 0.00 |
| Energy.....kcal | 884 | | 0 | NC | 4 | 120 | 1927 | 40 |
| Energy.....kj | 3699 | | 0 | NC | 4 | 503 | 8063 | 166 |
| Protein (N x 6.25).....g | 0.00 | | 1 | A | 1 | 0.00 | 0.00 | 0.00 |
| Total lipid (fat).....g | 100.00 | | 1 | PAK | 1 | 13.60 | 218.00 | 4.50 |
| Ash.....g | 0.01 | | 1 | A | 1 | 0.00 | 0.03 | 0.00 |
| Carbohydrate, by difference.....g | 0.00 | | 0 | BFZN | 4 | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary.....g | 0.0 | | 0 | BFZN | 4 | 0.0 | 0.0 | 0.0 |
| Sugars, total.....g | 0.00 | | 0 | BFZN | 4 | 0.00 | 0.00 | 0.00 |
| Starch.....g | | | | | | | | |
| Minerals: | | | | | | | | |
| Calcium, Ca.....mg | 1 | | 1 | A | 1 | 0 | 3 | 0 |
| Iron, Fe.....mg | 0.29 | | 1 | A | 1 | 0.04 | 0.63 | 0.01 |
| Magnesium, Mg.....mg | 0 | | 1 | A | 1 | 0 | 0 | 0 |
| Phosphorus, P.....mg | 0 | | 1 | A | 1 | 0 | 0 | 0 |
| Potassium, K.....mg | 2 | | 1 | A | 1 | 0 | 5 | 0 |
| Sodium, Na.....mg | 6 | | 1 | A | 1 | 1 | 13 | 0 |
| Zinc, Zn.....mg | 0.04 | | 1 | A | 1 | 0.01 | 0.08 | 0.00 |
| Copper, Cu.....mg | 0.000 | | 1 | A | 1 | 0.000 | 0.000 | 0.000 |
| Manganese, Mn.....mg | 0.000 | | 1 | A | 1 | 0.000 | 0.000 | 0.000 |
| Selenium, Se.....mcg | 0.0 | | 0 | BFZN | 4 | 0.0 | 0.0 | 0.0 |
| Vitamins: | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | BFZN | 4 | 0.0 | 0.0 | 0.0 |
| Thiamin.....mg | 0.000 | | 0 | BFZN | 4 | 0.000 | 0.000 | 0.000 |
| Riboflavin.....mg | 0.000 | | 0 | BFZN | 4 | 0.000 | 0.000 | 0.000 |
| Niacin.....mg | 0.000 | | 0 | BFZN | 4 | 0.000 | 0.000 | 0.000 |
| Pantothenic acid.....mg | 0.000 | | 0 | BFZN | 4 | 0.000 | 0.000 | 0.000 |
| Vitamin B-6.....mg | 0.000 | | 0 | BFZN | 4 | 0.000 | 0.000 | 0.000 |
| Folate, total.....mcg | 0 | | 0 | BFZN | 4 | 0 | 0 | 0 |
| Folic acid.....mcg | 0 | | 0 | BFZN | 4 | 0 | 0 | 0 |
| Folate, food.....mcg | 0 | | 0 | BFZN | 4 | 0 | 0 | 0 |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | 0 | 0 | 0 |
| Choline, total.....mg | 0.2 | | 0 | CAZN | 4 | 0.0 | 0.4 | 0.0 |
| Betaine.....mg | | | | | | | | |
| Vitamin B-12.....mcg | 0.00 | | 0 | BFZN | 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 | BFZN | 4 | 0 | 0 | 0 |
| Retinol.....mcg | 0 | | 0 | BFZN | 4 | 0 | 0 | 0 |
| Carotene, beta.....mcg | 0 | | 0 | BFZN | 4 | 0 | 0 | 0 |
| Carotene, alpha.....mcg | 0 | | 0 | BFZN | 4 | 0 | 0 | 0 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | BFZN | 4 | 0 | 0 | 0 |
| Vitamin A, IU.....IU | 0 | | 0 | BFZN | 4 | 0 | 0 | 0 |
| Lycopene.....mcg | 0 | | 0 | BFZN | 4 | 0 | 0 | 0 |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | BFZN | 4 | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol).....mg | 3.81 | | 0 | BFZN | 4 | 0.52 | 8.31 | 0.17 |
| 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 | BFZN | 4 | 3.4 | 53.9 | 1.1 |
| Lipids: | | | | | | | | |
| Fatty acids, total saturated.....g | 87.558 | | 0 | NC | 4 | 11.908 | 190.876 | 3.940 |
| 4:0.....g | 0.076 | | 1 | A | 1 | 0.010 | 0.165 | 0.003 |
| 6:0.....g | 0.156 | | 1 | A | 1 | 0.021 | 0.341 | 0.007 |
| 8:0.....g | 2.493 | | 1 | A | 1 | 0.339 | 5.434 | 0.112 |
| 10:0.....g | 3.109 | | 1 | A | 1 | 0.423 | 6.778 | 0.140 |

NDB No. 04656

Oil, vegetable, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter

| 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 |
| | | | | | | | | | |
| 12:0.....g | 53.428 | | 1 | A | 1 | | 7.266 | 116.472 | 2.404 |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 18.921 | | 1 | A | 1 | | 2.573 | 41.248 | 0.851 |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 7.472 | | 1 | A | 1 | | 1.016 | 16.289 | 0.336 |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 1.866 | | 1 | A | 1 | | 0.254 | 4.069 | 0.084 |
| 20:0.....g | 0.037 | | 1 | A | 1 | | 0.005 | 0.081 | 0.002 |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 5.406 | | 0 | NC | 4 | | 0.735 | 11.786 | 0.243 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 5.406 | | 0 | AS | 1 | | 0.735 | 11.786 | 0.243 |
| 18:1 c.....g | 5.406 | | 1 | A | 1 | | 0.735 | 11.786 | 0.243 |
| 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 | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.834 | | 0 | NC | 4 | | 0.113 | 1.817 | 0.038 |
| 18:2 undifferentiated.....g | 0.834 | | 0 | AS | 1 | | 0.113 | 1.817 | 0.038 |
| 18:2 n-6 c,c.....g | 0.834 | | 1 | A | 1 | | 0.113 | 1.817 | 0.038 |
| 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 | | | | | | | | | |
| 18:3 undifferentiated.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 18:3 n-3 c,c,c.....g | | | | | | | | | |
| 18:3 n-6 c,c,c.....g | | | | | | | | | |
| 18:3i.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 18:4.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 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 | | 1 | A | 1 | | 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 | 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 | 0.000 | | 0 | NC | 4 | | 0.000 | 0.000 | 0.000 |
| Cholesterol.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Phytosterols.....mg | 95 | | 0 | BFZN | 4 | | 13 | 207 | 4 |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Threonine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Isoleucine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Leucine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Lysine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Methionine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Cystine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Phenylalanine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Tyrosine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |

NDB No. 04656

Oil, vegetable, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter

| Nutrients and Units | <u>Amount in 100 grams of edible portion</u> | | | | <u>Amount in edible portion of common measures of food</u> | | | | |
|----------------------|--|------------|--------------------------|---------------|--|--------------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Valine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Arginine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Histidine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Alanine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Glycine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Proline.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Serine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Caffeine.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Theobromine.....mg | 0 | | 0 | BFZN | 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 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04652

Oil, vegetable, industrial, soy (partially hydrogenated), all purpose

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 | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Energy.....kcal | 884 | | 0 | NC | 4 | | 120 | 1927 | 40 |
| Energy.....kj | 3699 | | 0 | NC | 4 | | 503 | 8063 | 166 |
| Protein (N x 6.25).....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat).....g | 100.00 | | 1 | PAK | 1 | | 13.60 | 218.00 | 4.50 |
| Ash.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Carbohydrate, by difference.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Iron, Fe.....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Magnesium, Mg.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Phosphorus, P.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Potassium, K.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Sodium, Na.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Zinc, Zn.....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Copper, Cu.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Riboflavin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Niacin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folic acid.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folate, food.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total.....mg | 0.2 | | 0 | BFZN | 4 | | 0.0 | 0.4 | 0.0 |
| Betaine.....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Vitamin B-12.....mcg | 0.00 | | 0 | BFZN | 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 | BFZN | 4 | | 0 | 0 | 0 |
| Retinol.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Carotene, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Carotene, alpha.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Vitamin A, IU.....IU | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Lycopene.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol).....mg | 8.10 | | 0 | BFZN | 4 | | 1.10 | 17.66 | 0.36 |
| 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 | BFZN | 4 | | 3.4 | 53.9 | 1.1 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 24.750 | | 0 | NC | 4 | | 3.366 | 53.956 | 1.114 |
| 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. 04652

Oil, vegetable, industrial, soy (partially hydrogenated), all purpose

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common | | | |
|--|---------------------------------------|------------|-----------------------------|---------------|----------------|------------------------------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | measures of food | | | |
| | | | | | | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 12:0.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.104 | | 1 | A | 1 | | 0.014 | 0.226 | 0.005 |
| 15:0.....g | 0.037 | | 1 | A | 1 | | 0.005 | 0.081 | 0.002 |
| 16:0.....g | 11.178 | | 1 | A | 1 | | 1.520 | 24.368 | 0.503 |
| 17:0.....g | 0.124 | | 1 | A | 1 | | 0.017 | 0.269 | 0.006 |
| 18:0.....g | 12.589 | | 1 | A | 1 | | 1.712 | 27.444 | 0.567 |
| 20:0.....g | 0.354 | | 1 | A | 1 | | 0.048 | 0.772 | 0.016 |
| 22:0.....g | 0.365 | | 1 | A | 1 | | 0.050 | 0.795 | 0.016 |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 61.248 | | 0 | NC | 4 | | 8.330 | 133.520 | 2.756 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.085 | | 0 | AS | 1 | | 0.012 | 0.186 | 0.004 |
| 16:1 c.....g | 0.085 | | 1 | A | 1 | | 0.012 | 0.186 | 0.004 |
| 16:1 t.....g | | | | | | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 61.125 | | 0 | AS | 1 | | 8.313 | 133.253 | 2.751 |
| 18:1 c.....g | 31.487 | | 1 | A | 1 | | 4.282 | 68.641 | 1.417 |
| 18:1-11c (18:1c n-7).....g | | | | | | | | | |
| 18:1 t.....g | 29.638 | | 1 | A | 1 | | 4.031 | 64.612 | 1.334 |
| 18:1-11t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.037 | | 1 | A | 1 | | 0.005 | 0.081 | 0.002 |
| 22:1 undifferentiated.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 9.295 | | 0 | NC | 4 | | 1.264 | 20.263 | 0.418 |
| 18:2 undifferentiated.....g | 8.591 | | 0 | AS | 1 | | 1.168 | 18.727 | 0.387 |
| 18:2 n-6 c,c.....g | 4.562 | | 1 | A | 1 | | 0.620 | 9.945 | 0.205 |
| 18:2 CLAs.....g | | | | | | | | | |
| 18:2 c,t.....g | | | | | | | | | |
| 18:2 t,c.....g | | | | | | | | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | 4.029 | | 1 | A | 1 | | 0.548 | 8.782 | 0.181 |
| 18:2 t not further defined.....g | | | | | | | | | |
| 18:3 undifferentiated.....g | 0.209 | | 0 | AS | 1 | | 0.028 | 0.456 | 0.009 |
| 18:3 n-3 c,c,c.....g | 0.209 | | 1 | A | 1 | | 0.028 | 0.456 | 0.009 |
| 18:3 n-6 c,c,c.....g | | | | | | | | | |
| 18:3i.....g | 0.495 | | 1 | A | 1 | | 0.067 | 1.079 | 0.022 |
| 18:4.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 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 | | 1 | A | 1 | | 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 | 34.162 | | 0 | NC | 4 | | 4.646 | 74.473 | 1.537 |
| Fatty acids, total trans-monoenoic.....g | 29.638 | | 0 | NC | 4 | | 4.031 | 64.612 | 1.334 |
| Fatty acids, total trans-polyenoic.....g | 4.524 | | 0 | NC | 4 | | 0.615 | 9.861 | 0.204 |
| Cholesterol.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Phytosterols.....mg | 132 | | 0 | BFZN | 4 | | 18 | 288 | 6 |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Threonine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Isoleucine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Leucine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Lysine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Methionine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Cystine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |

NDB No. 04652

Oil, vegetable, industrial, soy (partially hydrogenated), all purpose

| Nutrients and Units | <u>Amount in 100 grams of edible portion</u> | | | | <u>Amount in edible portion of common measures of food</u> | | | | |
|----------------------|--|------------|-----------------------|------------|--|-----------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Phenylalanine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Tyrosine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Valine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Arginine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Histidine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Alanine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Glycine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Proline.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Serine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Caffeine.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Theobromine.....mg | 0 | | 0 | BFZN | 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 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04653

Oil, vegetable, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry

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 | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Energy.....kcal | 884 | | 0 | NC | 4 | | 120 | 1927 | 40 |
| Energy.....kj | 3699 | | 0 | NC | 4 | | 503 | 8063 | 166 |
| Protein (N x 6.25).....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat).....g | 100.00 | | 1 | PAK | 1 | | 13.60 | 218.00 | 4.50 |
| Ash.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Carbohydrate, by difference.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Iron, Fe.....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Magnesium, Mg.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Phosphorus, P.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Potassium, K.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Sodium, Na.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Zinc, Zn.....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Copper, Cu.....mg | 0.0000 | | 0 | BFZN | 4 | | 0.0000 | 0.0000 | 0.0000 |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin.....mg | 0.0000 | | 0 | BFZN | 4 | | 0.0000 | 0.0000 | 0.0000 |
| Riboflavin.....mg | 0.0000 | | 0 | BFZN | 4 | | 0.0000 | 0.0000 | 0.0000 |
| Niacin.....mg | 0.0000 | | 0 | BFZN | 4 | | 0.0000 | 0.0000 | 0.0000 |
| Pantothenic acid.....mg | 0.0000 | | 0 | BFZN | 4 | | 0.0000 | 0.0000 | 0.0000 |
| Vitamin B-6.....mg | 0.0000 | | 0 | BFZN | 4 | | 0.0000 | 0.0000 | 0.0000 |
| Folate, total.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folic acid.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folate, food.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total.....mg | 0.2 | | 0 | BFZN | 4 | | 0.0 | 0.4 | 0.0 |
| Betaine.....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Vitamin B-12.....mcg | 0.00 | | 0 | BFZN | 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 | BFZN | 4 | | 0 | 0 | 0 |
| Retinol.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Carotene, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Carotene, alpha.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Vitamin A, IU.....IU | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Lycopene.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol).....mg | 8.10 | | 0 | BFZN | 4 | | 1.10 | 17.66 | 0.36 |
| 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 | BFZN | 4 | | 3.4 | 53.9 | 1.1 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 15.341 | | 0 | NC | 4 | | 2.086 | 33.443 | 0.690 |
| 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 |

Oil, vegetable, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common | | |
|--|---------------------------------------|------------|-----------------------------|---------------|----------------|--------------------|------------------------------------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | 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 | | | | | | | | | |
| 14:0.....g | 0.094 | | 1 | A | 1 | | 0.013 | 0.205 | 0.004 |
| 15:0.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 16:0.....g | 10.154 | | 1 | A | 1 | | 1.381 | 22.136 | 0.457 |
| 17:0.....g | 0.086 | | 1 | A | 1 | | 0.012 | 0.186 | 0.004 |
| 18:0.....g | 4.346 | | 1 | A | 1 | | 0.591 | 9.473 | 0.196 |
| 20:0.....g | 0.325 | | 1 | A | 1 | | 0.044 | 0.709 | 0.015 |
| 22:0.....g | 0.336 | | 1 | A | 1 | | 0.046 | 0.733 | 0.015 |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 34.630 | | 0 | NC | 4 | | 4.710 | 75.493 | 1.558 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.095 | | 0 | AS | 1 | | 0.013 | 0.206 | 0.004 |
| 16:1 c.....g | 0.095 | | 1 | A | 1 | | 0.013 | 0.206 | 0.004 |
| 16:1 t.....g | | | | | | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 34.535 | | 0 | AS | 1 | | 4.697 | 75.287 | 1.554 |
| 18:1 c.....g | 26.228 | | 1 | A | 1 | | 3.567 | 57.177 | 1.180 |
| 18:1-11c (18:1c n-7).....g | | | | | | | | | |
| 18:1 t.....g | 8.308 | | 1 | A | 1 | | 1.130 | 18.110 | 0.374 |
| 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 | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 45.228 | | 0 | NC | 4 | | 6.151 | 98.596 | 2.035 |
| 18:2 undifferentiated.....g | 40.953 | | 0 | AS | 1 | | 5.570 | 89.278 | 1.843 |
| 18:2 n-6 c,c.....g | 38.944 | | 1 | A | 1 | | 5.296 | 84.897 | 1.752 |
| 18:2 CLAs.....g | | | | | | | | | |
| 18:2 c,t.....g | | | | | | | | | |
| 18:2 t,c.....g | | | | | | | | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | 2.010 | | 1 | A | 1 | | 0.273 | 4.381 | 0.090 |
| 18:2 t not further defined.....g | | | | | | | | | |
| 18:3 undifferentiated.....g | 3.837 | | 0 | AS | 1 | | 0.522 | 8.364 | 0.173 |
| 18:3 n-3 c,c,c.....g | 3.837 | | 1 | A | 1 | | 0.522 | 8.364 | 0.173 |
| 18:3 n-6 c,c,c.....g | | | | | | | | | |
| 18:3i.....g | 0.438 | | 1 | A | 1 | | 0.060 | 0.955 | 0.020 |
| 18:4.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 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 | | 1 | A | 1 | | 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 | 10.755 | | 0 | NC | 4 | | 1.463 | 23.446 | 0.484 |
| Fatty acids, total trans-monoenoic.....g | 8.308 | | 0 | NC | 4 | | 1.130 | 18.110 | 0.374 |
| Fatty acids, total trans-polyenoic.....g | 2.447 | | 0 | NC | 4 | | 0.333 | 5.335 | 0.110 |
| Cholesterol.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Phytosterols.....mg | 132 | | 0 | BFZN | 4 | | 18 | 288 | 6 |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Threonine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Isoleucine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Leucine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Lysine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Methionine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Cystine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |

NDB No. 04653

Oil, vegetable, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry

| 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 |
| | | | | | | | | | |
| Phenylalanine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Tyrosine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Valine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Arginine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Histidine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Alanine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Glycine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Proline.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Serine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Caffeine.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Theobromine.....mg | 0 | | 0 | BFZN | 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 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04664

Oil, vegetable, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings

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 | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Energy.....kcal | 884 | | 0 | NC | 4 | | 120 | 1927 | 40 |
| Energy.....kj | 3699 | | 0 | NC | 4 | | 503 | 8063 | 166 |
| Protein (N x 6.25).....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat).....g | 100.00 | | 1 | PAK | 1 | | 13.60 | 218.00 | 4.50 |
| Ash.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Carbohydrate, by difference.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Iron, Fe.....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Magnesium, Mg.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Phosphorus, P.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Potassium, K.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Sodium, Na.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Zinc, Zn.....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Copper, Cu.....mg | 0.0000 | | 0 | BFZN | 4 | | 0.0000 | 0.0000 | 0.0000 |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin.....mg | 0.0000 | | 0 | BFZN | 4 | | 0.0000 | 0.0000 | 0.0000 |
| Riboflavin.....mg | 0.0000 | | 0 | BFZN | 4 | | 0.0000 | 0.0000 | 0.0000 |
| Niacin.....mg | 0.0000 | | 0 | BFZN | 4 | | 0.0000 | 0.0000 | 0.0000 |
| Pantothenic acid.....mg | 0.0000 | | 0 | BFZN | 4 | | 0.0000 | 0.0000 | 0.0000 |
| Vitamin B-6.....mg | 0.0000 | | 0 | BFZN | 4 | | 0.0000 | 0.0000 | 0.0000 |
| Folate, total.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folic acid.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folate, food.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total.....mg | 0.2 | | 0 | CAZN | 4 | | 0.0 | 0.5 | 0.0 |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.00 | | 0 | BFZN | 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 | BFZN | 4 | | 0 | 0 | 0 |
| Retinol.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Carotene, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Carotene, alpha.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Vitamin A, IU.....IU | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Lycopene.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol).....mg | 8.10 | | 0 | BFZN | 4 | | 1.10 | 17.66 | 0.36 |
| 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 | BFZN | 4 | | 3.4 | 53.9 | 1.1 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 28.421 | | 0 | NC | 4 | | 3.865 | 61.957 | 1.279 |
| 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 |

Oil, vegetable, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common | | |
|--|---------------------------------------|------------|-----------------------------|---------------|----------------|--------------------|------------------------------------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | measures of food | | |
| | | | | | | | Measure 1 | Measure 2 | Measure 3 |
| 12:0.....g | 0.056 | | 1 | A | 1 | | 0.008 | 0.122 | 0.003 |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.254 | | 1 | A | 1 | | 0.035 | 0.554 | 0.011 |
| 15:0.....g | 0.037 | | 1 | A | 1 | | 0.005 | 0.081 | 0.002 |
| 16:0.....g | 15.833 | | 1 | A | 1 | | 2.153 | 34.516 | 0.712 |
| 17:0.....g | 0.105 | | 1 | A | 1 | | 0.014 | 0.228 | 0.005 |
| 18:0.....g | 11.503 | | 1 | A | 1 | | 1.564 | 25.076 | 0.518 |
| 20:0.....g | 0.354 | | 1 | A | 1 | | 0.048 | 0.772 | 0.016 |
| 22:0.....g | 0.279 | | 1 | A | 1 | | 0.038 | 0.607 | 0.013 |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 59.715 | | 0 | NC | 4 | | 8.121 | 130.180 | 2.687 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.104 | | 0 | AS | 1 | | 0.014 | 0.227 | 0.005 |
| 16:1 c.....g | 0.104 | | 1 | A | 1 | | 0.014 | 0.227 | 0.005 |
| 16:1 t.....g | | | | | | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 59.477 | | 0 | AS | 1 | | 8.089 | 129.660 | 2.676 |
| 18:1 c.....g | 31.134 | | 1 | A | 1 | | 4.234 | 67.873 | 1.401 |
| 18:1-11c (18:1c n-7).....g | | | | | | | | | |
| 18:1 t.....g | 28.343 | | 1 | A | 1 | | 3.855 | 61.787 | 1.275 |
| 18:1-11t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.134 | | 1 | A | 1 | | 0.018 | 0.293 | 0.006 |
| 22:1 undifferentiated.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 7.095 | | 0 | NC | 4 | | 0.965 | 15.467 | 0.319 |
| 18:2 undifferentiated.....g | 6.610 | | 0 | AS | 1 | | 0.899 | 14.409 | 0.297 |
| 18:2 n-6 c,c.....g | 4.210 | | 1 | A | 1 | | 0.573 | 9.177 | 0.189 |
| 18:2 CLAs.....g | | | | | | | | | |
| 18:2 c,t.....g | | | | | | | | | |
| 18:2 t,c.....g | | | | | | | | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | 2.400 | | 1 | A | 1 | | 0.326 | 5.232 | 0.108 |
| 18:2 t not further defined.....g | | | | | | | | | |
| 18:3 undifferentiated.....g | 0.000 | | 0 | AS | 1 | | 0.000 | 0.000 | 0.000 |
| 18:3 n-3 c,c,c.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 18:3 n-6 c,c,c.....g | | | | | | | | | |
| 18:3i.....g | 0.486 | | 1 | A | 1 | | 0.066 | 1.058 | 0.022 |
| 18:4.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 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 | | 1 | A | 1 | | 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 | 31.228 | | 0 | NC | 4 | | 4.247 | 68.078 | 1.405 |
| Fatty acids, total trans-monoenoic.....g | 28.343 | | 0 | NC | 4 | | 3.855 | 61.787 | 1.275 |
| Fatty acids, total trans-polyenoic.....g | 2.886 | | 0 | NC | 4 | | 0.392 | 6.290 | 0.130 |
| Cholesterol.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Phytosterols.....mg | 132 | | 0 | BFZN | 4 | | 18 | 288 | 6 |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Threonine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Isoleucine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Leucine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Lysine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Methionine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Cystine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |

NDB No. 04664

Oil, vegetable, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings

| 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 |
| | | | | | | | | | |
| Phenylalanine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Tyrosine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Valine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Arginine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Histidine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Alanine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Glycine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Proline.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Serine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Caffeine.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Theobromine.....mg | 0 | | 0 | BFZN | 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 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04651

Oil, vegetable, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor

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 | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Energy.....kcal | 884 | | 0 | NC | 4 | | 120 | 1927 | 40 |
| Energy.....kj | 3699 | | 0 | NC | 4 | | 503 | 8063 | 166 |
| Protein.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat).....g | 100.00 | | 1 | PAK | 1 | | 13.60 | 218.00 | 4.50 |
| Ash.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Carbohydrate, by difference.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Iron, Fe.....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Magnesium, Mg.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Phosphorus, P.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Potassium, K.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Sodium, Na.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Zinc, Zn.....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Copper, Cu.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Riboflavin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Niacin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folic acid.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folate, food.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total.....mg | 0.2 | | 0 | BFZN | 4 | | 0.0 | 0.4 | 0.0 |
| Betaine.....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Vitamin B-12.....mcg | 0.00 | | 0 | BFZN | 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 | BFZN | 4 | | 0 | 0 | 0 |
| Retinol.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Carotene, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Carotene, alpha.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Vitamin A, IU.....IU | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Lycopene.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol).....mg | 8.10 | | 0 | BFZN | 4 | | 1.10 | 17.66 | 0.36 |
| 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 | BFZN | 4 | | 3.4 | 53.9 | 1.1 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 18.101 | | 0 | NC | 4 | | 2.462 | 39.461 | 0.815 |
| 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. 04651

Oil, vegetable, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common | | |
|--|---------------------------------------|------------|-----------------------------|---------------|----------------|--------------------|------------------------------------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | 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 | | | | | | | | | |
| 14:0.....g | 0.075 | | 1 | A | 1 | | 0.010 | 0.164 | 0.003 |
| 15:0.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 16:0.....g | 10.970 | | 1 | A | 1 | | 1.492 | 23.914 | 0.494 |
| 17:0.....g | 0.095 | | 1 | A | 1 | | 0.013 | 0.207 | 0.004 |
| 18:0.....g | 6.156 | | 1 | A | 1 | | 0.837 | 13.421 | 0.277 |
| 20:0.....g | 0.402 | | 1 | A | 1 | | 0.055 | 0.876 | 0.018 |
| 22:0.....g | 0.403 | | 1 | A | 1 | | 0.055 | 0.879 | 0.018 |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 40.262 | | 0 | NC | 4 | | 5.476 | 87.771 | 1.812 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.104 | | 0 | AS | 1 | | 0.014 | 0.227 | 0.005 |
| 16:1 c.....g | 0.104 | | 1 | A | 1 | | 0.014 | 0.227 | 0.005 |
| 16:1 t.....g | | | | | | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 39.928 | | 0 | AS | 1 | | 5.430 | 87.042 | 1.797 |
| 18:1 c.....g | 30.324 | | 1 | A | 1 | | 4.124 | 66.107 | 1.365 |
| 18:1-11c (18:1c n-7).....g | | | | | | | | | |
| 18:1 t.....g | 9.603 | | 1 | A | 1 | | 1.306 | 20.935 | 0.432 |
| 18:1-11t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.230 | | 1 | A | 1 | | 0.031 | 0.502 | 0.010 |
| 22:1 undifferentiated.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 36.847 | | 0 | NC | 4 | | 5.011 | 80.327 | 1.658 |
| 18:2 undifferentiated.....g | 34.563 | | 0 | AS | 1 | | 4.701 | 75.346 | 1.555 |
| 18:2 n-6 c,c.....g | 31.791 | | 1 | A | 1 | | 4.324 | 69.305 | 1.431 |
| 18:2 CLAs.....g | | | | | | | | | |
| 18:2 c,t.....g | | | | | | | | | |
| 18:2 t,c.....g | | | | | | | | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | 2.771 | | 1 | A | 1 | | 0.377 | 6.042 | 0.125 |
| 18:2 t not further defined.....g | | | | | | | | | |
| 18:3 undifferentiated.....g | 1.733 | | 0 | AS | 1 | | 0.236 | 3.777 | 0.078 |
| 18:3 n-3 c,c,c.....g | 1.733 | | 1 | A | 1 | | 0.236 | 3.777 | 0.078 |
| 18:3 n-6 c,c,c.....g | | | | | | | | | |
| 18:3i.....g | 0.552 | | 1 | A | 1 | | 0.075 | 1.204 | 0.025 |
| 18:4.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 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 | | 1 | A | 1 | | 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 | 12.927 | | 0 | NC | 4 | | 1.758 | 28.180 | 0.582 |
| Fatty acids, total trans-monoenoic.....g | 9.603 | | 0 | NC | 4 | | 1.306 | 20.935 | 0.432 |
| Fatty acids, total trans-polyenoic.....g | 3.324 | | 0 | NC | 4 | | 0.452 | 7.245 | 0.150 |
| Cholesterol.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Phytosterols.....mg | 132 | | 0 | BFZN | 4 | | 18 | 288 | 6 |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Threonine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Isoleucine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Leucine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Lysine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Methionine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Cystine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |

NDB No. 04651

Oil, vegetable, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor

| 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 |
| | | | | | | | | | |
| Phenylalanine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Tyrosine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Valine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Arginine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Histidine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Alanine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Glycine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Proline.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Serine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Caffeine.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Theobromine.....mg | 0 | | 0 | BFZN | 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 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04648

Oil, vegetable, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables

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 | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Energy.....kcal | 884 | | 0 | NC | 4 | | 120 | 1927 | 40 |
| Energy.....kj | 3699 | | 0 | NC | 4 | | 503 | 8063 | 166 |
| Protein.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat).....g | 100.00 | | 1 | PAK | 1 | | 13.60 | 218.00 | 4.50 |
| Ash.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Carbohydrate, by difference.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Iron, Fe.....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Magnesium, Mg.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Phosphorus, P.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Potassium, K.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Sodium, Na.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Zinc, Zn.....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Copper, Cu.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Riboflavin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Niacin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folic acid.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folate, food.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total.....mg | 0.2 | | 0 | BFZN | 4 | | 0.0 | 0.4 | 0.0 |
| Betaine.....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Vitamin B-12.....mcg | 0.00 | | 0 | BFZN | 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 | BFZN | 4 | | 0 | 0 | 0 |
| Retinol.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Carotene, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Carotene, alpha.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Vitamin A, IU.....IU | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Lycopene.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol).....mg | 8.10 | | 0 | BFZN | 4 | | 1.10 | 17.66 | 0.36 |
| 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 | BFZN | 4 | | 3.4 | 53.9 | 1.1 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 17.683 | | 0 | NC | 4 | | 2.405 | 38.548 | 0.796 |
| 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 |

Oil, vegetable, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.094 | | 1 | A | 1 | | 0.013 | 0.205 | 0.004 |
| 15:0.....g | 0.037 | | 1 | A | 1 | | 0.005 | 0.081 | 0.002 |
| 16:0.....g | 10.543 | | 1 | A | 1 | | 1.434 | 22.983 | 0.474 |
| 17:0.....g | 0.105 | | 1 | A | 1 | | 0.014 | 0.228 | 0.005 |
| 18:0.....g | 6.175 | | 1 | A | 1 | | 0.840 | 13.462 | 0.278 |
| 20:0.....g | 0.364 | | 1 | A | 1 | | 0.049 | 0.793 | 0.016 |
| 22:0.....g | 0.365 | | 1 | A | 1 | | 0.050 | 0.795 | 0.016 |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 41.929 | | 0 | NC | 4 | | 5.702 | 91.405 | 1.887 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.095 | | 0 | AS | 1 | | 0.013 | 0.206 | 0.004 |
| 16:1 c.....g | 0.095 | | 1 | A | 1 | | 0.013 | 0.206 | 0.004 |
| 16:1 t.....g | | | | | | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 41.633 | | 0 | AS | 1 | | 5.662 | 90.760 | 1.873 |
| 18:1 c.....g | 31.620 | | 1 | A | 1 | | 4.300 | 68.932 | 1.423 |
| 18:1-11c (18:1c n-7).....g | | | | | | | | | |
| 18:1 t.....g | 10.013 | | 1 | A | 1 | | 1.362 | 21.828 | 0.451 |
| 18:1-11t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.201 | | 1 | A | 1 | | 0.027 | 0.439 | 0.009 |
| 22:1 undifferentiated.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 35.638 | | 0 | NC | 4 | | 4.847 | 77.690 | 1.604 |
| 18:2 undifferentiated.....g | 33.020 | | 0 | AS | 1 | | 4.491 | 71.983 | 1.486 |
| 18:2 n-6 c,c.....g | 30.153 | | 1 | A | 1 | | 4.101 | 65.733 | 1.357 |
| 18:2 CLAs.....g | | | | | | | | | |
| 18:2 c,t.....g | | | | | | | | | |
| 18:2 t,c.....g | | | | | | | | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | 2.867 | | 1 | A | 1 | | 0.390 | 6.249 | 0.129 |
| 18:2 t not further defined.....g | | | | | | | | | |
| 18:3 undifferentiated.....g | 1.942 | | 0 | AS | 1 | | 0.264 | 4.234 | 0.087 |
| 18:3 n-3 c,c,c.....g | 1.942 | | 1 | A | 1 | | 0.264 | 4.234 | 0.087 |
| 18:3 n-6 c,c,c.....g | | | | | | | | | |
| 18:3i.....g | 0.676 | | 1 | A | 1 | | 0.092 | 1.473 | 0.030 |
| 18:4.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 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 | | 1 | A | 1 | | 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 | 13.555 | | 0 | NC | 4 | | 1.844 | 29.551 | 0.610 |
| Fatty acids, total trans-monoenoic.....g | 10.013 | | 0 | NC | 4 | | 1.362 | 21.828 | 0.451 |
| Fatty acids, total trans-polyenoic.....g | 3.543 | | 0 | NC | 4 | | 0.482 | 7.723 | 0.159 |
| Cholesterol.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Phytosterols.....mg | 132 | | 0 | BFZN | 4 | | 18 | 288 | 6 |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Threonine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Isoleucine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Leucine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Lysine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Methionine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Cystine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |

NDB No. 04648

Oil, vegetable, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables

| 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 |
| | | | | | | | | | |
| Phenylalanine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Tyrosine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Valine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Arginine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Histidine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Alanine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Glycine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Proline.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Serine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Caffeine.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Theobromine.....mg | 0 | | 0 | BFZN | 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 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04650

Oil, vegetable, industrial, soy, refined, for woks and light frying

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 | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Energy.....kcal | 884 | | 0 | BFZN | 4 | | 120 | 1927 | 40 |
| Energy.....kj | 3699 | | 0 | BFZN | 4 | | 503 | 8063 | 166 |
| Protein.....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat).....g | 100.00 | | 1 | PAK | 1 | | 13.60 | 218.00 | 4.50 |
| Ash.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Carbohydrate, by difference.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Iron, Fe.....mg | 0.02 | | 0 | BFZN | 4 | | 0.00 | 0.04 | 0.00 |
| Magnesium, Mg.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Phosphorus, P.....mg | 0 | | 0 | BFZN | 4 | | 0 | 1 | 0 |
| Potassium, K.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Sodium, Na.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Zinc, Zn.....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Copper, Cu.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Riboflavin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Niacin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folic acid.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folate, food.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total.....mg | 0.2 | | 0 | BFZN | 4 | | 0.0 | 0.4 | 0.0 |
| Betaine.....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Vitamin B-12.....mcg | 0.00 | | 0 | BFZN | 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 | BFZN | 4 | | 0 | 0 | 0 |
| Retinol.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Carotene, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Carotene, alpha.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Vitamin A, IU.....IU | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Lycopene.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol).....mg | 8.18 | | 0 | BFZN | 4 | | 1.11 | 17.83 | 0.37 |
| 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 | 183.9 | | 0 | BFZN | 4 | | 25.0 | 400.9 | 8.3 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 15.340 | | 0 | NC | 4 | | 2.086 | 33.441 | 0.690 |
| 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. 04650

Oil, vegetable, industrial, soy, refined, for woks and light frying

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.094 | | 1 | A | 1 | | 0.013 | 0.205 | 0.004 |
| 15:0.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 16:0.....g | 10.410 | | 1 | A | 1 | | 1.416 | 22.694 | 0.468 |
| 17:0.....g | 0.105 | | 1 | A | 1 | | 0.014 | 0.228 | 0.005 |
| 18:0.....g | 4.041 | | 1 | A | 1 | | 0.550 | 8.809 | 0.182 |
| 20:0.....g | 0.335 | | 1 | A | 1 | | 0.046 | 0.730 | 0.015 |
| 22:0.....g | 0.355 | | 1 | A | 1 | | 0.048 | 0.775 | 0.016 |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 21.701 | | 0 | NC | 4 | | 2.951 | 47.308 | 0.977 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.123 | | 0 | AS | 1 | | 0.017 | 0.269 | 0.006 |
| 16:1 c.....g | 0.123 | | 1 | A | 1 | | 0.017 | 0.269 | 0.006 |
| 16:1 t.....g | | | | | | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 21.541 | | 0 | AS | 1 | | 2.930 | 46.958 | 0.969 |
| 18:1 c.....g | 21.541 | | 1 | A | 1 | | 2.930 | 46.958 | 0.969 |
| 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 | 0.037 | | 1 | A | 1 | | 0.005 | 0.081 | 0.002 |
| 22:1 undifferentiated.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 58.208 | | 0 | NC | 4 | | 7.916 | 126.893 | 2.619 |
| 18:2 undifferentiated.....g | 51.296 | | 0 | AS | 1 | | 6.976 | 111.826 | 2.308 |
| 18:2 n-6 c,c.....g | 51.172 | | 1 | A | 1 | | 6.959 | 111.556 | 2.303 |
| 18:2 CLAs.....g | | | | | | | | | |
| 18:2 c,t.....g | | | | | | | | | |
| 18:2 t,c.....g | | | | | | | | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | 0.124 | | 1 | A | 1 | | 0.017 | 0.270 | 0.006 |
| 18:2 t not further defined.....g | | | | | | | | | |
| 18:3 undifferentiated.....g | 6.912 | | 0 | AS | 1 | | 0.940 | 15.067 | 0.311 |
| 18:3 n-3 c,c,c.....g | 6.912 | | 1 | A | 1 | | 0.940 | 15.067 | 0.311 |
| 18:3 n-6 c,c,c.....g | | | | | | | | | |
| 18:3i.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 18:4.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 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 | | 1 | A | 1 | | 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 | 0.124 | | 0 | NC | 4 | | 0.017 | 0.270 | 0.006 |
| Fatty acids, total trans-monoenoic.....g | 0.000 | | 0 | NC | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans-polyenoic.....g | 0.124 | | 0 | NC | 4 | | 0.017 | 0.270 | 0.006 |
| Cholesterol.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Phytosterols.....mg | 250 | | 0 | BFZN | 4 | | 34 | 545 | 11 |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Threonine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Isoleucine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Leucine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Lysine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Methionine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Cystine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |

NDB No. 04650

Oil, vegetable, industrial, soy, refined, for woks and light frying

| Nutrients and Units | <u>Amount in 100 grams of edible portion</u> | | | | <u>Amount in edible portion of common measures of food</u> | | | | |
|----------------------|--|------------|-----------------------|------------|--|-----------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Phenylalanine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Tyrosine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Valine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Arginine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Histidine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Alanine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Glycine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Proline.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Serine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Caffeine.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Theobromine.....mg | 0 | | 0 | BFZN | 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 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04572
Oil, vegetable, nutmeg butter

| Nutrients and Units | <u>Amount in 100 grams of edible portion</u> | | | | <u>Amount in edible portion of common</u> | | | | |
|--|--|------------|--------------------------|---------------|---|--------------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | measures of food | | | | |
| | | | | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0.....g | 82.600 | | 1 | | 1 | | 11.234 | 180.068 | 3.717 |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 4.300 | | 1 | | 1 | | 0.585 | 9.374 | 0.194 |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 4.800 | | 0 | | 1 | | 0.653 | 10.464 | 0.216 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 4.800 | | 1 | | 1 | | 0.653 | 10.464 | 0.216 |
| 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 | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 18:2 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 18:3 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 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 | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| <u>Amino Acids:</u> | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Threonine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Isoleucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Leucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Lysine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Methionine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Cystine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Phenylalanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Tyrosine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Valine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Arginine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Histidine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Alanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Glycine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Proline.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Serine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Hydroxyproline.....g | | | | | | | | | |
| <u>Others:</u> | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 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:

Measure 1 = 13.6g: 1 tbsp

NDB No. 04572

Oil, vegetable, nutmeg butter

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.62

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04055
Oil, vegetable, palm

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 | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Energy.....kcal | 884 | | 0 | NC | 4 | | 120 | 1909 | 40 |
| Energy.....kj | 3699 | | 0 | | 4 | | 503 | 7989 | 166 |
| Protein (N x 0).....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat).....g | 100.00 | | 0 | | 1 | | 13.60 | 216.00 | 4.50 |
| Ash.....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Carbohydrate, by difference.....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary.....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total.....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Iron, Fe.....mg | 0.01 | | 1 | | 1 | | 0.00 | 0.02 | 0.00 |
| Magnesium, Mg.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Phosphorus, P.....mg | 0 | | 1 | | 1 | | 0 | 0 | 0 |
| Potassium, K.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Sodium, Na.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Zinc, Zn.....mg | 0.00 | | 0 | | 7 | | 0.00 | 0.00 | 0.00 |
| Copper, Cu.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Riboflavin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Niacin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total.....mg | 0.3 | | 0 | CAZN | 4 | | 0.0 | 0.6 | 0.0 |
| 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 | 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 | 0 | | 0 | AS | 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 | 15.94 | 3.160 | 6 | JA | 6 | | 2.17 | 34.43 | 0.72 |
| Vitamin E, added.....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta.....mg | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, gamma.....mg | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, delta.....mg | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....mcg | 8.0 | | 1 | A | 1 | | 1.1 | 17.3 | 0.4 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 49.300 | | 0 | | 1 | | 6.705 | 106.488 | 2.219 |
| 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. 04055
Oil, vegetable, palm

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.100 | 0.038 | 12 | | 1 | | 0.014 | 0.216 | 0.005 |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 1.000 | 0.090 | 15 | | 1 | | 0.136 | 2.160 | 0.045 |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 43.500 | 0.464 | 15 | | 1 | | 5.916 | 93.960 | 1.958 |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 4.300 | 0.352 | 15 | | 1 | | 0.585 | 9.288 | 0.194 |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 37.000 | | 0 | | 1 | | 5.032 | 79.920 | 1.665 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.300 | 0.071 | 7 | | 1 | | 0.041 | 0.648 | 0.014 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 36.600 | 0.635 | 15 | | 1 | | 4.978 | 79.056 | 1.647 |
| 20:1.....g | 0.100 | 0.072 | 4 | | 1 | | 0.014 | 0.216 | 0.005 |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 9.300 | | 0 | | 1 | | 1.265 | 20.088 | 0.419 |
| 18:2 undifferentiated.....g | 9.100 | 0.419 | 15 | | 1 | | 1.238 | 19.656 | 0.410 |
| 18:3 undifferentiated.....g | 0.200 | 0.046 | 9 | | 1 | | 0.027 | 0.432 | 0.009 |
| 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 | | 4 | | 0 | 0 | 0 |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Threonine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Isoleucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Leucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Lysine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Methionine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Cystine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Phenylalanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Tyrosine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Valine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Arginine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Histidine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Alanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Glycine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Proline.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Serine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 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. 04055

Oil, vegetable, palm

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 216g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04514
Oil, vegetable, poppyseed

| 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 | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 10.600 | | 1 | | 1 | | 1.442 | 23.108 | 0.477 |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 2.900 | | 1 | | 1 | | 0.394 | 6.322 | 0.131 |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 19.700 | | 0 | | 1 | | 2.679 | 42.946 | 0.887 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 19.700 | | 1 | | 1 | | 2.679 | 42.946 | 0.887 |
| 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 | 62.400 | | 0 | | 1 | | 8.486 | 136.032 | 2.808 |
| 18:2 undifferentiated.....g | 62.400 | | 1 | | 1 | | 8.486 | 136.032 | 2.808 |
| 18:3 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 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 | 276 | | 0 | | 4 | | 38 | 602 | 12 |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Threonine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Isoleucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Leucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Lysine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Methionine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Cystine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Phenylalanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Tyrosine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Valine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Arginine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Histidine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Alanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Glycine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Proline.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Serine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 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:

Measure 1 = 13.6g: 1 tablespoon

NDB No. 04514

Oil, vegetable, poppyseed

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04037
Oil, vegetable, rice bran

| 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 | 0.700 | 0.131 | 28 | | 1 | | 0.095 | 1.526 | 0.032 |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 16.900 | 0.368 | 31 | | 1 | | 2.298 | 36.842 | 0.761 |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 1.600 | 0.087 | 29 | | 1 | | 0.218 | 3.488 | 0.072 |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 39.300 | | 0 | | 1 | | 5.345 | 85.674 | 1.769 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.200 | 0.039 | 9 | | 1 | | 0.027 | 0.436 | 0.009 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 39.100 | 0.449 | 38 | | 1 | | 5.318 | 85.238 | 1.760 |
| 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 | 35.000 | | 0 | | 1 | | 4.760 | 76.300 | 1.575 |
| 18:2 undifferentiated.....g | 33.400 | 0.403 | 38 | | 1 | | 4.542 | 72.812 | 1.503 |
| 18:3 undifferentiated.....g | 1.600 | 0.159 | 34 | | 1 | | 0.218 | 3.488 | 0.072 |
| 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 | 1190 | | 2 | | 1 | | 162 | 2594 | 54 |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Threonine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Isoleucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Leucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Lysine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Methionine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Cystine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Phenylalanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Tyrosine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Valine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Arginine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Histidine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Alanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Glycine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Proline.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Serine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 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:

Measure 1 = 13.6g: 1 tablespoon

NDB No. 04037

Oil, vegetable, rice bran

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04536
Oil, vegetable, sheanut

| 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 | 0.100 | | 2 | | 1 | | 0.014 | 0.218 | 0.005 |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 4.400 | 0.456 | 4 | | 1 | | 0.598 | 9.592 | 0.198 |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 38.800 | 1.591 | 4 | | 1 | | 5.277 | 84.584 | 1.746 |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 44.000 | | 0 | | 1 | | 5.984 | 95.920 | 1.980 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.100 | | 1 | | 1 | | 0.014 | 0.218 | 0.005 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 43.500 | 1.375 | 4 | | 1 | | 5.916 | 94.830 | 1.958 |
| 20:1.....g | 0.000 | | 2 | | 1 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated.....g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 5.200 | | 0 | | 1 | | 0.707 | 11.336 | 0.234 |
| 18:2 undifferentiated.....g | 4.900 | 0.547 | 4 | | 1 | | 0.666 | 10.682 | 0.221 |
| 18:3 undifferentiated.....g | 0.300 | | 2 | | 1 | | 0.041 | 0.654 | 0.014 |
| 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 | 357 | | 0 | | 4 | | 49 | 778 | 16 |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Threonine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Isoleucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Leucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Lysine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Methionine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Cystine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Phenylalanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Tyrosine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Valine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Arginine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Histidine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Alanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Glycine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Proline.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Serine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 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:

Measure 1 = 13.6g: 1 tablespoon

NDB No. 04536

Oil, vegetable, sheanut

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.62

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04584

Oil, vegetable, sunflower, high oleic (70% and over)

| 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 | | Measure 1 | Measure 2 | Measure 3 | |
| | | | Deriv Code | Source Code | | | | Confidence Code |
| 12:0.....g | | | | | | | | |
| 13:0.....g | | | | | | | | |
| 14:0.....g | | | | | | | | |
| 15:0.....g | 0.800 | | 1 | 1 | 0.112 | 1.744 | 0.036 | |
| 16:0.....g | 3.682 | | 7 | 1 | 0.515 | 8.027 | 0.166 | |
| 17:0.....g | | | | | | | | |
| 18:0.....g | 4.320 | | 7 | 1 | 0.605 | 9.418 | 0.194 | |
| 20:0.....g | | | | | | | | |
| 22:0.....g | 1.000 | | 1 | 1 | 0.140 | 2.180 | 0.045 | |
| 24:0.....g | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 83.594 | | 0 | 1 | 11.703 | 182.235 | 3.762 | |
| 14:1.....g | | | | | | | | |
| 15:1.....g | | | | | | | | |
| 16:1 undifferentiated.....g | | | | | | | | |
| 17:1.....g | | | | | | | | |
| 18:1 undifferentiated.....g | 82.630 | | 7 | 1 | 11.568 | 180.133 | 3.718 | |
| 20:1.....g | 0.964 | | 6 | 1 | 0.135 | 2.102 | 0.043 | |
| 22:1 undifferentiated.....g | | | | | | | | |
| 24:1 c.....g | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 3.798 | | 0 | 1 | 0.532 | 8.280 | 0.171 | |
| 18:2 undifferentiated.....g | 3.606 | | 7 | 1 | 0.505 | 7.861 | 0.162 | |
| 18:3 undifferentiated.....g | 0.192 | | 6 | 1 | 0.027 | 0.419 | 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 | 0 | |
| Phytosterols.....mg | | | | | | | | |
| Others: | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 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:

- Measure 1 = 14.0g: 1 tbsp
- Measure 2 = 218g: 1 cup
- Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04060

Oil, vegetable, sunflower, linoleic (less than 60%)

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 | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Energy.....kcal | 884 | | 0 | NC | 4 | | 120 | 1927 | 40 |
| Energy.....kj | 3699 | | | | 4 | | 503 | 8063 | 166 |
| Protein (N x 0).....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat).....g | 100.00 | | 0 | | 1 | | 13.60 | 218.00 | 4.50 |
| Ash.....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Carbohydrate, by difference.....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary.....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total.....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 0 | | 1 | | 1 | | 0 | 0 | 0 |
| Iron, Fe.....mg | 0.03 | | 1 | | 1 | | 0.00 | 0.07 | 0.00 |
| Magnesium, Mg.....mg | 0 | | 1 | | 1 | | 0 | 0 | 0 |
| Phosphorus, P.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Potassium, K.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Sodium, Na.....mg | 0 | | 1 | | 1 | | 0 | 0 | 0 |
| Zinc, Zn.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Copper, Cu.....mg | | | | | | | | | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Riboflavin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Niacin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total.....mg | | | | | | | | | |
| 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 | 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 | 0 | | 0 | AS | 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 | 41.08 | | 8 | JA | 6 | | 5.59 | 89.55 | 1.85 |
| 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 | 5.4 | 1.938 | 18 | A | 1 | | 0.7 | 11.8 | 0.2 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 10.100 | | 0 | | 1 | | 1.374 | 22.018 | 0.455 |
| 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. 04060

Oil, vegetable, sunflower, linoleic (less than 60%)

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 5.400 | 0.082 | 45 | | 1 | | 0.734 | 11.772 | 0.243 |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 3.500 | 0.093 | 45 | | 1 | | 0.476 | 7.630 | 0.158 |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 45.400 | | 0 | | 1 | | 6.174 | 98.972 | 2.043 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.200 | 0.016 | 27 | | 1 | | 0.027 | 0.436 | 0.009 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 45.300 | 0.777 | 45 | | 1 | | 6.161 | 98.754 | 2.039 |
| 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 | 40.100 | | 0 | | 1 | | 5.454 | 87.418 | 1.805 |
| 18:2 undifferentiated.....g | 39.800 | 0.751 | 45 | | 1 | | 5.413 | 86.764 | 1.791 |
| 18:3 undifferentiated.....g | 0.200 | 0.024 | 20 | | 1 | | 0.027 | 0.436 | 0.009 |
| 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 | 100 | | 0 | | 4 | | 14 | 218 | 5 |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Threonine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Isoleucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Leucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Lysine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Methionine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Cystine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Phenylalanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Tyrosine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Valine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Arginine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Histidine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Alanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Glycine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Proline.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Serine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 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. 04060

Oil, vegetable, sunflower, linoleic (less than 60%)

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04506

Oil, vegetable, sunflower, linoleic, (approx. 65%)

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 | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Energy.....kcal | 884 | | 0 | NC | 4 | | 120 | 1927 | 40 |
| Energy.....kj | 3699 | | 0 | | 4 | | 503 | 8063 | 166 |
| Protein (N x 0).....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat).....g | 100.00 | | 0 | | 1 | | 13.60 | 218.00 | 4.50 |
| Ash.....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Carbohydrate, by difference.....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary.....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total.....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Iron, Fe.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Magnesium, Mg.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Phosphorus, P.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Potassium, K.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Sodium, Na.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Zinc, Zn.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Copper, Cu.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Riboflavin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Niacin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total.....mg | 0.2 | | 0 | CAZN | 4 | | 0.0 | 0.4 | 0.0 |
| 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 | 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 | 0 | | 0 | | 4 | | 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 | 41.08 | | 8 | JA | 6 | | 5.59 | 89.55 | 1.85 |
| 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 | 5.4 | 1.938 | 18 | A | 1 | | 0.7 | 11.8 | 0.2 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 10.300 | | 0 | | 1 | | 1.401 | 22.454 | 0.464 |
| 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. 04506

Oil, vegetable, sunflower, linoleic, (approx. 65%)

| 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 |
| | | | | | | | | | |
| 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 | 5.900 | 0.049 | 177 | | 1 | | 0.802 | 12.862 | 0.266 |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 4.500 | 0.102 | 177 | | 1 | | 0.612 | 9.810 | 0.203 |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 19.500 | | 0 | | 1 | | 2.652 | 42.510 | 0.878 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 19.500 | 0.425 | 177 | | 1 | | 2.652 | 42.510 | 0.878 |
| 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 | 65.700 | | 0 | | 1 | | 8.935 | 143.226 | 2.957 |
| 18:2 undifferentiated.....g | 65.700 | 0.456 | 177 | | 1 | | 8.935 | 143.226 | 2.957 |
| 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 | | 0 | | 4 | | 0 | 0 | 0 |
| Phytosterols.....mg | 100 | | 0 | | 4 | | 14 | 218 | 5 |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Threonine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Isoleucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Leucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Lysine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Methionine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Cystine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Phenylalanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Tyrosine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Valine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Arginine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Histidine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Alanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Glycine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Proline.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Serine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 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. 04506

Oil, vegetable, sunflower, linoleic, (approx. 65%)

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04545

Oil, vegetable, sunflower, linoleic, (hydrogenated)

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 | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Energy.....kcal | 884 | | 0 | NC | 4 | | 120 | 1927 | 40 |
| Energy.....kj | 3699 | | | | 4 | | 503 | 8063 | 166 |
| Protein (N x 0).....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat).....g | 100.00 | | 0 | | 1 | | 13.60 | 218.00 | 4.50 |
| Ash.....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Carbohydrate, by difference.....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary.....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total.....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Iron, Fe.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Magnesium, Mg.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Phosphorus, P.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Potassium, K.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Sodium, Na.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Zinc, Zn.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Copper, Cu.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Selenium, Se.....mcg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Riboflavin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Niacin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total.....mg | | | | | | | | | |
| 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 | 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 | 0 | | 0 | AS | 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 | 41.08 | | 8 | JA | 6 | | 5.59 | 89.55 | 1.85 |
| Vitamin E, added.....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta.....mg | 1.69 | | 2 | A | 1 | | 0.23 | 3.68 | 0.08 |
| Tocopherol, gamma.....mg | 9.09 | | 2 | A | 1 | | 1.24 | 19.82 | 0.41 |
| Tocopherol, delta.....mg | 2.04 | | 2 | A | 1 | | 0.28 | 4.44 | 0.09 |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....mcg | 5.4 | 1.922 | 21 | A | 1 | | 0.7 | 11.8 | 0.2 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 13.000 | | 0 | | 1 | | 1.768 | 28.340 | 0.585 |
| 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. 04545

Oil, vegetable, sunflower, linoleic, (hydrogenated)

| 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 | | | Measure 1 | Measure 2 | Measure 3 |
| | | | Deriv Code | Source Code | Confidence Code | | | |
| 12:0.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| 13:0.....g | | | | | | | | |
| 14:0.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| 15:0.....g | | | | | | | | |
| 16:0.....g | 7.100 | 0.189 | 4 | | 1 | 0.966 | 15.478 | 0.320 |
| 17:0.....g | | | | | | | | |
| 18:0.....g | 5.500 | 0.321 | 4 | | 1 | 0.748 | 11.990 | 0.248 |
| 20:0.....g | | | | | | | | |
| 22:0.....g | | | | | | | | |
| 24:0.....g | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 46.200 | | 0 | | 1 | 6.283 | 100.716 | 2.079 |
| 14:1.....g | | | | | | | | |
| 15:1.....g | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| 17:1.....g | | | | | | | | |
| 18:1 undifferentiated.....g | 46.000 | 0.115 | 4 | | 1 | 6.256 | 100.280 | 2.070 |
| 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 | 36.400 | | 0 | | 1 | 4.950 | 79.352 | 1.638 |
| 18:2 undifferentiated.....g | 35.300 | 0.366 | 4 | | 1 | 4.801 | 76.954 | 1.589 |
| 18:3 undifferentiated.....g | 0.900 | 0.102 | 3 | | 1 | 0.122 | 1.962 | 0.041 |
| 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 | 10 | | 0 | | 4 | 1 | 22 | 0 |
| Amino Acids: | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Threonine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Isoleucine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Leucine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Lysine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Methionine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Cystine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Phenylalanine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Tyrosine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Valine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Arginine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Histidine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Alanine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Aspartic acid.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Glutamic acid.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Glycine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Proline.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Serine.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 | 0.000 |
| Hydroxyproline.....g | | | | | | | | |
| Others: | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 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. 04545

Oil, vegetable, sunflower, linoleic, (hydrogenated)

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04516
Oil, vegetable, teaseed

| Nutrients and Units | <u>Amount in 100 grams of edible portion</u> | | | | <u>Amount in edible portion of common</u> | | | | |
|--|--|------------|--------------------------|---------------|---|--------------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | measures of food | | | | |
| | | | | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0.....g | 0.100 | 0.033 | 3 | | 1 | | 0.014 | 0.218 | 0.005 |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 17.500 | 0.794 | 3 | | 1 | | 2.380 | 38.150 | 0.788 |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 3.100 | 0.197 | 3 | | 1 | | 0.422 | 6.758 | 0.140 |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 51.500 | | 0 | | 1 | | 7.004 | 112.270 | 2.318 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.500 | 0.196 | 3 | | 1 | | 0.068 | 1.090 | 0.023 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 49.900 | 1.547 | 3 | | 1 | | 6.786 | 108.782 | 2.246 |
| 20:1.....g | 1.000 | | 2 | | 1 | | 0.136 | 2.180 | 0.045 |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 23.000 | | 0 | | 1 | | 3.128 | 50.140 | 1.035 |
| 18:2 undifferentiated.....g | 22.200 | 1.993 | 3 | | 1 | | 3.019 | 48.396 | 0.999 |
| 18:3 undifferentiated.....g | 0.700 | | 1 | | 1 | | 0.095 | 1.526 | 0.032 |
| 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 | 102 | | 0 | | 4 | | 14 | 222 | 5 |
| <u>Amino Acids:</u> | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Threonine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Isoleucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Leucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Lysine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Methionine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Cystine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Phenylalanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Tyrosine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Valine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Arginine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Histidine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Alanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Glycine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Proline.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Serine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Hydroxyproline.....g | | | | | | | | | |
| <u>Others:</u> | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 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:

Measure 1 = 13.6g: 1 tablespoon

NDB No. 04516

Oil, vegetable, teaseed

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04515
Oil, vegetable, tomatoseed

| 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 | 0.200 | 0.039 | 4 | | 1 | | 0.027 | 0.436 | 0.009 |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 15.000 | 1.325 | 5 | | 1 | | 2.040 | 32.700 | 0.675 |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 4.400 | 0.393 | 5 | | 1 | | 0.598 | 9.592 | 0.198 |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 22.800 | | 0 | | 1 | | 3.101 | 49.704 | 1.026 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.500 | 0.090 | 4 | | 1 | | 0.068 | 1.090 | 0.023 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 21.900 | 2.867 | 5 | | 1 | | 2.978 | 47.742 | 0.986 |
| 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 | 53.100 | | 0 | | 1 | | 7.222 | 115.758 | 2.390 |
| 18:2 undifferentiated.....g | 50.800 | 3.818 | 5 | | 1 | | 6.909 | 110.744 | 2.286 |
| 18:3 undifferentiated.....g | 2.300 | 0.237 | 4 | | 1 | | 0.313 | 5.014 | 0.104 |
| 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 | 100 | | 0 | | 4 | | 14 | 218 | 5 |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Threonine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Isoleucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Leucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Lysine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Methionine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Cystine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Phenylalanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Tyrosine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Valine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Arginine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Histidine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Alanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Glycine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Proline.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Serine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 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:

Measure 1 = 13.6g: 1 tablespoon

NDB No. 04515

Oil, vegetable, tomatoseed

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04573

Oil, vegetable, ucuhuba butter

| 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 | 63.400 | | 1 | | 1 | | 8.622 | 138.212 | 2.853 |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 8.600 | | 1 | | 1 | | 1.170 | 18.748 | 0.387 |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 1.000 | | 1 | | 1 | | 0.136 | 2.180 | 0.045 |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 6.700 | | 0 | | 1 | | 0.911 | 14.606 | 0.302 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 6.700 | | 1 | | 1 | | 0.911 | 14.606 | 0.302 |
| 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 | 2.900 | | 0 | | 1 | | 0.394 | 6.322 | 0.131 |
| 18:2 undifferentiated.....g | 2.900 | | 1 | | 1 | | 0.394 | 6.322 | 0.131 |
| 18:3 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 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 | 95 | | 0 | | 4 | | 13 | 207 | 4 |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Threonine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Isoleucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Leucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Lysine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Methionine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Cystine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Phenylalanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Tyrosine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Valine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Arginine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Histidine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Alanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Glycine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Proline.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Serine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 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:

Measure 1 = 13.6g: 1 tbsp

NDB No. 04573

Oil, vegetable, ucuhuba butter

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04528

Oil, vegetable, walnut

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 | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Energy.....kcal | 884 | | 0 | NC | 4 | | 1927 | 120 | 40 |
| Energy.....kj | 3699 | | 0 | | 4 | | 8063 | 503 | 166 |
| Protein (N x 0).....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat).....g | 100.00 | | 0 | | 1 | | 218.00 | 13.60 | 4.50 |
| Ash.....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Carbohydrate, by difference.....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary.....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total.....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Iron, Fe.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Magnesium, Mg.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Phosphorus, P.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Potassium, K.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Sodium, Na.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Zinc, Zn.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Copper, Cu.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Riboflavin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Niacin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total.....mg | 0.4 | | 0 | AS | 1 | | 0.9 | 0.1 | 0.0 |
| Betaine.....mg | 0.0 | | 1 | A | 1 | | 0.0 | 0.0 | 0.0 |
| Vitamin B-12.....mcg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Vitamin B-12, added.....mcg | 0.00 | | 0 | NR | 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 | 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 | AS | 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 | 0.40 | | 0 | | 1 | | 0.87 | 0.05 | 0.02 |
| Vitamin E, added.....mg | 0.00 | | 0 | NR | 4 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta.....mg | | | | | | | | | |
| Tocopherol, gamma.....mg | | | | | | | | | |
| Tocopherol, delta.....mg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....mcg | 15.0 | | 0 | T | 4 | | 32.7 | 2.0 | 0.7 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 9.100 | | 0 | | 1 | | 19.838 | 1.238 | 0.410 |
| 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. 04528
Oil, vegetable, walnut

| 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 |
| | | | | | | | | | |
| 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 | 7.000 | 0.286 | 33 | | 1 | | 15.260 | 0.952 | 0.315 |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 2.000 | 0.136 | 34 | | 1 | | 4.360 | 0.272 | 0.090 |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 22.800 | | 0 | | 1 | | 49.704 | 3.101 | 1.026 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.100 | 0.027 | 11 | | 1 | | 0.218 | 0.014 | 0.005 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 22.200 | 1.264 | 34 | | 1 | | 48.396 | 3.019 | 0.999 |
| 20:1.....g | 0.400 | 0.268 | 6 | | 1 | | 0.872 | 0.054 | 0.018 |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 63.300 | | 0 | | 1 | | 137.994 | 8.609 | 2.849 |
| 18:2 undifferentiated.....g | 52.900 | 1.208 | 34 | | 1 | | 115.322 | 7.194 | 2.381 |
| 18:3 undifferentiated.....g | 10.400 | 0.576 | 32 | | 1 | | 22.672 | 1.414 | 0.468 |
| 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 | | 4 | | 0 | 0 | 0 |
| Phytosterols.....mg | 176 | | 0 | | 1 | | 384 | 24 | 8 |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Threonine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Isoleucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Leucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Lysine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Methionine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Cystine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Phenylalanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Tyrosine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Valine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Arginine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Histidine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Alanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Glycine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Proline.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Serine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 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. 04528

Oil, vegetable, walnut

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04038

Oil, wheat germ

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 | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Energy.....kcal | 884 | | 0 | NC | 4 | | 120 | 1927 | 40 |
| Energy.....kj | 3699 | | 0 | | 4 | | 503 | 8063 | 166 |
| Protein (N x 0).....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat).....g | 100.00 | | 0 | | 1 | | 13.60 | 218.00 | 4.50 |
| Ash.....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Carbohydrate, by difference.....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary.....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total.....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Iron, Fe.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Magnesium, Mg.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Phosphorus, P.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Potassium, K.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Sodium, Na.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Zinc, Zn.....mg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | 0.00 |
| Copper, Cu.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Riboflavin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Niacin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total.....mg | 20.0 | | 0 | O | 4 | | 2.7 | 43.6 | 0.9 |
| 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 | 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 | 0 | | 0 | AS | 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 | 149.40 | | 0 | | 1 | | 20.32 | 325.69 | 6.72 |
| 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 | 5.831 | 69 | | JO | 11 | 3.4 | 53.9 | 1.1 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 18.800 | | 0 | | 1 | | 2.557 | 40.984 | 0.846 |
| 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. 04038
Oil, wheat germ

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.100 | 0.041 | 7 | | 1 | | 0.014 | 0.218 | 0.005 |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 16.600 | 0.307 | 13 | | 1 | | 2.258 | 36.188 | 0.747 |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 0.500 | 0.047 | 12 | | 1 | | 0.068 | 1.090 | 0.023 |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 15.100 | | 0 | | 1 | | 2.054 | 32.918 | 0.680 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.500 | 0.087 | 13 | | 1 | | 0.068 | 1.090 | 0.023 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 14.600 | 0.467 | 13 | | 1 | | 1.986 | 31.828 | 0.657 |
| 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 | 61.700 | | 0 | | 1 | | 8.391 | 134.506 | 2.777 |
| 18:2 undifferentiated.....g | 54.800 | 0.322 | 13 | | 1 | | 7.453 | 119.464 | 2.466 |
| 18:3 undifferentiated.....g | 6.900 | 0.360 | 13 | | 1 | | 0.938 | 15.042 | 0.311 |
| 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 | | 4 | | 0 | 0 | 0 |
| Phytosterols.....mg | 553 | | 0 | | 1 | | 75 | 1206 | 25 |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Threonine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Isoleucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Leucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Lysine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Methionine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Cystine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Phenylalanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Tyrosine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Valine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Arginine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Histidine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Alanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Glycine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Proline.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Serine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 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. 04038

Oil, wheat germ

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 42230

Salad Dressing, coleslaw dressing, reduced fat

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 | 37.00 | | 0 | | 4 | | 99.53 | 6.29 | |
| Energy.....kcal | 329 | | 0 | NC | 4 | | 884 | 56 | |
| Energy.....kj | 1376 | | 0 | NC | 4 | | 3701 | 234 | |
| Protein.....g | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Total lipid (fat).....g | 20.00 | | 0 | | 4 | | 53.80 | 3.40 | |
| Ash.....g | 3.00 | | 0 | NC | 4 | | 8.07 | 0.51 | |
| Carbohydrate, by difference.....g | 40.00 | | 0 | | 4 | | 107.60 | 6.80 | |
| Fiber, total dietary.....g | 0.4 | | 0 | | 4 | | 1.1 | 0.1 | |
| Sugars, total.....g | 38.73 | | 0 | FLA | 4 | | 104.19 | 6.58 | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 36 | | 0 | | 4 | | 97 | 6 | |
| Iron, Fe.....mg | 0.26 | | 0 | | 4 | | 0.70 | 0.04 | |
| Magnesium, Mg.....mg | 5 | | 0 | | 4 | | 13 | 1 | |
| Phosphorus, P.....mg | 30 | | 0 | | 4 | | 81 | 5 | |
| Potassium, K.....mg | 50 | | 0 | | 4 | | 135 | 9 | |
| Sodium, Na.....mg | 1600 | | 0 | | 4 | | 4304 | 272 | |
| Zinc, Zn.....mg | 0.18 | | 0 | | 4 | | 0.48 | 0.03 | |
| Copper, Cu.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Manganese, Mn.....mg | 0.004 | | 0 | FLA | 4 | | 0.012 | 0.001 | |
| Selenium, Se.....mcg | 1.6 | | 0 | CAZN | 4 | | 4.3 | 0.3 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Thiamin.....mg | 0.010 | | 0 | | 4 | | 0.027 | 0.002 | |
| Riboflavin.....mg | 0.010 | | 0 | | 4 | | 0.027 | 0.002 | |
| Niacin.....mg | 0.250 | | 0 | | 4 | | 0.673 | 0.043 | |
| Pantothenic acid.....mg | 0.001 | | 0 | FLA | 4 | | 0.004 | 0.000 | |
| Vitamin B-6.....mg | 0.020 | | 0 | | 4 | | 0.054 | 0.003 | |
| Folate, total.....mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folic acid.....mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, food.....mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total.....mg | 15.3 | | 0 | BFZN | 4 | | 41.0 | 2.6 | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.10 | | 0 | | 4 | | 0.27 | 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 | | 1 | 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 | 1 | | 0 | NC | 4 | | 2 | 0 | |
| Lycopene.....mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Lutein + zeaxanthin.....mcg | 1 | | 0 | FLA | 4 | | 1 | 0 | |
| Vitamin E (alpha-tocopherol).....mg | 1.84 | | 0 | FLA | 4 | | 4.96 | 0.31 | |
| 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 | 39.5 | | 0 | FLA | 4 | | 106.2 | 6.7 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 2.980 | | 0 | | 4 | | 8.016 | 0.507 | |
| 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 | |

NDB No. 42230

Salad Dressing, coleslaw dressing, reduced fat

| 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 |
| | | | | | | | | | |
| 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 | | | | | | | | | |
| 14:0.....g | 0.020 | | 0 | | 4 | | 0.054 | 0.003 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 1.960 | | 0 | | 4 | | 5.272 | 0.333 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 1.000 | | 0 | | 4 | | 2.690 | 0.170 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 8.600 | | 0 | | 4 | | 23.134 | 1.462 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.080 | | 0 | | 4 | | 0.215 | 0.014 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 8.500 | | 0 | | 4 | | 22.865 | 1.445 | |
| 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 | 7.520 | | 0 | | 4 | | 20.229 | 1.278 | |
| 18:2 undifferentiated.....g | 6.980 | | 0 | | 4 | | 18.776 | 1.187 | |
| 18:3 undifferentiated.....g | 0.520 | | 0 | | 4 | | 1.399 | 0.088 | |
| 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 | | 7 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 25 | | 0 | | 4 | | 67 | 4 | |
| Phytosterols.....mg | | | | | | | | | |
| 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:

Measure 1 = 269g: 1 cup

Measure 2 = 17g: 1 tbsp

Calories Factors: Protein 2.44

Fat 8.84

Carbohydrate3.8

Food Group: 04 Fats and Oils

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

NDB No. 42193

Salad Dressing, mayonnaise-like, fat-free

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 | 78.70 | | 0 | MC | 9 | | 201.47 | 12.59 | |
| Energy.....kcal | 84 | | 0 | MC | 9 | | 215 | 13 | |
| Energy.....kj | 351 | | 0 | | 9 | | 900 | 56 | |
| Protein.....g | 0.20 | | 0 | MC | 9 | | 0.51 | 0.03 | |
| Total lipid (fat).....g | 2.70 | | 0 | NR | 4 | | 6.91 | 0.43 | |
| Ash.....g | 2.60 | | 0 | NC | 4 | | 6.66 | 0.42 | |
| Carbohydrate, by difference.....g | 15.50 | | 0 | MC | 9 | | 39.68 | 2.48 | |
| Fiber, total dietary.....g | 1.9 | | 0 | MC | 9 | | 4.9 | 0.3 | |
| Sugars, total.....g | 10.30 | | 0 | MC | 9 | | 26.37 | 1.65 | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 6 | | 0 | MC | 9 | | 15 | 1 | |
| Iron, Fe.....mg | 0.12 | | 0 | MC | 9 | | 0.31 | 0.02 | |
| Magnesium, Mg.....mg | 2 | | 0 | FLM | 4 | | 6 | 0 | |
| Phosphorus, P.....mg | 5 | | 0 | MC | 9 | | 13 | 1 | |
| Potassium, K.....mg | 49 | | 0 | MC | 9 | | 125 | 8 | |
| Sodium, Na.....mg | 788 | | 0 | MC | 9 | | 2017 | 126 | |
| Zinc, Zn.....mg | 0.05 | | 0 | FLM | 4 | | 0.12 | 0.01 | |
| Copper, Cu.....mg | 0.020 | | 0 | FLM | 4 | | 0.050 | 0.003 | |
| Manganese, Mn.....mg | 0.022 | | 0 | FLM | 4 | | 0.057 | 0.004 | |
| Selenium, Se.....mcg | 0.3 | | 0 | FLM | 4 | | 0.7 | 0.0 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | MC | 9 | | 0.0 | 0.0 | |
| Thiamin.....mg | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| Riboflavin.....mg | 0.014 | | 0 | FLM | 4 | | 0.035 | 0.002 | |
| Niacin.....mg | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| Pantothenic acid.....mg | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| Vitamin B-6.....mg | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| Folate, total.....mcg | 0 | | 0 | FLM | 4 | | 0 | 0 | |
| Folic acid.....mcg | 0 | | 0 | FLM | 4 | | 0 | 0 | |
| Folate, food.....mcg | 0 | | 0 | FLM | 4 | | 0 | 0 | |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total.....mg | 0.7 | | 0 | BFZN | 4 | | 1.9 | 0.1 | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.00 | | 0 | FLM | 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 | 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 | AS | 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 | 0.04 | | 0 | FLM | 4 | | 0.11 | 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 | 24.7 | | 0 | BFZN | 4 | | 63.3 | 4.0 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 0.600 | | 0 | MC | 9 | | 1.536 | 0.096 | |
| 4:0.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 6:0.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 8:0.....g | 0.025 | | 0 | FLM | 4 | | 0.063 | 0.004 | |
| 10:0.....g | 0.027 | | 0 | FLM | 4 | | 0.069 | 0.004 | |

NDB No. 42193

Salad Dressing, mayonnaise-like, fat-free

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.250 | | 0 | FLM | 4 | | 0.641 | 0.040 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.110 | | 0 | FLM | 4 | | 0.283 | 0.018 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 0.069 | | 0 | FLM | 4 | | 0.178 | 0.011 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 0.117 | | 0 | FLM | 4 | | 0.299 | 0.019 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 1.887 | | 0 | FLM | 4 | | 4.831 | 0.302 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 1.887 | | 0 | FLM | 4 | | 4.831 | 0.302 | |
| 20:1.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.063 | | 0 | FLM | 4 | | 0.161 | 0.010 | |
| 18:2 undifferentiated.....g | 0.043 | | 0 | FLM | 4 | | 0.111 | 0.007 | |
| 18:3 undifferentiated.....g | 0.019 | | 0 | FLM | 4 | | 0.049 | 0.003 | |
| 18:4.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 9 | | 0 | MC | 9 | | 23 | 1 | |
| Phytosterols.....mg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLM | 4 | | 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:

Measure 1 = 256g: 1 cup

Measure 2 = 16g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04121
 Salad dressing, KRAFT FREE Fat Free Italian Dressing

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 | 81.60 | | 0 | MC | 9 | | 26.93 | | |
| Energy.....kcal | 62 | | 0 | MC | 9 | | 20 | | |
| Energy.....kj | 259 | | | | 9 | | 86 | | |
| Protein.....g | 1.40 | | 0 | MC | 9 | | 0.46 | | |
| Total lipid (fat).....g | 0.90 | | 0 | NR | 4 | | 0.30 | | |
| Ash.....g | 3.60 | | 0 | MC | 9 | | 1.19 | | |
| Carbohydrate, by difference (1).....g | 11.00 | | 0 | MC | 9 | | 3.63 | | |
| Fiber, total dietary.....g | 0.7 | | 0 | MC | 9 | | 0.2 | | |
| Sugars, total.....g | 6.60 | | 0 | MC | 9 | | 2.18 | | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 42 | | 0 | MC | 9 | | 14 | | |
| Iron, Fe.....mg | 0.24 | | 0 | MC | 9 | | 0.08 | | |
| Magnesium, Mg.....mg | | | | | | | | | |
| Phosphorus, P.....mg | 205 | | 0 | MC | 9 | | 68 | | |
| Potassium, K.....mg | 115 | | 0 | MC | 9 | | 38 | | |
| Sodium, Na.....mg | 1302 | | 0 | MC | 9 | | 430 | | |
| Zinc, Zn.....mg | | | | | | | | | |
| Copper, Cu.....mg | | | | | | | | | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | | | | | | | | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 1.3 | | 0 | MC | 9 | | 0.4 | | |
| 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 | 158 | | 0 | MC | 9 | | 52 | | |
| 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 | 0.500 | | 0 | MC | 9 | | 0.165 | | |
| Fatty acids, total monounsaturated.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | | | | | | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 3 | | 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. 04121

Salad dressing, KRAFT FREE Fat Free Italian Dressing

Measure 1 = 33g: 2 tbsp

Footnotes:

1 Contains other proximate components.

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04119

Salad dressing, KRAFT FREE Fat Free Ranch Dressing

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 | 63.60 | | 0 | MC | 9 | | 22.26 | | |
| Energy.....kcal | 138 | | 0 | MC | 9 | | 48 | | |
| Energy.....kj | 577 | | | | 9 | | 202 | | |
| Protein.....g | 0.70 | | 0 | MC | 9 | | 0.25 | | |
| Total lipid (fat).....g | 1.00 | | 0 | NR | 4 | | 0.35 | | |
| Ash.....g | 3.00 | | 0 | MC | 9 | | 1.05 | | |
| Carbohydrate, by difference (1).....g | 30.60 | | 0 | MC | 9 | | 10.71 | | |
| Fiber, total dietary.....g | 0.6 | | 0 | MC | 9 | | 0.2 | | |
| Sugars, total.....g | 6.10 | | 0 | MC | 9 | | 2.14 | | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 26 | | 0 | MC | 9 | | 9 | | |
| Iron, Fe.....mg | 0.06 | | 0 | MC | 9 | | 0.02 | | |
| Magnesium, Mg.....mg | | | | | | | | | |
| Phosphorus, P.....mg | 79 | | 0 | MC | 9 | | 28 | | |
| Potassium, K.....mg | 88 | | 0 | MC | 9 | | 31 | | |
| Sodium, Na.....mg | 1011 | | 0 | MC | 9 | | 354 | | |
| Zinc, Zn.....mg | | | | | | | | | |
| Copper, Cu.....mg | | | | | | | | | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | | | | | | | | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.1 | | 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 | 8 | | 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 | 0.200 | | 0 | MC | 9 | | 0.070 | | |
| Fatty acids, total monounsaturated.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | | | | | | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 1 | | 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. 04119

Salad dressing, KRAFT FREE Fat Free Ranch Dressing

Measure 1 = 35g: 2 tbsp

Footnotes:

1 Contains other proximate components.

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04118

Salad dressing, KRAFT LIGHT DONE RIGHT! Italian Dressing

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 | 73.00 | | 0 | MC | 9 | | 22.63 | | |
| Energy.....kcal | 170 | | 0 | MC | 9 | | 53 | | |
| Energy.....kj | 711 | | | | 9 | | 220 | | |
| Protein.....g | 1.10 | | 0 | MC | 9 | | 0.34 | | |
| Total lipid (fat).....g | 14.40 | | 0 | NR | 4 | | 4.46 | | |
| Ash.....g | 2.10 | | 0 | MC | 9 | | 0.65 | | |
| Carbohydrate, by difference (1).....g | 8.00 | | 0 | MC | 9 | | 2.48 | | |
| Fiber, total dietary.....g | 1.3 | | 0 | MC | 9 | | 0.4 | | |
| Sugars, total.....g | 4.90 | | 0 | MC | 9 | | 1.52 | | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 28 | | 0 | MC | 9 | | 9 | | |
| Iron, Fe.....mg | 0.33 | | 0 | MC | 9 | | 0.10 | | |
| Magnesium, Mg.....mg | | | | | | | | | |
| Phosphorus, P.....mg | 25 | | 0 | MC | 9 | | 8 | | |
| Potassium, K.....mg | 90 | | 0 | MC | 9 | | 28 | | |
| Sodium, Na.....mg | 736 | | 0 | MC | 9 | | 228 | | |
| Zinc, Zn.....mg | | | | | | | | | |
| Copper, Cu.....mg | | | | | | | | | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | | | | | | | | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 1.8 | | 0 | MC | 9 | | 0.6 | | |
| 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 | 179 | | 0 | MC | 9 | | 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 | 1.300 | | 0 | MC | 9 | | 0.403 | | |
| Fatty acids, total monounsaturated.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | | | | | | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 1 | | 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. 04118

Salad dressing, KRAFT LIGHT DONE RIGHT! Italian Dressing

Measure 1 = 31g: 2 tbsp

Footnotes:

1 Contains other proximate components.

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04117

Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing

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 | 61.30 | | 0 | MC | 9 | | 18.39 | | |
| Energy.....kcal | 256 | | 0 | MC | 9 | | 77 | | |
| Energy.....kj | 1071 | | | | 9 | | 321 | | |
| Protein.....g | 1.20 | | 0 | MC | 9 | | 0.36 | | |
| Total lipid (fat).....g | 22.80 | | 0 | NR | 4 | | 6.84 | | |
| Ash.....g | 2.70 | | 0 | MC | 9 | | 0.81 | | |
| Carbohydrate, by difference (1).....g | 10.50 | | 0 | MC | 9 | | 3.15 | | |
| Fiber, total dietary.....g | 0.5 | | 0 | MC | 9 | | 0.2 | | |
| Sugars, total.....g | 4.20 | | 0 | MC | 9 | | 1.26 | | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 26 | | 0 | MC | 9 | | 8 | | |
| Iron, Fe.....mg | 0.19 | | 0 | MC | 9 | | 0.06 | | |
| Magnesium, Mg.....mg | | | | | | | | | |
| Phosphorus, P.....mg | 155 | | 0 | MC | 9 | | 47 | | |
| Potassium, K.....mg | 134 | | 0 | MC | 9 | | 40 | | |
| Sodium, Na.....mg | 1009 | | 0 | MC | 9 | | 303 | | |
| Zinc, Zn.....mg | | | | | | | | | |
| Copper, Cu.....mg | | | | | | | | | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | | | | | | | | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.1 | | 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 | 41 | | 0 | MC | 9 | | 12 | | |
| 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 | | 0.570 | | |
| Fatty acids, total monounsaturated.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | | | | | | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 28 | | 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. 04117

Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing

Measure 1 = 30g: 2 tbsp

Footnotes:

1 Contains other proximate components.

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04014

Salad dressing, KRAFT MIRACLE WHIP FREE Nonfat Dressing

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 | 78.70 | | 0 | MC | 9 | | 12.59 | | |
| Energy.....kcal | 84 | | 0 | MC | 9 | | 13 | | |
| Energy.....kj | 351 | | | | | 9 | 56 | | |
| Protein.....g | 0.20 | | 0 | MC | 9 | | 0.03 | | |
| Total lipid (fat).....g | 2.70 | | 0 | NR | 4 | | 0.43 | | |
| Ash.....g | 1.90 | | 0 | MC | 9 | | 0.30 | | |
| Carbohydrate, by difference (1).....g | 15.50 | | 0 | MC | 9 | | 2.48 | | |
| Fiber, total dietary.....g | 1.9 | | 0 | MC | 9 | | 0.3 | | |
| Sugars, total.....g | 10.30 | | 0 | MC | 9 | | 1.65 | | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 6 | | 0 | MC | 9 | | 1 | | |
| Iron, Fe.....mg | 0.12 | | 0 | MC | 9 | | 0.02 | | |
| Magnesium, Mg.....mg | | | | | | | | | |
| Phosphorus, P.....mg | 5 | | 0 | MC | 9 | | 1 | | |
| Potassium, K.....mg | 49 | | 0 | MC | 9 | | 8 | | |
| Sodium, Na.....mg | 788 | | 0 | MC | 9 | | 126 | | |
| 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 | 69 | | 0 | MC | 9 | | 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) (2).....mcg | 83.6 | | 0 | MC | 9 | | 13.4 | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 0.600 | | 0 | MC | 9 | | 0.096 | | |
| Fatty acids, total monounsaturated.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | | | | | | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 9 | | 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. 04014

Salad dressing, KRAFT MIRACLE WHIP FREE Nonfat Dressing

Measure 1 = 16g: 1 tbsp

Footnotes:

- 1 Contains other proximate components.
- 2 Added nutrient

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04012

Salad dressing, KRAFT MIRACLE WHIP LIGHT Dressing

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 | 63.30 | | 0 | MC | 9 | | 10.13 | | |
| Energy.....kcal | 231 | | 0 | MC | 9 | | 37 | | |
| Energy.....kj | 967 | | | | | 9 | 155 | | |
| Protein.....g | 0.60 | | 0 | MC | 9 | | 0.10 | | |
| Total lipid (fat).....g | 18.60 | | 0 | NR | 4 | | 2.98 | | |
| Ash.....g | 2.20 | | 0 | MC | 9 | | 0.35 | | |
| Carbohydrate, by difference (1).....g | 14.40 | | 0 | MC | 9 | | 2.30 | | |
| Fiber, total dietary.....g | 0.1 | | 0 | MC | 9 | | 0.0 | | |
| Sugars, total.....g | 9.90 | | 0 | MC | 9 | | 1.58 | | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 5 | | 0 | MC | 9 | | 1 | | |
| Iron, Fe.....mg | 0.17 | | 0 | MC | 9 | | 0.03 | | |
| Magnesium, Mg.....mg | | | | | | | | | |
| Phosphorus, P.....mg | 13 | | 0 | MC | 9 | | 2 | | |
| Potassium, K.....mg | 23 | | 0 | MC | 9 | | 4 | | |
| Sodium, Na.....mg | 821 | | 0 | MC | 9 | | 131 | | |
| 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 | 34 | | 0 | 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) (2).....mcg | 83.6 | | 0 | MC | 9 | | 13.4 | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 2.900 | | 0 | MC | 9 | | 0.464 | | |
| Fatty acids, total monounsaturated.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | | | | | | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 26 | | 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. 04012

Salad dressing, KRAFT MIRACLE WHIP LIGHT Dressing

Measure 1 = 16g: 1 tbsp

Footnotes:

- 1 Contains other proximate components.
- 2 Added nutrient

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04013

Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing

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 | 81.80 | | 0 | MC | 9 | | 13.09 | | |
| Energy.....kcal | 70 | | 0 | MC | 9 | | 11 | | |
| Energy.....kj | 293 | | | | 9 | | 47 | | |
| Protein.....g | 0.20 | | 0 | MC | 9 | | 0.03 | | |
| Total lipid (fat).....g | 2.70 | | 0 | NR | 4 | | 0.43 | | |
| Ash.....g | 2.20 | | 0 | MC | 9 | | 0.35 | | |
| Carbohydrate, by difference (1).....g | 12.40 | | 0 | MC | 9 | | 1.98 | | |
| Fiber, total dietary.....g | 2.0 | | 0 | MC | 9 | | 0.3 | | |
| Sugars, total.....g | 6.80 | | 0 | MC | 9 | | 1.09 | | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 6 | | 0 | MC | 9 | | 1 | | |
| Iron, Fe.....mg | 0.10 | | 0 | MC | 9 | | 0.02 | | |
| Magnesium, Mg.....mg | | | | | | | | | |
| Phosphorus, P.....mg | 27 | | 0 | MC | 9 | | 4 | | |
| Potassium, K.....mg | 50 | | 0 | MC | 9 | | 8 | | |
| Sodium, Na.....mg | 750 | | 0 | MC | 9 | | 120 | | |
| 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 | 99 | | 0 | MC | 9 | | 16 | | |
| 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) (2).....mcg | 155.1 | | 0 | MC | 9 | | 24.8 | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 0.500 | | 0 | MC | 9 | | 0.080 | | |
| Fatty acids, total monounsaturated.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | | | | | | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 10 | | 0 | MC | 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. 04013

Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing

Measure 1 = 16g: 1 tbsp

Footnotes:

- 1 Contains other proximate components.
- 2 Added nutrient

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04011

Salad dressing, KRAFT Mayo Light Mayonnaise

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 | 55.40 | | 0 | MC | 9 | | 8.31 | | |
| Energy.....kcal | 334 | | 0 | MC | 9 | | 50 | | |
| Energy.....kj | 1397 | | | | 9 | | 210 | | |
| Protein.....g | 0.60 | | 0 | MC | 9 | | 0.09 | | |
| Total lipid (fat).....g | 32.90 | | 0 | NR | 4 | | 4.94 | | |
| Ash.....g | 2.10 | | 0 | MC | 9 | | 0.32 | | |
| Carbohydrate, by difference (1).....g | 8.50 | | 0 | MC | 9 | | 1.28 | | |
| Fiber, total dietary.....g | 0.1 | | 0 | MC | 9 | | 0.0 | | |
| Sugars, total.....g | 4.20 | | 0 | MC | 9 | | 0.63 | | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 6 | | 0 | MC | 9 | | 1 | | |
| Iron, Fe.....mg | 0.20 | | 0 | MC | 9 | | 0.03 | | |
| Magnesium, Mg.....mg | | | | | | | | | |
| Phosphorus, P.....mg | 58 | | 0 | MC | 9 | | 9 | | |
| Potassium, K.....mg | 52 | | 0 | MC | 9 | | 8 | | |
| Sodium, Na.....mg | 797 | | 0 | MC | 9 | | 120 | | |
| Zinc, Zn.....mg | | | | | | | | | |
| Copper, Cu.....mg | | | | | | | | | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | | | | | | | | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.3 | | 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 | 185 | | 0 | MC | 9 | | 28 | | |
| 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) (2).....mcg | 155.1 | | 0 | MC | 9 | | 23.3 | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 5.000 | | 0 | MC | 9 | | 0.750 | | |
| Fatty acids, total monounsaturated.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | | | | | | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 35 | | 0 | MC | 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. 04011

Salad dressing, KRAFT Mayo Light Mayonnaise

Measure 1 = 15.0g: 1 tbsp

Footnotes:

- 1 Contains other proximate components.
- 2 Added nutrient

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04115

Salad dressing, KRAFT Ranch Dressing

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 | 36.80 | | 0 | MC | 9 | | 10.67 | | |
| Energy.....kcal | 510 | | 0 | MC | 9 | | 148 | | |
| Energy.....kj | 2134 | | | | 9 | | 619 | | |
| Protein.....g | 1.40 | | 0 | MC | 9 | | 0.41 | | |
| Total lipid (fat).....g | 53.70 | | 0 | NR | 4 | | 15.57 | | |
| Ash.....g | 2.60 | | 0 | MC | 9 | | 0.75 | | |
| Carbohydrate, by difference (1).....g | 4.60 | | 0 | MC | 9 | | 1.33 | | |
| Fiber, total dietary.....g | 0.3 | | 0 | MC | 9 | | 0.1 | | |
| Sugars, total.....g | 4.00 | | 0 | MC | 9 | | 1.16 | | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 29 | | 0 | MC | 9 | | 8 | | |
| Iron, Fe.....mg | 0.18 | | 0 | MC | 9 | | 0.05 | | |
| Magnesium, Mg.....mg | | | | | | | | | |
| Phosphorus, P.....mg | 91 | | 0 | MC | 9 | | 26 | | |
| Potassium, K.....mg | 49 | | 0 | MC | 9 | | 14 | | |
| Sodium, Na.....mg | 990 | | 0 | MC | 9 | | 287 | | |
| Zinc, Zn.....mg | | | | | | | | | |
| Copper, Cu.....mg | | | | | | | | | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | | | | | | | | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.2 | | 0 | MC | 9 | | 0.1 | | |
| 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 | 38 | | 0 | MC | 9 | | 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 | 8.200 | | 0 | MC | 9 | | 2.378 | | |
| Fatty acids, total monounsaturated.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | | | | | | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 28 | | 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. 04115

Salad dressing, KRAFT Ranch Dressing

Measure 1 = 29g: 2 tbsp

Footnotes:

1 Contains other proximate components.

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04116

Salad dressing, KRAFT Zesty Italian Dressing

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 | 52.70 | | 0 | MC | 9 | | 16.34 | | |
| Energy.....kcal | 351 | | 0 | MC | 9 | | 109 | | |
| Energy.....kj | 1469 | | | | 9 | | 455 | | |
| Protein.....g | 0.30 | | 0 | MC | 9 | | 0.09 | | |
| Total lipid (fat).....g | 35.90 | | 0 | NR | 4 | | 11.13 | | |
| Ash.....g | 4.20 | | 0 | MC | 9 | | 1.30 | | |
| Carbohydrate, by difference (1).....g | 5.70 | | 0 | MC | 9 | | 1.77 | | |
| Fiber, total dietary.....g | 0.5 | | 0 | MC | 9 | | 0.2 | | |
| Sugars, total.....g | 4.30 | | 0 | MC | 9 | | 1.33 | | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 4 | | 0 | MC | 9 | | 1 | | |
| Iron, Fe.....mg | 0.16 | | 0 | MC | 9 | | 0.05 | | |
| Magnesium, Mg.....mg | | | | | | | | | |
| Phosphorus, P.....mg | 14 | | 0 | MC | 9 | | 4 | | |
| Potassium, K.....mg | 29 | | 0 | MC | 9 | | 9 | | |
| Sodium, Na.....mg | 1630 | | 0 | MC | 9 | | 505 | | |
| Zinc, Zn.....mg | | | | | | | | | |
| Copper, Cu.....mg | | | | | | | | | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | | | | | | | | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.5 | | 0 | MC | 9 | | 0.2 | | |
| 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 | 36 | | 0 | MC | 9 | | 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 | 4.000 | | 0 | MC | 9 | | 1.240 | | |
| Fatty acids, total monounsaturated.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | | | | | | | | | |
| 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. 04116

Salad dressing, KRAFT Zesty Italian Dressing

Measure 1 = 31g: 2 tbsp

Footnotes:

1 Contains other proximate components.

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 43599

Salad dressing, Mayonnaise dressing, diet, no cholesterol

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 | 39.90 | | 0 | RKA | 1 | | 96.56 | 5.99 | |
| Energy.....kcal | 390 | | 0 | RKI | 6 | | 944 | 59 | |
| Energy.....kj | 1632 | | 0 | RKI | 6 | | 3949 | 245 | |
| Protein.....g | 0.90 | | 0 | RKA | 1 | | 2.18 | 0.14 | |
| Total lipid (fat).....g | 33.40 | | 0 | RKA | 1 | | 80.83 | 5.01 | |
| Ash.....g | 1.90 | | 0 | RKA | 1 | | 4.60 | 0.29 | |
| Carbohydrate, by difference.....g | 23.90 | | 0 | RKI | 6 | | 57.84 | 3.59 | |
| Fiber, total dietary.....g | 0.0 | | 0 | RKI | 6 | | 0.0 | 0.0 | |
| Sugars, total.....g | 6.40 | | 0 | RKA | 1 | | 15.49 | 0.96 | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 14 | | 0 | RKA | 1 | | 34 | 2 | |
| Iron, Fe.....mg | 0.20 | | 0 | RKA | 1 | | 0.48 | 0.03 | |
| Magnesium, Mg.....mg | 2 | | 0 | RKA | 1 | | 5 | 0 | |
| Phosphorus, P.....mg | 26 | | 0 | RKA | 1 | | 63 | 4 | |
| Potassium, K.....mg | 9 | | 0 | RKA | 1 | | 22 | 1 | |
| Sodium, Na.....mg | 711 | | 0 | RKA | 1 | | 1720 | 107 | |
| Zinc, Zn.....mg | 0.18 | | 0 | RKI | 6 | | 0.44 | 0.03 | |
| Copper, Cu.....mg | 0.010 | | 0 | RKI | 6 | | 0.024 | 0.002 | |
| Manganese, Mn.....mg | 0.088 | | 0 | RKI | 6 | | 0.213 | 0.013 | |
| Selenium, Se.....mcg | 1.6 | | 0 | RKI | 6 | | 3.9 | 0.2 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | RKI | 6 | | 0.0 | 0.0 | |
| Thiamin.....mg | 0.013 | | 0 | RKI | 6 | | 0.031 | 0.002 | |
| Riboflavin.....mg | 0.024 | | 0 | RKI | 6 | | 0.058 | 0.004 | |
| Niacin.....mg | 0.004 | | 0 | RKI | 6 | | 0.010 | 0.001 | |
| Pantothenic acid.....mg | 0.243 | | 0 | RKI | 6 | | 0.588 | 0.036 | |
| Vitamin B-6.....mg | 0.017 | | 0 | RKI | 6 | | 0.041 | 0.003 | |
| Folate, total.....mcg | 0 | | 0 | RKI | 6 | | 0 | 0 | |
| Folic acid.....mcg | 0 | | 0 | RKI | 6 | | 0 | 0 | |
| Folate, food.....mcg | 0 | | 0 | RKI | 6 | | 0 | 0 | |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total.....mg | 0.7 | | 0 | BFZN | 4 | | 1.8 | 0.1 | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.21 | | 0 | RKI | 6 | | 0.50 | 0.03 | |
| Vitamin B-12, added.....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE.....mcg_RAE | 21 | | 0 | NC | 4 | | 51 | 3 | |
| Retinol.....mcg | 12 | | 0 | RKI | 6 | | 29 | 2 | |
| Carotene, beta.....mcg | 94 | | 0 | RKI | 6 | | 227 | 14 | |
| Carotene, alpha.....mcg | 1 | | 0 | RKI | 6 | | 3 | 0 | |
| Cryptoxanthin, beta.....mcg | 27 | | 0 | RKI | 6 | | 65 | 4 | |
| Vitamin A, IU.....IU | 220 | | 0 | NC | 4 | | 533 | 33 | |
| Lycopene.....mcg | 0 | | 0 | RKI | 6 | | 0 | 0 | |
| Lutein + zeaxanthin.....mcg | 87 | | 0 | RKI | 6 | | 210 | 13 | |
| Vitamin E (alpha-tocopherol).....mg | 2.06 | | 0 | RKA | 1 | | 4.99 | 0.31 | |
| Vitamin E, added.....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta.....mg | 0.22 | | 0 | RKA | 1 | | 0.53 | 0.03 | |
| Tocopherol, gamma.....mg | 13.38 | | 0 | RKA | 1 | | 32.38 | 2.01 | |
| Tocopherol, delta.....mg | 1.43 | | 0 | RKA | 1 | | 3.46 | 0.21 | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....mcg | 42.2 | | 0 | RKA | 1 | | 102.0 | 6.3 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 5.000 | | 0 | RKA | 1 | | 12.100 | 0.750 | |
| 4:0.....g | 0.000 | | 0 | RKA | 1 | | 0.000 | 0.000 | |
| 6:0.....g | 0.000 | | 0 | RKA | 1 | | 0.000 | 0.000 | |
| 8:0.....g | 0.000 | | 0 | RKA | 1 | | 0.000 | 0.000 | |
| 10:0.....g | 0.000 | | 0 | RKA | 1 | | 0.000 | 0.000 | |

Salad dressing, Mayonnaise dressing, diet, no cholesterol

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.100 | | 0 | RKA | 1 | | 0.242 | 0.015 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.000 | | 0 | RKA | 1 | | 0.000 | 0.000 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 3.500 | | 0 | RKA | 1 | | 8.470 | 0.525 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 1.400 | | 0 | RKA | 1 | | 3.388 | 0.210 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 9.000 | | 0 | RKA | 1 | | 21.780 | 1.350 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | RKA | 1 | | 0.000 | 0.000 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 9.000 | | 0 | RKA | 1 | | 21.780 | 1.350 | |
| 20:1.....g | 0.000 | | 0 | RKA | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | RKA | 1 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 18.000 | | 0 | RKA | 1 | | 43.560 | 2.700 | |
| 18:2 undifferentiated.....g | 16.000 | | 0 | RKA | 1 | | 38.720 | 2.400 | |
| 18:3 undifferentiated.....g | 2.000 | | 0 | RKA | 1 | | 4.840 | 0.300 | |
| 18:4.....g | 0.000 | | 0 | RKA | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | RKA | 1 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | RKA | 1 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | RKA | 1 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | RKA | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Phytosterols.....mg | 97 | | 0 | RKA | 1 | | 235 | 15 | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.013 | | 0 | RKI | 6 | | 0.031 | 0.002 | |
| Threonine.....g | 0.049 | | 0 | RKI | 6 | | 0.119 | 0.007 | |
| Isoleucine.....g | 0.052 | | 0 | RKI | 6 | | 0.126 | 0.008 | |
| Leucine.....g | 0.077 | | 0 | RKI | 6 | | 0.186 | 0.012 | |
| Lysine.....g | 0.061 | | 0 | RKI | 6 | | 0.148 | 0.009 | |
| Methionine.....g | 0.023 | | 0 | RKI | 6 | | 0.056 | 0.003 | |
| Cystine.....g | 0.016 | | 0 | RKI | 6 | | 0.039 | 0.002 | |
| Phenylalanine.....g | 0.039 | | 0 | RKI | 6 | | 0.094 | 0.006 | |
| Tyrosine.....g | 0.039 | | 0 | RKI | 6 | | 0.094 | 0.006 | |
| Valine.....g | 0.055 | | 0 | RKI | 6 | | 0.133 | 0.008 | |
| Arginine.....g | 0.062 | | 0 | RKI | 6 | | 0.150 | 0.009 | |
| Histidine.....g | 0.022 | | 0 | RKI | 6 | | 0.053 | 0.003 | |
| Alanine.....g | 0.045 | | 0 | RKI | 6 | | 0.109 | 0.007 | |
| Aspartic acid.....g | 0.075 | | 0 | RKI | 6 | | 0.182 | 0.011 | |
| Glutamic acid.....g | 0.110 | | 0 | RKI | 6 | | 0.266 | 0.017 | |
| Glycine.....g | 0.027 | | 0 | RKI | 6 | | 0.065 | 0.004 | |
| Proline.....g | 0.037 | | 0 | RKI | 6 | | 0.090 | 0.006 | |
| Serine.....g | 0.075 | | 0 | RKI | 6 | | 0.182 | 0.011 | |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | RKI | 6 | | 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. 43599

Salad dressing, Mayonnaise dressing, diet, no cholesterol

Measure 1 = 242g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 43331
Salad dressing, bacon and tomato

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 | 58.70 | | 0 | | 4 | | 140.88 | 8.81 | |
| Energy.....kcal | 326 | | 0 | | 4 | | 782 | 49 | |
| Energy.....kj | 1364 | | 0 | | 4 | | 3274 | 205 | |
| Protein.....g | 1.80 | | 0 | | 4 | | 4.32 | 0.27 | |
| Total lipid (fat).....g | 35.00 | | 0 | | 4 | | 84.00 | 5.25 | |
| Ash.....g | 2.60 | | 0 | NC | 4 | | 6.24 | 0.39 | |
| Carbohydrate, by difference.....g | 2.00 | | 0 | | 4 | | 4.80 | 0.30 | |
| Fiber, total dietary.....g | 0.2 | | 0 | | 4 | | 0.5 | 0.0 | |
| Sugars, total.....g | 2.00 | | 0 | NR | 4 | | 4.80 | 0.30 | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 4 | | 0 | | 4 | | 10 | 1 | |
| Iron, Fe.....mg | 0.27 | | 0 | | 4 | | 0.65 | 0.04 | |
| Magnesium, Mg.....mg | 6 | | 0 | | 4 | | 14 | 1 | |
| Phosphorus, P.....mg | 25 | | 0 | | 4 | | 60 | 4 | |
| Potassium, K.....mg | 108 | | 0 | | 4 | | 259 | 16 | |
| Sodium, Na.....mg | 1084 | | 0 | | 4 | | 2602 | 163 | |
| Zinc, Zn.....mg | 0.20 | | 0 | | 4 | | 0.48 | 0.03 | |
| Copper, Cu.....mg | 0.030 | | 0 | | 4 | | 0.072 | 0.005 | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 1.6 | | 0 | CAZN | 4 | | 3.8 | 0.2 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 8.8 | | 0 | | 4 | | 21.1 | 1.3 | |
| Thiamin.....mg | 0.040 | | 0 | | 4 | | 0.096 | 0.006 | |
| Riboflavin.....mg | 0.020 | | 0 | | 4 | | 0.048 | 0.003 | |
| Niacin.....mg | 0.700 | | 0 | | 4 | | 1.680 | 0.105 | |
| Pantothenic acid.....mg | | | | | | | | | |
| Vitamin B-6.....mg | 0.080 | | 0 | | 4 | | 0.192 | 0.012 | |
| Folate, total.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Folic acid.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Folate, food.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total.....mg | 16.4 | | 0 | BFZN | 4 | | 39.3 | 2.5 | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.09 | | 0 | | 4 | | 0.22 | 0.01 | |
| Vitamin B-12, added.....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE.....mcg_RAE | 11 | | 0 | BFZN | 4 | | 26 | 2 | |
| Retinol.....mcg | 4 | | 0 | BFZN | 4 | | 10 | 1 | |
| Carotene, beta.....mcg | 92 | | 0 | BFZN | 4 | | 220 | 14 | |
| Carotene, alpha.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Cryptoxanthin, beta.....mcg | 52 | | 0 | BFZN | 4 | | 125 | 8 | |
| Vitamin A, IU.....IU | 211 | | 0 | NC | 4 | | 506 | 32 | |
| Lycopene.....mcg | 2597 | | 0 | BFZN | 4 | | 6232 | 389 | |
| Lutein + zeaxanthin.....mcg | 29 | | 0 | BFZN | 4 | | 69 | 4 | |
| Vitamin E (alpha-tocopherol).....mg | 4.00 | | 0 | BFZN | 4 | | 9.60 | 0.60 | |
| 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 | 69.1 | | 0 | BFZN | 4 | | 165.8 | 10.4 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 5.435 | | 0 | | 4 | | 13.044 | 0.815 | |
| 4:0.....g | 0.013 | | 0 | | 4 | | 0.031 | 0.002 | |
| 6:0.....g | 0.008 | | 0 | | 4 | | 0.019 | 0.001 | |
| 8:0.....g | 0.004 | | 0 | | 4 | | 0.010 | 0.001 | |
| 10:0.....g | 0.012 | | 0 | | 4 | | 0.029 | 0.002 | |

NDB No. 43331
Salad dressing, bacon and tomato

| Nutrients and Units | <u>Amount in 100 grams of edible portion</u> | | | | <u>Amount in edible portion of common measures of food</u> | | | | |
|--|--|------------|-----------------------|------------|--|-----------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| 12:0.....g | 0.013 | | 0 | | 4 | | 0.031 | 0.002 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.086 | | 0 | | 4 | | 0.206 | 0.013 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 3.786 | | 0 | | 4 | | 9.086 | 0.568 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 1.439 | | 0 | | 4 | | 3.454 | 0.216 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 8.415 | | 0 | | 4 | | 20.196 | 1.262 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.111 | | 0 | | 4 | | 0.266 | 0.017 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 8.197 | | 0 | | 4 | | 19.673 | 1.230 | |
| 20:1.....g | 0.067 | | 0 | | 4 | | 0.161 | 0.010 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 19.584 | | 0 | | 4 | | 47.002 | 2.938 | |
| 18:2 undifferentiated.....g | 17.244 | | 0 | | 4 | | 41.386 | 2.587 | |
| 18:3 undifferentiated.....g | 2.304 | | 0 | | 4 | | 5.530 | 0.346 | |
| 18:4.....g | 0.003 | | 0 | | 4 | | 0.007 | 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 | 4 | | 0 | | 4 | | 10 | 1 | |
| Phytosterols.....mg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | BFZN | 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 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04539

Salad dressing, blue or roquefort cheese dressing, commercial, regular

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 | 39.71 | | 0 | FLM | 4 | | 97.30 | 5.96 | |
| Energy.....kcal | 476 | | 0 | NC | 4 | | 1166 | 71 | |
| Energy.....kj | 1991 | | 0 | NC | 4 | | 4877 | 299 | |
| Protein (N x 6.25).....g | 1.37 | | 2 | MC | 9 | | 3.34 | 0.20 | |
| Total lipid (fat).....g | 51.10 | | 2 | MC | 9 | | 125.20 | 7.67 | |
| Ash.....g | 3.20 | | 1 | | 1 | | 7.84 | 0.48 | |
| Carbohydrate, by difference.....g | 4.62 | | 0 | NC | 4 | | 11.32 | 0.69 | |
| Fiber, total dietary.....g | 0.4 | | 2 | MC | 9 | | 0.9 | 0.1 | |
| Sugars, total.....g | 3.48 | | 2 | MC | 9 | | 8.53 | 0.52 | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 37 | | 2 | MC | 9 | | 91 | 6 | |
| Iron, Fe.....mg | 0.09 | | 2 | MC | 9 | | 0.22 | 0.01 | |
| Magnesium, Mg.....mg | 8 | | 0 | FLM | 4 | | 19 | 1 | |
| Phosphorus, P.....mg | 74 | | 0 | | 1 | | 181 | 11 | |
| Potassium, K.....mg | 88 | | 0 | FLM | 4 | | 215 | 13 | |
| Sodium, Na.....mg | 930 | | 2 | MC | 9 | | 2279 | 140 | |
| Zinc, Zn.....mg | 0.21 | | 0 | FLM | 4 | | 0.51 | 0.03 | |
| Copper, Cu.....mg | 0.009 | | 0 | FLM | 4 | | 0.022 | 0.001 | |
| Manganese, Mn.....mg | 0.006 | | 0 | FLM | 4 | | 0.016 | 0.001 | |
| Selenium, Se.....mcg | 1.0 | | 2 | A | 1 | | 2.5 | 0.2 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.7 | | 2 | MC | 9 | | 1.8 | 0.1 | |
| Thiamin.....mg | 0.010 | | 0 | | 1 | | 0.025 | 0.002 | |
| Riboflavin.....mg | 0.100 | | 0 | | 1 | | 0.245 | 0.015 | |
| Niacin.....mg | 0.100 | | 0 | | 1 | | 0.245 | 0.015 | |
| Pantothenic acid.....mg | 0.388 | | 0 | | 4 | | 0.951 | 0.058 | |
| Vitamin B-6.....mg | 0.037 | | 0 | | 4 | | 0.091 | 0.006 | |
| Folate, total.....mcg | 8 | | 0 | | 4 | | 20 | 1 | |
| Folic acid.....mcg | 0 | | 0 | FLM | 4 | | 0 | 0 | |
| Folate, food.....mcg | 8 | | 0 | NR | 4 | | 20 | 1 | |
| Folate, DFE.....mcg_DFE | 8 | | 0 | NC | 4 | | 20 | 1 | |
| Choline, total.....mg | 17.9 | | 0 | AS | 1 | | 43.9 | 2.7 | |
| Betaine.....mg | 2.5 | | 1 | A | 1 | | 6.1 | 0.4 | |
| Vitamin B-12.....mcg | 0.16 | | 0 | FLM | 4 | | 0.40 | 0.02 | |
| Vitamin B-12, added.....mcg | 0.00 | | 0 | NR | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE.....mcg_RAE | 19 | | 0 | NC | 4 | | 48 | 3 | |
| Retinol.....mcg | 19 | | 0 | NR | 4 | | 47 | 3 | |
| Carotene, beta.....mcg | 4 | | 0 | FLM | 4 | | 9 | 1 | |
| Carotene, alpha.....mcg | 1 | | 0 | FLM | 4 | | 2 | 0 | |
| Cryptoxanthin, beta.....mcg | 1 | | 0 | FLM | 4 | | 2 | 0 | |
| Vitamin A, IU.....IU | 73 | | 2 | MC | 9 | | 180 | 11 | |
| Lycopene.....mcg | 0 | | 0 | FLM | 4 | | 0 | 0 | |
| Lutein + zeaxanthin.....mcg | 26 | | 0 | FLM | 4 | | 63 | 4 | |
| Vitamin E (alpha-tocopherol).....mg | 4.28 | | 0 | FLM | 4 | | 10.47 | 0.64 | |
| Vitamin E, added.....mg | 0.00 | | 0 | FLM | 4 | | 0.00 | 0.00 | |
| Tocopherol, beta.....mg | | | | | | | | | |
| Tocopherol, gamma.....mg | | | | | | | | | |
| Tocopherol, delta.....mg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....mcg | 85.9 | | 0 | FLM | 4 | | 210.6 | 12.9 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 8.275 | | 2 | MC | 9 | | 20.274 | 1.241 | |
| 4:0.....g | 0.017 | | 0 | FLM | 4 | | 0.041 | 0.002 | |
| 6:0.....g | 0.008 | | 0 | FLM | 4 | | 0.020 | 0.001 | |
| 8:0.....g | 0.006 | | 0 | FLM | 4 | | 0.015 | 0.001 | |
| 10:0.....g | 0.014 | | 0 | FLM | 4 | | 0.034 | 0.002 | |

NDB No. 04539

Salad dressing, blue or roquefort cheese dressing, commercial, regular

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.013 | | 0 | FLM | 4 | | 0.031 | 0.002 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.084 | | 0 | FLM | 4 | | 0.206 | 0.013 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 5.319 | | 0 | FLM | 4 | | 13.031 | 0.798 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 2.437 | | 0 | FLM | 4 | | 5.971 | 0.366 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 13.279 | | 0 | FLM | 4 | | 32.534 | 1.992 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.045 | | 0 | FLM | 4 | | 0.111 | 0.007 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 13.112 | | 0 | FLM | 4 | | 32.124 | 1.967 | |
| 20:1.....g | 0.113 | | 0 | FLM | 4 | | 0.276 | 0.017 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.001 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 27.545 | | 0 | FLM | 4 | | 67.485 | 4.132 | |
| 18:2 undifferentiated.....g | 24.317 | | 0 | FLM | 4 | | 59.576 | 3.648 | |
| 18:3 undifferentiated.....g | 3.196 | | 0 | FLM | 4 | | 7.830 | 0.479 | |
| 18:4.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.010 | | 0 | FLM | 4 | | 0.026 | 0.002 | |
| 20:5 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.001 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.003 | | 0 | FLM | 4 | | 0.007 | 0.000 | |
| Fatty acids, total trans.....g | 1.340 | | 0 | FLM | 4 | | 3.283 | 0.201 | |
| Cholesterol.....mg | 31 | | 0 | FLM | 4 | | 76 | 5 | |
| Phytosterols.....mg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLM | 4 | | 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:

- Measure 1 = 245g: 1 cup
- Measure 2 = 15g: 1 tbsp
- Measure 3 = g: 1 serving (2 tbsp)

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate3.8

Food Group: 04 Fats and Oils

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

NDB No. 42192

Salad dressing, blue or roquefort cheese dressing, fat-free

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 | 68.00 | | 0 | | 4 | | 180.20 | 11.56 | |
| Energy.....kcal | 115 | | 0 | | 4 | | 305 | 20 | |
| Energy.....kj | 481 | | 0 | | 4 | | 1275 | 82 | |
| Protein.....g | 1.52 | | 1 | MC | 9 | | 4.03 | 0.26 | |
| Total lipid (fat).....g | 1.01 | | 1 | MC | 9 | | 2.68 | 0.17 | |
| Ash.....g | 3.40 | | 0 | NC | 4 | | 9.01 | 0.58 | |
| Carbohydrate, by difference.....g | 25.60 | | 0 | | 4 | | 67.84 | 4.35 | |
| Fiber, total dietary.....g | 1.8 | | 1 | MC | 9 | | 4.8 | 0.3 | |
| Sugars, total.....g | 7.44 | | 1 | MC | 9 | | 19.72 | 1.26 | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 51 | | 1 | MC | 9 | | 134 | 9 | |
| Iron, Fe.....mg | 0.12 | | 1 | MC | 9 | | 0.32 | 0.02 | |
| Magnesium, Mg.....mg | 15 | | 0 | FLM | 4 | | 39 | 3 | |
| Phosphorus, P.....mg | 107 | | 0 | | 4 | | 284 | 18 | |
| Potassium, K.....mg | 194 | | 0 | | 4 | | 514 | 33 | |
| Sodium, Na.....mg | 814 | | 1 | MC | 9 | | 2156 | 138 | |
| Zinc, Zn.....mg | 0.21 | | 0 | FLM | 4 | | 0.55 | 0.04 | |
| Copper, Cu.....mg | 0.015 | | 0 | FLM | 4 | | 0.041 | 0.003 | |
| Manganese, Mn.....mg | 0.010 | | 0 | FLM | 4 | | 0.028 | 0.002 | |
| Selenium, Se.....mcg | 1.6 | | 0 | CAZN | 4 | | 4.2 | 0.3 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.5 | | 1 | MC | 9 | | 1.4 | 0.1 | |
| Thiamin.....mg | 0.040 | | 0 | | 4 | | 0.106 | 0.007 | |
| Riboflavin.....mg | 0.166 | | 0 | FLM | 4 | | 0.440 | 0.028 | |
| Niacin.....mg | 0.111 | | 0 | FLM | 4 | | 0.295 | 0.019 | |
| Pantothenic acid.....mg | 0.437 | | 0 | FLM | 4 | | 1.159 | 0.074 | |
| Vitamin B-6.....mg | 0.045 | | 0 | FLM | 4 | | 0.120 | 0.008 | |
| Folate, total.....mcg | 2 | | 0 | FLM | 4 | | 4 | 0 | |
| Folic acid.....mcg | 0 | | 0 | FLM | 4 | | 0 | 0 | |
| Folate, food.....mcg | 2 | | 0 | FLM | 4 | | 4 | 0 | |
| Folate, DFE.....mcg_DFE | 2 | | 0 | NC | 4 | | 4 | 0 | |
| Choline, total.....mg | 16.4 | | 0 | FLM | 4 | | 43.4 | 2.8 | |
| Betaine.....mg | 0.0 | | 0 | FLM | 4 | | 0.0 | 0.0 | |
| Vitamin B-12.....mcg | 0.26 | | 0 | | 4 | | 0.69 | 0.04 | |
| Vitamin B-12, added.....mcg | 0.00 | | 0 | FLM | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE.....mcg_RAE | 5 | | 0 | FLM | 4 | | 13 | 1 | |
| Retinol.....mcg | 5 | | 0 | FLM | 4 | | 12 | 1 | |
| Carotene, beta.....mcg | 2 | | 0 | FLM | 4 | | 4 | 0 | |
| Carotene, alpha.....mcg | 0 | | 0 | FLM | 4 | | 0 | 0 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLM | 4 | | 0 | 0 | |
| Vitamin A, IU.....IU | 18 | | 0 | FLM | 4 | | 48 | 3 | |
| Lycopene.....mcg | 0 | | 0 | FLM | 4 | | 0 | 0 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLM | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol).....mg | 0.04 | | 0 | FLM | 4 | | 0.12 | 0.01 | |
| Vitamin E, added.....mg | 0.00 | | 0 | FLM | 4 | | 0.00 | 0.00 | |
| Tocopherol, beta.....mg | | | | | | | | | |
| Tocopherol, gamma.....mg | | | | | | | | | |
| Tocopherol, delta.....mg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....mcg | 0.1 | | 0 | FLM | 4 | | 0.4 | 0.0 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 0.450 | | 0 | FLM | 4 | | 1.193 | 0.077 | |
| 4:0.....g | 0.015 | | 0 | FLM | 4 | | 0.041 | 0.003 | |
| 6:0.....g | 0.007 | | 0 | FLM | 4 | | 0.019 | 0.001 | |
| 8:0.....g | 0.005 | | 0 | FLM | 4 | | 0.013 | 0.001 | |
| 10:0.....g | 0.012 | | 0 | FLM | 4 | | 0.032 | 0.002 | |

Salad dressing, blue or roquefort cheese dressing, fat-free

| 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 |
| 12:0.....g | 0.010 | | 0 | FLM | 4 | | 0.026 | 0.002 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.067 | | 0 | FLM | 4 | | 0.176 | 0.011 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 0.220 | | 0 | FLM | 4 | | 0.584 | 0.037 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 0.096 | | 0 | FLM | 4 | | 0.253 | 0.016 | |
| 20:0.....g | 0.001 | | 0 | FLM | 4 | | 0.002 | 0.000 | |
| 22:0.....g | 0.001 | | 0 | FLM | 4 | | 0.003 | 0.000 | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 0.441 | | 0 | FLM | 4 | | 1.169 | 0.075 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.023 | | 0 | FLM | 4 | | 0.062 | 0.004 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.404 | | 0 | FLM | 4 | | 1.071 | 0.069 | |
| 20:1.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.069 | | 0 | FLM | 4 | | 0.182 | 0.012 | |
| 18:2 undifferentiated.....g | 0.053 | | 0 | FLM | 4 | | 0.140 | 0.009 | |
| 18:3 undifferentiated.....g | 0.008 | | 0 | FLM | 4 | | 0.021 | 0.001 | |
| 18:4.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | 0.096 | | 0 | FLM | 4 | | 0.253 | 0.016 | |
| Cholesterol.....mg | 2 | | 0 | FLM | 4 | | 5 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLM | 4 | | 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:

Measure 1 = 265g: 1 cup

Measure 2 = 17g: 1 tbsp

Calories Factors: Protein 4.03

Fat 8.84

Carbohydrate3.8

Food Group: 04 Fats and Oils

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

NDB No. 42153

Salad dressing, blue or roquefort cheese dressing, reduced calorie

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 | 77.80 | | 0 | | 1 | | 193.72 | 12.45 | |
| Energy.....kcal | 86 | | 0 | | 4 | | 214 | 14 | |
| Energy.....kj | 360 | | 0 | | 4 | | 897 | 58 | |
| Protein.....g | 2.10 | | 0 | | 1 | | 5.23 | 0.34 | |
| Total lipid (fat).....g | 2.70 | | 1 | | 1 | | 6.72 | 0.43 | |
| Ash.....g | 4.20 | | 0 | NC | 4 | | 10.46 | 0.67 | |
| Carbohydrate, by difference.....g | 13.20 | | 0 | NC | 4 | | 32.87 | 2.11 | |
| Fiber, total dietary.....g | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | |
| Sugars, total.....g | 3.60 | | 0 | BFZN | 4 | | 8.96 | 0.58 | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 68 | | 0 | | 1 | | 169 | 11 | |
| Iron, Fe.....mg | 0.14 | | 0 | | 1 | | 0.35 | 0.02 | |
| Magnesium, Mg.....mg | 4 | | 0 | | 1 | | 10 | 1 | |
| Phosphorus, P.....mg | 47 | | 0 | | 1 | | 117 | 8 | |
| Potassium, K.....mg | 51 | | 0 | | 1 | | 127 | 8 | |
| Sodium, Na.....mg | 1610 | | 0 | | 1 | | 4009 | 258 | |
| Zinc, Zn.....mg | 0.30 | | 0 | | 1 | | 0.75 | 0.05 | |
| Copper, Cu.....mg | 0.013 | | 0 | | 1 | | 0.032 | 0.002 | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 1.6 | | 0 | CAZN | 4 | | 4.0 | 0.3 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | |
| Thiamin.....mg | 0.010 | | 0 | | 1 | | 0.025 | 0.002 | |
| Riboflavin.....mg | 0.040 | | 0 | | 1 | | 0.100 | 0.006 | |
| Niacin.....mg | 0.040 | | 0 | | 1 | | 0.100 | 0.006 | |
| Pantothenic acid.....mg | | | | | | | | | |
| Vitamin B-6.....mg | 0.020 | | 0 | | 1 | | 0.050 | 0.003 | |
| Folate, total.....mcg | 28 | | 0 | BFZN | 4 | | 69 | 4 | |
| Folic acid.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Folate, food.....mcg | 28 | | 0 | BFZN | 4 | | 69 | 4 | |
| Folate, DFE.....mcg_DFE | 28 | | 0 | NC | 4 | | 69 | 4 | |
| Choline, total.....mg | 17.0 | | 0 | BFZN | 4 | | 42.3 | 2.7 | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.11 | | 0 | | 1 | | 0.27 | 0.02 | |
| Vitamin B-12, added.....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE.....mcg_RAE | 67 | | 0 | NC | 4 | | 166 | 11 | |
| Retinol.....mcg | 65 | | 0 | BFZN | 4 | | 161 | 10 | |
| Carotene, beta.....mcg | 19 | | 0 | BFZN | 4 | | 46 | 3 | |
| Carotene, alpha.....mcg | 4 | | 0 | BFZN | 4 | | 11 | 1 | |
| Cryptoxanthin, beta.....mcg | 4 | | 0 | BFZN | 4 | | 10 | 1 | |
| Vitamin A, IU.....IU | 254 | | 0 | NC | 4 | | 632 | 41 | |
| Lycopene.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Lutein + zeaxanthin.....mcg | 126 | | 0 | BFZN | 4 | | 314 | 20 | |
| Vitamin E (alpha-tocopherol).....mg | 0.90 | | 0 | NR | 4 | | 2.24 | 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 | 91.0 | | 0 | BFZN | 4 | | 226.7 | 14.6 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 0.628 | | 0 | | 1 | | 1.564 | 0.100 | |
| 4:0.....g | 0.014 | | 0 | | 4 | | 0.035 | 0.002 | |
| 6:0.....g | 0.008 | | 0 | | 4 | | 0.020 | 0.001 | |
| 8:0.....g | 0.005 | | 0 | | 4 | | 0.012 | 0.001 | |
| 10:0.....g | 0.011 | | 0 | | 4 | | 0.027 | 0.002 | |

Salad dressing, blue or roquefort cheese dressing, reduced calorie

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.012 | | 0 | | 4 | | 0.030 | 0.002 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.051 | | 0 | | 4 | | 0.127 | 0.008 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 0.350 | | 0 | | 4 | | 0.872 | 0.056 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 0.167 | | 0 | | 4 | | 0.416 | 0.027 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 1.092 | | 0 | | 1 | | 2.719 | 0.175 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.020 | | 0 | | 4 | | 0.050 | 0.003 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 1.063 | | 0 | | 4 | | 2.647 | 0.170 | |
| 20:1.....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.855 | | 0 | | 1 | | 2.129 | 0.137 | |
| 18:2 undifferentiated.....g | 0.789 | | 0 | | 4 | | 1.965 | 0.126 | |
| 18:3 undifferentiated.....g | 0.064 | | 0 | | 4 | | 0.159 | 0.010 | |
| 18:4.....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 10 | | 0 | | 1 | | 25 | 2 | |
| Phytosterols.....mg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | BFZN | 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 = 249g: 1 cup

Measure 2 = 16g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 43020

Salad dressing, blue or roquefort cheese, low calorie

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 | 79.50 | | 1 | | 1 | | 194.78 | 11.93 | |
| Energy.....kcal | 99 | | 1 | | 1 | | 243 | 15 | |
| Energy.....kj | 414 | | 1 | | 1 | | 1015 | 62 | |
| Protein.....g | 5.10 | | 1 | | 1 | | 12.50 | 0.77 | |
| Total lipid (fat).....g | 7.20 | | 1 | | 1 | | 17.64 | 1.08 | |
| Ash.....g | 5.30 | | 0 | NC | 4 | | 12.99 | 0.80 | |
| Carbohydrate, by difference.....g | 2.90 | | 0 | NC | 4 | | 7.11 | 0.44 | |
| Fiber, total dietary.....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total.....g | 2.82 | | 0 | FLA | 4 | | 6.91 | 0.42 | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 89 | | 1 | | 1 | | 218 | 13 | |
| Iron, Fe.....mg | 0.50 | | 1 | | 1 | | 1.23 | 0.08 | |
| Magnesium, Mg.....mg | 7 | | 1 | | 1 | | 17 | 1 | |
| Phosphorus, P.....mg | 83 | | 1 | | 1 | | 203 | 12 | |
| Potassium, K.....mg | 5 | | 1 | | 1 | | 12 | 1 | |
| Sodium, Na.....mg | 1200 | | 1 | | 1 | | 2940 | 180 | |
| Zinc, Zn.....mg | 0.25 | | 1 | | 1 | | 0.61 | 0.04 | |
| Copper, Cu.....mg | 0.010 | | 1 | | 1 | | 0.025 | 0.002 | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 1.6 | | 0 | CAZN | 4 | | 3.9 | 0.2 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.3 | | 1 | | 1 | | 0.7 | 0.0 | |
| Thiamin.....mg | 0.020 | | 1 | | 1 | | 0.049 | 0.003 | |
| Riboflavin.....mg | 0.100 | | 1 | | 1 | | 0.245 | 0.015 | |
| Niacin.....mg | 0.050 | | 1 | | 1 | | 0.123 | 0.008 | |
| Pantothenic acid.....mg | | | | | | | | | |
| Vitamin B-6.....mg | 0.020 | | 1 | | 1 | | 0.049 | 0.003 | |
| Folate, total.....mcg | 3 | | 1 | | 1 | | 7 | 0 | |
| Folic acid.....mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, food.....mcg | 3 | | 1 | | 1 | | 7 | 0 | |
| Folate, DFE.....mcg_DFE | 3 | | 0 | NC | 4 | | 7 | 0 | |
| Choline, total.....mg | 17.0 | | 0 | BFZN | 4 | | 41.7 | 2.6 | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.23 | | 1 | | 1 | | 0.56 | 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 | Z | 7 | | 0 | 0 | |
| Carotene, beta.....mcg | 2 | | 0 | FLA | 4 | | 5 | 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 | | 8 | 0 | |
| Lycopene.....mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol).....mg | 0.25 | | 0 | FLA | 4 | | 0.62 | 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 | 5.4 | | 0 | FLA | 4 | | 13.1 | 0.8 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 2.575 | | 0 | | 4 | | 6.309 | 0.386 | |
| 4:0.....g | 0.069 | | 0 | | 4 | | 0.169 | 0.010 | |
| 6:0.....g | 0.038 | | 0 | | 4 | | 0.093 | 0.006 | |
| 8:0.....g | 0.026 | | 0 | | 4 | | 0.064 | 0.004 | |
| 10:0.....g | 0.062 | | 0 | | 4 | | 0.152 | 0.009 | |

NDB No. 43020

Salad dressing, blue or roquefort cheese, low calorie

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.051 | | 0 | | 4 | | 0.125 | 0.008 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.352 | | 0 | | 4 | | 0.862 | 0.053 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 1.414 | | 0 | | 4 | | 3.464 | 0.212 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 0.496 | | 0 | | 4 | | 1.215 | 0.074 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 1.783 | | 0 | | 4 | | 4.368 | 0.267 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.099 | | 0 | | 4 | | 0.243 | 0.015 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 1.645 | | 0 | | 4 | | 4.030 | 0.247 | |
| 20:1.....g | 0.003 | | 0 | | 4 | | 0.007 | 0.000 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 2.422 | | 0 | | 4 | | 5.934 | 0.363 | |
| 18:2 undifferentiated.....g | 2.117 | | 0 | | 4 | | 5.187 | 0.318 | |
| 18:3 undifferentiated.....g | 0.301 | | 0 | | 4 | | 0.737 | 0.045 | |
| 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 | | 0.005 | 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 | 0.001 | | 0 | | 4 | | 0.002 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 1 | | 1 | | 1 | | 2 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| 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:

Measure 1 = 245g: 1 cup

Measure 2 = 15g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 43215
Salad dressing, buttermilk, lite

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 | 62.04 | | 2 | A | 1 | | 9.31 | 18.61 | |
| Energy.....kcal | 202 | | 0 | NC | 4 | | 30 | 61 | |
| Energy.....kj | 845 | | 0 | NC | 4 | | 127 | 254 | |
| Protein.....g | 1.25 | 0.400 | 4 | JA | 6 | | 0.19 | 0.37 | |
| Total lipid (fat).....g | 12.42 | 0.066 | 4 | JA | 6 | | 1.86 | 3.73 | |
| Ash.....g | 2.96 | | 2 | A | 1 | | 0.44 | 0.89 | |
| Carbohydrate, by difference.....g | 21.33 | | 0 | NC | 4 | | 3.20 | 6.40 | |
| Fiber, total dietary.....g | 1.1 | 0.282 | 3 | JA | 6 | | 0.2 | 0.3 | |
| Sugars, total.....g | 3.77 | 1.055 | 4 | JA | 6 | | 0.57 | 1.13 | |
| Sucrose.....g | 0.89 | | 2 | A | 1 | | 0.13 | 0.27 | |
| Glucose (dextrose).....g | 0.66 | | 2 | A | 1 | | 0.10 | 0.20 | |
| Fructose.....g | 0.61 | | 2 | A | 1 | | 0.09 | 0.18 | |
| Lactose.....g | 1.04 | | 2 | A | 1 | | 0.16 | 0.31 | |
| Maltose.....g | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | |
| Galactose.....g | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 40 | 12.327 | 4 | JA | 6 | | 6 | 12 | |
| Iron, Fe.....mg | 0.69 | 0.369 | 4 | JA | 6 | | 0.10 | 0.21 | |
| Magnesium, Mg.....mg | 6 | 1.234 | 3 | A | 1 | | 1 | 2 | |
| Phosphorus, P.....mg | 193 | 38.412 | 3 | A | 1 | | 29 | 58 | |
| Potassium, K.....mg | 132 | 6.766 | 3 | A | 1 | | 20 | 40 | |
| Sodium, Na.....mg | 909 | 40.963 | 5 | JA | 6 | | 136 | 273 | |
| Zinc, Zn.....mg | 0.62 | 0.041 | 3 | A | 1 | | 0.09 | 0.18 | |
| Copper, Cu.....mg | 0.162 | 0.011 | 3 | A | 1 | | 0.024 | 0.048 | |
| Manganese, Mn.....mg | 0.053 | 0.006 | 3 | A | 1 | | 0.008 | 0.016 | |
| Selenium, Se.....mcg | 2.9 | | 0 | FLA | 4 | | 0.4 | 0.9 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.6 | 0.245 | 4 | JA | 6 | | 0.1 | 0.2 | |
| Thiamin.....mg | 0.022 | 0.012 | 3 | A | 1 | | 0.003 | 0.007 | |
| Riboflavin.....mg | 0.027 | 0.013 | 3 | A | 1 | | 0.004 | 0.008 | |
| Niacin.....mg | 0.007 | | 1 | A | 1 | | 0.001 | 0.002 | |
| Pantothenic acid.....mg | 0.861 | 0.033 | 3 | A | 1 | | 0.129 | 0.258 | |
| Vitamin B-6.....mg | 0.029 | 0.008 | 3 | A | 1 | | 0.004 | 0.009 | |
| Folate, total.....mcg | 4 | 0.718 | 3 | A | 1 | | 1 | 1 | |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food.....mcg | 4 | 0.718 | 3 | A | 1 | | 1 | 1 | |
| Folate, DFE.....mcg_DFE | 4 | | 0 | NC | 4 | | 1 | 1 | |
| Choline, total.....mg | 16.0 | | 0 | BFZN | 4 | | 2.4 | 4.8 | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Vitamin B-12, added.....mcg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE.....mcg_RAE | 18 | | 0 | NC | 4 | | 3 | 5 | |
| Retinol.....mcg | 17 | | 0 | FLA | 4 | | 3 | 5 | |
| Carotene, beta.....mcg | 4 | | 0 | FLA | 4 | | 1 | 1 | |
| Carotene, alpha.....mcg | 2 | | 0 | FLA | 4 | | 0 | 1 | |
| Cryptoxanthin, beta.....mcg | 2 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin A, IU.....IU | 67 | | 0 | NC | 4 | | 10 | 20 | |
| Lycopene.....mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Lutein + zeaxanthin.....mcg | 49 | | 0 | FLA | 4 | | 7 | 15 | |
| Vitamin E (alpha-tocopherol).....mg | 1.60 | | 0 | FLA | 4 | | 0.24 | 0.48 | |
| 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 | 34.8 | | 2 | A | 1 | | 5.2 | 10.4 | |

NDB No. 43215
Salad dressing, buttermilk, lite

| 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 |
| | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 1.250 | | 0 | NC | 4 | | 0.187 | 0.375 | |
| 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 | 0.013 | | 2 | A | 1 | | 0.002 | 0.004 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 0.793 | | 2 | A | 1 | | 0.119 | 0.238 | |
| 17:0.....g | 0.004 | | 2 | A | 1 | | 0.001 | 0.001 | |
| 18:0.....g | 0.377 | | 2 | A | 1 | | 0.057 | 0.113 | |
| 20:0.....g | 0.034 | | 2 | A | 1 | | 0.005 | 0.010 | |
| 22:0.....g | 0.028 | | 2 | A | 1 | | 0.004 | 0.009 | |
| 24:0.....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total monounsaturated.....g | 2.794 | | 0 | NC | 4 | | 0.419 | 0.838 | |
| 14:1.....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.013 | | 0 | AS | 1 | | 0.002 | 0.004 | |
| 16:1 c.....g | 0.013 | | 2 | A | 1 | | 0.002 | 0.004 | |
| 16:1 t.....g | | | | | | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 2.725 | | 0 | AS | 1 | | 0.409 | 0.817 | |
| 18:1 c.....g | 2.725 | | 2 | A | 1 | | 0.409 | 0.817 | |
| 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 | 0.057 | | 2 | A | 1 | | 0.008 | 0.017 | |
| 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 | 4.213 | | 0 | NC | 4 | | 0.632 | 1.264 | |
| 18:2 undifferentiated.....g | 3.685 | | 0 | AS | 1 | | 0.553 | 1.106 | |
| 18:2 n-6 c,c.....g | 3.626 | | 2 | A | 1 | | 0.544 | 1.088 | |
| 18:2 CLAs.....g | | | | | | | | | |
| 18:2 c,t.....g | | | | | | | | | |
| 18:2 t,c.....g | | | | | | | | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | 0.059 | | 2 | A | 1 | | 0.009 | 0.018 | |
| 18:2 t not further defined.....g | | | | | | | | | |
| 18:3 undifferentiated.....g | 0.527 | | 0 | AS | 1 | | 0.079 | 0.158 | |
| 18:3 n-3 c,c,c.....g | 0.527 | | 2 | A | 1 | | 0.079 | 0.158 | |
| 18:3 n-6 c,c,c.....g | | | | | | | | | |
| 18:3i.....g | | | | | | | | | |
| 18:4.....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 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 | | 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 | 0.059 | | 0 | NC | 4 | | 0.009 | 0.018 | |
| Fatty acids, total trans-monoenoic.....g | 0.000 | | 0 | NC | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans-polyenoic.....g | 0.059 | | 0 | NC | 4 | | 0.009 | 0.018 | |
| Cholesterol.....mg | 16 | 8.444 | 5 | JA | 6 | | 2 | 5 | |
| Phytosterols.....mg | | | | | | | | | |
| Stigmasterol.....mg | 9 | | 2 | A | 1 | | 1 | 3 | |
| Campesterol.....mg | 20 | | 2 | A | 1 | | 3 | 6 | |

NDB No. 43215
Salad dressing, buttermilk, lite

| Nutrients and Units | <u>Amount in 100 grams of edible portion</u> | | | | <u>Amount in edible portion of common measures of food</u> | | | | |
|------------------------|--|------------|-----------------------|------------|--|-----------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Beta-sitosterol.....mg | 38 | | 2 | A | 1 | | 6 | 11 | |
| 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 = 15.0g: 1 tablespoon
 Measure 2 = 30g: 1 serving (2 tbsp)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 43015

Salad dressing, caesar dressing, regular

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 | 34.30 | | 1 | | 1 | | 80.61 | 5.04 | 10.29 |
| Energy.....kcal | 542 | | 0 | NC | 4 | | 1273 | 80 | 163 |
| Energy.....kj | 2266 | | 0 | NC | 4 | | 5326 | 333 | 680 |
| Protein.....g | 2.17 | | 2 | MC | 9 | | 5.10 | 0.32 | 0.65 |
| Total lipid (fat).....g | 57.85 | | 0 | FLM | 4 | | 135.94 | 8.50 | 17.35 |
| Ash.....g | 2.40 | | 0 | NC | 4 | | 5.64 | 0.35 | 0.72 |
| Carbohydrate, by difference.....g | 3.30 | | 0 | NC | 4 | | 7.76 | 0.49 | 0.99 |
| Fiber, total dietary.....g | 0.5 | | 2 | MC | 9 | | 1.2 | 0.1 | 0.2 |
| Sugars, total.....g | 2.81 | | 1 | MC | 9 | | 6.60 | 0.41 | 0.84 |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 48 | | 1 | MC | 9 | | 113 | 7 | 14 |
| Iron, Fe.....mg | 1.08 | | 1 | MC | 9 | | 2.54 | 0.16 | 0.32 |
| Magnesium, Mg.....mg | 2 | | 0 | FLM | 4 | | 6 | 0 | 1 |
| Phosphorus, P.....mg | 19 | | 1 | | 1 | | 45 | 3 | 6 |
| Potassium, K.....mg | 29 | | 1 | | 1 | | 68 | 4 | 9 |
| Sodium, Na.....mg | 1078 | | 1 | | 1 | | 2533 | 158 | 323 |
| Zinc, Zn.....mg | 0.11 | | 1 | | 1 | | 0.26 | 0.02 | 0.03 |
| Copper, Cu.....mg | 0.010 | | 1 | | 1 | | 0.024 | 0.001 | 0.003 |
| Manganese, Mn.....mg | 0.038 | | 0 | FLM | 4 | | 0.089 | 0.006 | 0.011 |
| Selenium, Se.....mcg | 1.6 | | 0 | CAZN | 4 | | 3.8 | 0.2 | 0.5 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.3 | | 1 | MC | 9 | | 0.6 | 0.0 | 0.1 |
| Thiamin.....mg | 0.010 | | 1 | | 1 | | 0.024 | 0.001 | 0.003 |
| Riboflavin.....mg | 0.010 | | 1 | | 1 | | 0.024 | 0.001 | 0.003 |
| Niacin.....mg | 0.040 | | 1 | | 1 | | 0.094 | 0.006 | 0.012 |
| Pantothenic acid.....mg | 0.083 | | 0 | FLM | 4 | | 0.196 | 0.012 | 0.025 |
| Vitamin B-6.....mg | 0.025 | | 0 | FLM | 4 | | 0.058 | 0.004 | 0.007 |
| Folate, total.....mcg | 2 | | 1 | | 1 | | 5 | 0 | 1 |
| Folic acid.....mcg | 0 | | 0 | FLM | 4 | | 0 | 0 | 0 |
| Folate, food.....mcg | 2 | | 0 | NR | 4 | | 5 | 0 | 1 |
| Folate, DFE.....mcg_DFE | 2 | | 0 | NC | 4 | | 5 | 0 | 1 |
| Choline, total.....mg | 15.6 | | 0 | AS | 1 | | 36.6 | 2.3 | 4.7 |
| Betaine.....mg | 0.5 | | 1 | A | 1 | | 1.2 | 0.1 | 0.2 |
| Vitamin B-12.....mcg | 0.03 | | 1 | | 1 | | 0.07 | 0.00 | 0.01 |
| Vitamin B-12, added.....mcg | 0.00 | | 0 | FLM | 4 | | 0.00 | 0.00 | 0.00 |
| Vitamin A, RAE.....mcg_RAE | 9 | | 0 | NC | 4 | | 21 | 1 | 3 |
| Retinol.....mcg | 9 | | 0 | FLM | 4 | | 21 | 1 | 3 |
| Carotene, beta.....mcg | 2 | | 0 | FLM | 4 | | 5 | 0 | 1 |
| Carotene, alpha.....mcg | 1 | | 0 | FLM | 4 | | 2 | 0 | 0 |
| Cryptoxanthin, beta.....mcg | 1 | | 0 | FLM | 4 | | 2 | 0 | 0 |
| Vitamin A, IU.....IU | 34 | | 0 | NC | 4 | | 81 | 5 | 10 |
| Lycopene.....mcg | 0 | | 0 | FLM | 4 | | 0 | 0 | 0 |
| Lutein + zeaxanthin.....mcg | 22 | | 0 | FLM | 4 | | 52 | 3 | 7 |
| Vitamin E (alpha-tocopherol).....mg | 4.74 | | 0 | FLM | 4 | | 11.15 | 0.70 | 1.42 |
| Vitamin E, added.....mg | 0.00 | | 0 | FLM | 4 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta.....mg | | | | | | | | | |
| Tocopherol, gamma.....mg | | | | | | | | | |
| Tocopherol, delta.....mg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....mcg | 104.8 | | 0 | FLM | 4 | | 246.4 | 15.4 | 31.5 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 8.789 | | 0 | | 4 | | 20.654 | 1.292 | 2.637 |
| 4:0.....g | 0.015 | | 0 | FLM | 4 | | 0.035 | 0.002 | 0.005 |
| 6:0.....g | 0.006 | | 0 | FLM | 4 | | 0.013 | 0.001 | 0.002 |
| 8:0.....g | 0.001 | | 0 | FLM | 4 | | 0.002 | 0.000 | 0.000 |
| 10:0.....g | 0.005 | | 0 | FLM | 4 | | 0.013 | 0.001 | 0.002 |

NDB No. 43015

Salad dressing, caesar dressing, regular

| 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 | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | Points | Code | | | | | |
| 12:0.....g | 0.008 | | 0 | FLM | 4 | | 0.019 | 0.001 | 0.002 |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.032 | | 0 | FLM | 4 | | 0.076 | 0.005 | 0.010 |
| 15:0.....g | 0.003 | | 0 | FLM | 4 | | 0.008 | 0.000 | 0.001 |
| 16:0.....g | 5.838 | | 0 | FLM | 4 | | 13.719 | 0.858 | 1.751 |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 2.466 | | 0 | FLM | 4 | | 5.795 | 0.363 | 0.740 |
| 20:0.....g | 0.195 | | 0 | FLM | 4 | | 0.459 | 0.029 | 0.059 |
| 22:0.....g | 0.198 | | 0 | FLM | 4 | | 0.465 | 0.029 | 0.059 |
| 24:0.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total monounsaturated.....g | 13.504 | | 0 | FLM | 4 | | 31.734 | 1.985 | 4.051 |
| 14:1.....g | 0.003 | | 0 | FLM | 4 | | 0.008 | 0.001 | 0.001 |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.030 | | 0 | FLM | 4 | | 0.071 | 0.004 | 0.009 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 13.328 | | 0 | FLM | 4 | | 31.320 | 1.959 | 3.998 |
| 20:1.....g | 0.138 | | 0 | FLM | 4 | | 0.325 | 0.020 | 0.041 |
| 22:1 undifferentiated.....g | 0.002 | | 0 | FLM | 4 | | 0.005 | 0.000 | 0.001 |
| 24:1 c.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total polyunsaturated.....g | 32.857 | | 0 | FLM | 4 | | 77.214 | 4.830 | 9.857 |
| 18:2 undifferentiated.....g | 28.970 | | 0 | FLM | 4 | | 68.079 | 4.259 | 8.691 |
| 18:3 undifferentiated.....g | 3.853 | | 0 | FLM | 4 | | 9.054 | 0.566 | 1.156 |
| 18:4.....g | 0.001 | | 0 | FLM | 4 | | 0.002 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 20:3 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.001 | 0.000 | 0.000 |
| 20:4 undifferentiated.....g | 0.009 | | 0 | FLM | 4 | | 0.021 | 0.001 | 0.003 |
| 20:5 n-3.....g | 0.008 | | 0 | FLM | 4 | | 0.019 | 0.001 | 0.002 |
| 22:5 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.001 | 0.000 | 0.000 |
| 22:6 n-3.....g | 0.016 | | 0 | FLM | 4 | | 0.037 | 0.002 | 0.005 |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 39 | | 1 | MC | 9 | | 91 | 6 | 12 |
| Phytosterols.....mg | | | | | | | | | |
| 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:

- Measure 1 = 235g: 1 cup
- Measure 2 = 14.7g: 1 tbsp
- Measure 3 = 30g: 1 serving (2 tbsp)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 43021

Salad dressing, caesar, low calorie

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 | 73.20 | | 1 | | 1 | | 175.68 | 10.98 | |
| Energy.....kcal | 110 | | 1 | | 1 | | 264 | 17 | |
| Energy.....kj | 460 | | 1 | | 1 | | 1105 | 69 | |
| Protein.....g | 0.30 | | 1 | | 1 | | 0.72 | 0.05 | |
| Total lipid (fat).....g | 4.40 | | 1 | | 1 | | 10.56 | 0.66 | |
| Ash.....g | 3.50 | | 0 | NC | 4 | | 8.40 | 0.53 | |
| Carbohydrate, by difference.....g | 18.60 | | 0 | NC | 4 | | 44.64 | 2.79 | |
| Fiber, total dietary.....g | 0.1 | | 1 | | 1 | | 0.2 | 0.0 | |
| Sugars, total.....g | 16.32 | | 0 | FLA | 4 | | 39.17 | 2.45 | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 24 | | 1 | | 1 | | 58 | 4 | |
| Iron, Fe.....mg | 0.18 | | 1 | | 1 | | 0.43 | 0.03 | |
| Magnesium, Mg.....mg | 2 | | 1 | | 1 | | 5 | 0 | |
| Phosphorus, P.....mg | 19 | | 1 | | 1 | | 46 | 3 | |
| Potassium, K.....mg | 29 | | 1 | | 1 | | 70 | 4 | |
| Sodium, Na.....mg | 1078 | | 1 | | 1 | | 2587 | 162 | |
| Zinc, Zn.....mg | 0.11 | | 1 | | 1 | | 0.26 | 0.02 | |
| Copper, Cu.....mg | 0.010 | | 1 | | 1 | | 0.024 | 0.002 | |
| Manganese, Mn.....mg | 0.045 | | 0 | FLA | 4 | | 0.108 | 0.007 | |
| Selenium, Se.....mcg | 1.6 | | 0 | CAZN | 4 | | 3.8 | 0.2 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 1 | | 1 | | 0.0 | 0.0 | |
| Thiamin.....mg | 0.010 | | 1 | | 1 | | 0.024 | 0.002 | |
| Riboflavin.....mg | 0.010 | | 1 | | 1 | | 0.024 | 0.002 | |
| Niacin.....mg | 0.040 | | 1 | | 1 | | 0.096 | 0.006 | |
| Pantothenic acid.....mg | 0.003 | | 0 | FLA | 4 | | 0.007 | 0.000 | |
| Vitamin B-6.....mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| Folate, total.....mcg | 2 | | 1 | | 1 | | 5 | 0 | |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food.....mcg | 2 | | 0 | NR | 4 | | 5 | 0 | |
| Folate, DFE.....mcg_DFE | 2 | | 0 | NC | 4 | | 5 | 0 | |
| Choline, total.....mg | 17.4 | | 0 | AS | 1 | | 41.8 | 2.6 | |
| Betaine.....mg | 0.5 | | 2 | A | 1 | | 1.1 | 0.1 | |
| Vitamin B-12.....mcg | 0.03 | | 1 | | 1 | | 0.07 | 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 | | 3 | 0 | |
| Retinol.....mcg | 1 | | 0 | FLA | 4 | | 2 | 0 | |
| Carotene, beta.....mcg | 1 | | 0 | FLA | 4 | | 2 | 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 | | 12 | 1 | |
| Lycopene.....mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol).....mg | 0.71 | | 0 | FLA | 4 | | 1.70 | 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 | FLA | 4 | | 2.4 | 0.2 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 0.703 | | 0 | | 4 | | 1.687 | 0.105 | |
| 4:0.....g | 0.008 | | 0 | | 4 | | 0.019 | 0.001 | |
| 6:0.....g | 0.003 | | 0 | | 4 | | 0.007 | 0.000 | |
| 8:0.....g | 0.002 | | 0 | | 4 | | 0.005 | 0.000 | |
| 10:0.....g | 0.004 | | 0 | | 4 | | 0.010 | 0.001 | |

NDB No. 43021

Salad dressing, caesar, low calorie

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.006 | | 0 | | 4 | | 0.014 | 0.001 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.025 | | 0 | | 4 | | 0.060 | 0.004 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 0.469 | | 0 | | 4 | | 1.126 | 0.070 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 0.171 | | 0 | | 4 | | 0.410 | 0.026 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 1.124 | | 0 | | 4 | | 2.698 | 0.169 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.014 | | 0 | | 4 | | 0.034 | 0.002 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 1.009 | | 0 | | 4 | | 2.422 | 0.151 | |
| 20:1.....g | 0.024 | | 0 | | 4 | | 0.058 | 0.004 | |
| 22:1 undifferentiated.....g | 0.066 | | 0 | | 4 | | 0.158 | 0.010 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 2.368 | | 0 | | 4 | | 5.683 | 0.355 | |
| 18:2 undifferentiated.....g | 2.060 | | 0 | | 4 | | 4.944 | 0.309 | |
| 18:3 undifferentiated.....g | 0.291 | | 0 | | 4 | | 0.698 | 0.044 | |
| 18:4.....g | 0.001 | | 0 | | 4 | | 0.002 | 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 | 0.005 | | 0 | | 4 | | 0.012 | 0.001 | |
| 22:5 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.008 | | 0 | | 4 | | 0.019 | 0.001 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 2 | | 1 | | 1 | | 5 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| 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:

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 43016
Salad dressing, coleslaw

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 | 39.90 | | 1 | | 1 | | 99.75 | 6.38 | |
| Energy.....kcal | 390 | | 1 | | 1 | | 975 | 62 | |
| Energy.....kj | 1632 | | 1 | | 1 | | 4079 | 261 | |
| Protein.....g | 0.90 | | 1 | | 1 | | 2.25 | 0.14 | |
| Total lipid (fat).....g | 33.40 | | 1 | | 1 | | 83.50 | 5.34 | |
| Ash.....g | 2.00 | | 0 | NC | 4 | | 5.00 | 0.32 | |
| Carbohydrate, by difference.....g | 23.80 | | 0 | NC | 4 | | 59.50 | 3.81 | |
| Fiber, total dietary.....g | 0.1 | | 1 | | 1 | | 0.3 | 0.0 | |
| Sugars, total.....g | 20.11 | | 0 | FLA | 4 | | 50.27 | 3.22 | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 14 | | 1 | | 1 | | 35 | 2 | |
| Iron, Fe.....mg | 0.20 | | 1 | | 1 | | 0.50 | 0.03 | |
| Magnesium, Mg.....mg | 2 | | 1 | | 1 | | 5 | 0 | |
| Phosphorus, P.....mg | 26 | | 1 | | 1 | | 65 | 4 | |
| Potassium, K.....mg | 9 | | 1 | | 1 | | 23 | 1 | |
| Sodium, Na.....mg | 710 | | 1 | | 1 | | 1775 | 114 | |
| Zinc, Zn.....mg | 0.18 | | 1 | | 1 | | 0.45 | 0.03 | |
| Copper, Cu.....mg | 0.011 | | 1 | | 1 | | 0.028 | 0.002 | |
| Manganese, Mn.....mg | 0.108 | | 0 | FLA | 4 | | 0.269 | 0.017 | |
| Selenium, Se.....mcg | 1.6 | | 0 | CAZN | 4 | | 4.0 | 0.3 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 1 | | 1 | | 0.0 | 0.0 | |
| Thiamin.....mg | 0.010 | | 1 | | 1 | | 0.025 | 0.002 | |
| Riboflavin.....mg | 0.020 | | 1 | | 1 | | 0.050 | 0.003 | |
| Niacin.....mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| Pantothenic acid.....mg | 0.131 | | 0 | FLA | 4 | | 0.328 | 0.021 | |
| Vitamin B-6.....mg | 0.020 | | 1 | | 1 | | 0.050 | 0.003 | |
| Folate, total.....mcg | 14 | | 0 | FLA | 4 | | 34 | 2 | |
| Folic acid.....mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, food.....mcg | 14 | | 0 | FLA | 4 | | 34 | 2 | |
| Folate, DFE.....mcg_DFE | 14 | | 0 | NC | 4 | | 34 | 2 | |
| Choline, total.....mg | 15.3 | | 0 | FLA | 4 | | 38.2 | 2.4 | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.21 | | 1 | | 1 | | 0.53 | 0.03 | |
| Vitamin B-12, added.....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE.....mcg_RAE | 17 | | 0 | NC | 4 | | 41 | 3 | |
| Retinol.....mcg | 16 | | 0 | FLA | 4 | | 40 | 3 | |
| Carotene, beta.....mcg | 4 | | 0 | FLA | 4 | | 10 | 1 | |
| Carotene, alpha.....mcg | 2 | | 0 | FLA | 4 | | 4 | 0 | |
| Cryptoxanthin, beta.....mcg | 1 | | 0 | FLA | 4 | | 4 | 0 | |
| Vitamin A, IU.....IU | 63 | | 0 | NC | 4 | | 157 | 10 | |
| Lycopene.....mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Lutein + zeaxanthin.....mcg | 48 | | 0 | FLA | 4 | | 119 | 8 | |
| Vitamin E (alpha-tocopherol).....mg | 3.08 | | 0 | FLA | 4 | | 7.70 | 0.49 | |
| 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 | 63.7 | | 0 | FLA | 4 | | 159.1 | 10.2 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 4.900 | | 1 | | 1 | | 12.250 | 0.784 | |
| 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. 43016
Salad dressing, coleslaw

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.100 | | 0 | | 4 | | 0.250 | 0.016 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 3.500 | | 0 | | 4 | | 8.750 | 0.560 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 1.400 | | 0 | | 4 | | 3.500 | 0.224 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 9.000 | | 1 | | 1 | | 22.500 | 1.440 | |
| 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 | 9.000 | | 0 | | 4 | | 22.500 | 1.440 | |
| 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 | 18.000 | | 1 | | 1 | | 45.000 | 2.880 | |
| 18:2 undifferentiated.....g | 16.000 | | 0 | | 4 | | 40.000 | 2.560 | |
| 18:3 undifferentiated.....g | 2.000 | | 0 | | 4 | | 5.000 | 0.320 | |
| 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 | 26 | | 1 | | 1 | | 65 | 4 | |
| Phytosterols.....mg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 1 | | 1 | | 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 = 250g: 1 cup

Measure 2 = 16g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04120

Salad dressing, french dressing, commercial, regular

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 | 36.56 | 2.490 | 5 | A | 1 | | 91.39 | 5.85 | 4.50 |
| Energy.....kcal | 457 | | 0 | NC | 4 | | 1143 | 73 | 56 |
| Energy.....kj | 1913 | | 0 | NC | 4 | | 4782 | 306 | 235 |
| Protein (N x 6.25).....g | 0.77 | 0.132 | 5 | A | 1 | | 1.91 | 0.12 | 0.09 |
| Total lipid (fat).....g | 44.81 | 2.449 | 5 | A | 1 | | 112.02 | 7.17 | 5.51 |
| Ash.....g | 2.29 | 0.119 | 5 | A | 1 | | 5.73 | 0.37 | 0.28 |
| Carbohydrate, by difference.....g | 15.58 | | 0 | NC | 4 | | 38.95 | 2.49 | 1.92 |
| Fiber, total dietary.....g | 0.0 | | 1 | A | 1 | | 0.0 | 0.0 | 0.0 |
| Sugars, total.....g | 15.95 | | 1 | A | 1 | | 39.88 | 2.55 | 1.96 |
| Sucrose.....g | 3.89 | | 1 | A | 1 | | 9.72 | 0.62 | 0.48 |
| Glucose (dextrose).....g | 6.71 | | 1 | A | 1 | | 16.77 | 1.07 | 0.82 |
| Fructose.....g | 5.36 | | 1 | A | 1 | | 13.40 | 0.86 | 0.66 |
| Lactose.....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Maltose.....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Galactose.....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Starch.....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 24 | 5.376 | 5 | A | 1 | | 59 | 4 | 3 |
| Iron, Fe.....mg | 0.80 | 0.082 | 5 | A | 1 | | 1.99 | 0.13 | 0.10 |
| Magnesium, Mg.....mg | 5 | 0.207 | 5 | A | 1 | | 13 | 1 | 1 |
| Phosphorus, P.....mg | 19 | 3.658 | 5 | A | 1 | | 48 | 3 | 2 |
| Potassium, K.....mg | 67 | 6.129 | 5 | A | 1 | | 167 | 11 | 8 |
| Sodium, Na.....mg | 836 | 54.415 | 5 | A | 1 | | 2090 | 134 | 103 |
| Zinc, Zn.....mg | 0.29 | 0.099 | 5 | A | 1 | | 0.73 | 0.05 | 0.04 |
| Copper, Cu.....mg | 0.000 | 0.000 | 5 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn.....mg | 0.021 | 0.021 | 5 | A | 1 | | 0.051 | 0.003 | 0.003 |
| Selenium, Se.....mcg | 0.0 | | 2 | A | 1 | | 0.0 | 0.0 | 0.0 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 3.6 | | 2 | MC | 9 | | 8.9 | 0.6 | 0.4 |
| Thiamin.....mg | 0.019 | | 2 | A | 1 | | 0.048 | 0.003 | 0.002 |
| Riboflavin.....mg | 0.053 | | 2 | A | 1 | | 0.133 | 0.008 | 0.007 |
| Niacin.....mg | 0.188 | | 2 | A | 1 | | 0.470 | 0.030 | 0.023 |
| Pantothenic acid.....mg | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6.....mg | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Folate, total.....mcg | 0 | | 1 | A | 1 | | 0 | 0 | 0 |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total.....mg | 4.6 | | 0 | AS | 1 | | 11.6 | 0.7 | 0.6 |
| Betaine.....mg | 0.3 | | 1 | A | 1 | | 0.9 | 0.1 | 0.0 |
| Vitamin B-12.....mcg | 0.14 | | 0 | | 4 | | 0.35 | 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 | 23 | | 0 | NC | 4 | | 58 | 4 | 3 |
| Retinol.....mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Carotene, beta.....mcg | 232 | 38.337 | 5 | A | 1 | | 581 | 37 | 29 |
| Carotene, alpha.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Cryptoxanthin, beta.....mcg | 92 | 19.705 | 5 | A | 1 | | 230 | 15 | 11 |
| Vitamin A, IU.....IU | 464 | | 0 | NC | 4 | | 1159 | 74 | 57 |
| Lycopene.....mcg | 373 | 297.248 | 5 | A | 1 | | 933 | 60 | 46 |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | NR | 4 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol).....mg | 5.00 | | 0 | | 4 | | 12.50 | 0.80 | 0.62 |
| 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 | 121.4 | | 1 | A | 1 | | 303.5 | 19.4 | 14.9 |

| 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 |
| | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 5.648 | | 0 | NC | 4 | | 14.119 | 0.904 | 0.695 |
| 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 |
| 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 | | | | | | | | | |
| 16:0.....g | 4.937 | | 2 | A | 1 | | 12.343 | 0.790 | 0.607 |
| 17:0.....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 18:0.....g | 0.420 | | 2 | A | 1 | | 1.050 | 0.067 | 0.052 |
| 20:0.....g | 0.133 | | 2 | A | 1 | | 0.333 | 0.021 | 0.016 |
| 22:0.....g | 0.158 | | 2 | A | 1 | | 0.394 | 0.025 | 0.019 |
| 24:0.....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total monounsaturated.....g | 8.433 | | 0 | NC | 4 | | 21.081 | 1.349 | 1.037 |
| 14:1.....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 8.284 | | 2 | A | 1 | | 20.710 | 1.325 | 1.019 |
| 20:1.....g | 0.149 | | 2 | A | 1 | | 0.371 | 0.024 | 0.018 |
| 22:1 undifferentiated.....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 21.029 | | 0 | NC | 4 | | 52.571 | 3.365 | 2.587 |
| 18:2 undifferentiated.....g | 18.292 | | 2 | A | 1 | | 45.730 | 2.927 | 2.250 |
| 18:3 undifferentiated.....g | 2.737 | | 2 | A | 1 | | 6.841 | 0.438 | 0.337 |
| 18:4.....g | 0.000 | | 2 | 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 | | 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 | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.007 | | 0 | FLA | 4 | | 0.018 | 0.001 | 0.001 |
| Threonine.....g | 0.016 | | 0 | FLA | 4 | | 0.039 | 0.003 | 0.002 |
| Isoleucine.....g | 0.022 | | 0 | FLA | 4 | | 0.054 | 0.003 | 0.003 |
| Leucine.....g | 0.034 | | 0 | FLA | 4 | | 0.086 | 0.005 | 0.004 |
| Lysine.....g | 0.019 | | 0 | FLA | 4 | | 0.048 | 0.003 | 0.002 |
| Methionine.....g | 0.011 | | 0 | FLA | 4 | | 0.028 | 0.002 | 0.001 |
| Cystine.....g | 0.006 | | 0 | FLA | 4 | | 0.014 | 0.001 | 0.001 |
| Phenylalanine.....g | 0.016 | | 0 | FLA | 4 | | 0.040 | 0.003 | 0.002 |
| Tyrosine.....g | 0.007 | | 0 | FLA | 4 | | 0.018 | 0.001 | 0.001 |
| Valine.....g | 0.024 | | 0 | FLA | 4 | | 0.060 | 0.004 | 0.003 |
| Arginine.....g | 0.056 | | 0 | FLA | 4 | | 0.140 | 0.009 | 0.007 |
| Histidine.....g | 0.010 | | 0 | FLA | 4 | | 0.026 | 0.002 | 0.001 |
| Alanine.....g | 0.012 | | 0 | FLA | 4 | | 0.029 | 0.002 | 0.001 |
| Aspartic acid.....g | 0.043 | | 0 | FLA | 4 | | 0.108 | 0.007 | 0.005 |
| Glutamic acid.....g | 0.071 | | 0 | FLA | 4 | | 0.178 | 0.011 | 0.009 |
| Glycine.....g | 0.018 | | 0 | FLA | 4 | | 0.044 | 0.003 | 0.002 |
| Proline.....g | 0.009 | | 0 | FLA | 4 | | 0.022 | 0.001 | 0.001 |
| Serine.....g | 0.017 | | 0 | FLA | 4 | | 0.042 | 0.003 | 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 |

NDB No. 04120

Salad dressing, french dressing, commercial, regular

| Nutrients and Units | <u>Amount in 100 grams of edible portion</u> | | | | | | <u>Amount in edible portion of common measures of food</u> | | |
|---------------------|--|------------|-----------------------|------------|-------------|-----------------|--|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | 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 = 250g: 1 cup

Measure 2 = 16g: 1 tbsp

Measure 3 = 12.3g: 1 individual (packet)

Calories Factors: Protein 2.44

Fat 8.84

Carbohydrate3.8

Food Group: 04 Fats and Oils

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

NDB No. 04141

Salad dressing, french dressing, commercial, regular, w without salt

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 | 36.56 | 2.490 | 5 | A | 1 | | 5.48 | | |
| Energy.....kcal | 459 | | 0 | NC | 4 | | 69 | | |
| Energy.....kj | 1919 | | 0 | NC | 4 | | 288 | | |
| Protein (N x 6.25).....g | 0.77 | 0.132 | 5 | A | 1 | | 0.11 | | |
| Total lipid (fat).....g | 44.81 | 2.449 | 5 | A | 1 | | 6.72 | | |
| Ash.....g | 2.29 | 0.119 | 5 | A | 1 | | 0.34 | | |
| Carbohydrate, by difference.....g | 15.58 | | 0 | NC | 4 | | 2.34 | | |
| Fiber, total dietary.....g | 0.0 | | 1 | A | 1 | | 0.0 | | |
| Sugars, total.....g | 15.95 | | 1 | A | 1 | | 2.39 | | |
| Sucrose.....g | 3.89 | | 1 | A | 1 | | 0.58 | | |
| Glucose (dextrose).....g | 6.71 | | 1 | A | 1 | | 1.01 | | |
| Fructose.....g | 5.36 | | 1 | A | 1 | | 0.80 | | |
| Lactose.....g | 0.00 | | 1 | A | 1 | | 0.00 | | |
| Maltose.....g | 0.00 | | 1 | A | 1 | | 0.00 | | |
| Galactose.....g | 0.00 | | 1 | A | 1 | | 0.00 | | |
| Starch.....g | 0.00 | | 1 | A | 1 | | 0.00 | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 24 | 5.376 | 5 | A | 1 | | 4 | | |
| Iron, Fe.....mg | 0.80 | 0.082 | 5 | A | 1 | | 0.12 | | |
| Magnesium, Mg.....mg | 5 | 0.207 | 5 | A | 1 | | 1 | | |
| Phosphorus, P.....mg | 19 | 3.658 | 5 | A | 1 | | 3 | | |
| Potassium, K.....mg | 67 | 6.129 | 5 | A | 1 | | 10 | | |
| Sodium, Na.....mg | 0 | | 0 | | 1 | | 0 | | |
| Zinc, Zn.....mg | 0.29 | 0.099 | 5 | A | 1 | | 0.04 | | |
| Copper, Cu.....mg | 0.000 | 0.000 | 5 | A | 1 | | 0.000 | | |
| Manganese, Mn.....mg | 0.021 | 0.021 | 5 | A | 1 | | 0.003 | | |
| Selenium, Se.....mcg | 0.0 | | 2 | A | 1 | | 0.0 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 1 | | 0.0 | | |
| Thiamin.....mg | 0.019 | | 2 | A | 1 | | 0.003 | | |
| Riboflavin.....mg | 0.053 | | 2 | A | 1 | | 0.008 | | |
| Niacin.....mg | 0.188 | | 2 | A | 1 | | 0.028 | | |
| Pantothenic acid.....mg | 0.000 | | 1 | A | 1 | | 0.000 | | |
| Vitamin B-6.....mg | 0.000 | | 1 | A | 1 | | 0.000 | | |
| Folate, total.....mcg | 0 | | 1 | A | 1 | | 0 | | |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food.....mcg | 0 | | 1 | A | 1 | | 0 | | |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | | |
| Choline, total.....mg | | | | | | | | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.00 | | 0 | FLA | 4 | | 0.00 | | |
| Vitamin A, RAE.....mcg_RAE | 23 | | 0 | NC | 4 | | 3 | | |
| Retinol.....mcg | 0 | | 0 | FLA | 4 | | 0 | | |
| Carotene, beta.....mcg | 232 | 38.337 | 5 | A | 1 | | 35 | | |
| Carotene, alpha.....mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Cryptoxanthin, beta.....mcg | 92 | 19.705 | 5 | A | 1 | | 14 | | |
| Vitamin A, IU.....IU | 464 | | 0 | NC | 4 | | 70 | | |
| Lycopene.....mcg | 373 | 297.248 | 5 | A | 1 | | 56 | | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | NR | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol).....mg | 4.12 | | 0 | FLA | 4 | | 0.62 | | |
| Tocopherol, beta.....mg | | | | | | | | | |
| Tocopherol, gamma.....mg | | | | | | | | | |
| Tocopherol, delta.....mg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....mcg | 121.4 | | 1 | A | 1 | | 18.2 | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 5.648 | | 0 | NC | 4 | | 0.847 | | |

NDB No. 04141

Salad dressing, french dressing, commercial, regular, without salt

| 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 |
| | | | | | | | | | |
| 4:0.....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 6:0.....g | 0.000 | | 2 | A | 1 | | 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 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 4.937 | | 2 | A | 1 | | 0.741 | | |
| 17:0.....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 18:0.....g | 0.420 | | 2 | A | 1 | | 0.063 | | |
| 20:0.....g | 0.133 | | 2 | A | 1 | | 0.020 | | |
| 22:0.....g | 0.158 | | 2 | A | 1 | | 0.024 | | |
| 24:0.....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| Fatty acids, total monounsaturated.....g | 8.433 | | 0 | NC | 4 | | 1.265 | | |
| 14:1.....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 8.284 | | 2 | A | 1 | | 1.243 | | |
| 20:1.....g | 0.149 | | 2 | A | 1 | | 0.022 | | |
| 22:1 undifferentiated.....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 21.029 | | 0 | NC | 4 | | 3.154 | | |
| 18:2 undifferentiated.....g | 18.292 | | 2 | A | 1 | | 2.744 | | |
| 18:3 undifferentiated.....g | 2.737 | | 2 | A | 1 | | 0.410 | | |
| 18:4.....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 20:5 n-3.....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 22:5 n-3.....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 22:6 n-3.....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 0 | | 1 | | 0 | | |
| Phytosterols.....mg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLA | 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:

Measure 1 = 15.0g: 1 tablespoon

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate3.8

Food Group: 04 Fats and Oils

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

NDB No. 04367

Salad dressing, french dressing, fat-free

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 | 65.04 | 0.403 | 3 | A | 1 | | 10.41 | 166.51 | |
| Energy.....kcal | 132 | | 0 | NC | 4 | | 21 | 337 | |
| Energy.....kj | 551 | | 0 | NC | 4 | | 88 | 1411 | |
| Protein.....g | 0.20 | 0.007 | 3 | A | 1 | | 0.03 | 0.51 | |
| Total lipid (fat).....g | 0.27 | 0.065 | 3 | A | 1 | | 0.04 | 0.68 | |
| Ash.....g | 2.35 | 0.042 | 3 | A | 1 | | 0.38 | 6.02 | |
| Carbohydrate, by difference.....g | 32.14 | | 0 | NC | 4 | | 5.14 | 82.28 | |
| Fiber, total dietary.....g | 2.2 | | 1 | A | 1 | | 0.3 | 5.6 | |
| Sugars, total.....g | 16.45 | | 0 | O | 4 | | 2.63 | 42.11 | |
| Sucrose.....g | 5.50 | | 2 | A | 1 | | 0.88 | 14.08 | |
| Glucose (dextrose).....g | 4.68 | | 2 | A | 1 | | 0.75 | 11.99 | |
| Fructose.....g | 5.05 | | 2 | A | 1 | | 0.81 | 12.93 | |
| Lactose.....g | | | | | | | | | |
| Maltose.....g | 1.21 | | 2 | A | 1 | | 0.19 | 3.10 | |
| Galactose.....g | | | | | | | | | |
| Starch.....g | 14.48 | | 2 | A | 1 | | 2.32 | 37.08 | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 5 | 0.448 | 3 | A | 1 | | 1 | 12 | |
| Iron, Fe.....mg | 0.58 | 0.101 | 3 | A | 1 | | 0.09 | 1.49 | |
| Magnesium, Mg.....mg | 3 | 0.115 | 3 | A | 1 | | 0 | 8 | |
| Phosphorus, P.....mg | 0 | 0.058 | 3 | A | 1 | | 0 | 1 | |
| Potassium, K.....mg | 84 | 4.213 | 3 | A | 1 | | 13 | 214 | |
| Sodium, Na.....mg | 799 | 44.498 | 3 | A | 1 | | 128 | 2046 | |
| Zinc, Zn.....mg | 0.10 | 0.006 | 3 | A | 1 | | 0.02 | 0.25 | |
| Copper, Cu.....mg | 0.121 | 0.069 | 3 | A | 1 | | 0.019 | 0.309 | |
| Manganese, Mn.....mg | 0.024 | 0.003 | 3 | A | 1 | | 0.004 | 0.060 | |
| Selenium, Se.....mcg | 2.0 | | 1 | A | 1 | | 0.3 | 5.1 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Thiamin.....mg | 0.011 | | 1 | A | 1 | | 0.002 | 0.028 | |
| Riboflavin.....mg | 0.026 | | 1 | A | 1 | | 0.004 | 0.067 | |
| Niacin.....mg | 0.112 | | 1 | A | 1 | | 0.018 | 0.287 | |
| Pantothenic acid.....mg | 0.002 | | 0 | FLA | 4 | | 0.000 | 0.005 | |
| Vitamin B-6.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Folate, total.....mcg | 14 | | 1 | A | 1 | | 2 | 35 | |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food.....mcg | 14 | | 1 | A | 1 | | 2 | 35 | |
| Folate, DFE.....mcg_DFE | 14 | | 0 | NC | 4 | | 2 | 35 | |
| Choline, total.....mg | 4.0 | | 0 | BFZN | 4 | | 0.6 | 10.2 | |
| 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 | 4 | | 0 | NC | 4 | | 1 | 10 | |
| Retinol.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, beta.....mcg | 38 | 4.163 | 3 | A | 1 | | 6 | 97 | |
| Carotene, alpha.....mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Cryptoxanthin, beta.....mcg | 15 | | 2 | A | 1 | | 2 | 37 | |
| Vitamin A, IU.....IU | 75 | | 0 | AS | 1 | | 12 | 193 | |
| Lycopene.....mcg | 319 | 12.875 | 3 | A | 1 | | 51 | 817 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol).....mg | 0.02 | | 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 | 0.2 | |

NDB No. 04367

Salad dressing, french dressing, fat-free

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion of common | | |
|--|---------------------------------------|------------|----------------|------------|------------------------------------|-----------|-----------|
| | Mean | Std. Error | Number | | Measure 1 | Measure 2 | Measure 3 |
| | | | of Data Points | Deriv Code | | | |
| Lipids: | | | | | | | |
| Fatty acids, total saturated.....g | 0.037 | | 0 | NC | 4 | 0.006 | 0.095 |
| 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 | 0.002 | | 1 | A | 1 | 0.000 | 0.006 |
| 13:0.....g | | | | | | | |
| 14:0.....g | 0.002 | | 1 | A | 1 | 0.000 | 0.006 |
| 15:0.....g | | | | | | | |
| 16:0.....g | 0.018 | | 1 | A | 1 | 0.003 | 0.047 |
| 17:0.....g | | | | | | | |
| 18:0.....g | 0.012 | | 1 | A | 1 | 0.002 | 0.030 |
| 20:0.....g | | | | | | | |
| 22:0.....g | | | | | | | |
| 24:0.....g | 0.002 | | 1 | A | 1 | 0.000 | 0.006 |
| Fatty acids, total monounsaturated.....g | 0.141 | | 0 | NC | 4 | 0.023 | 0.361 |
| 14:1.....g | | | | | | | |
| 15:1.....g | | | | | | | |
| 16:1 undifferentiated.....g | 0.002 | | 1 | A | 1 | 0.000 | 0.006 |
| 17:1.....g | 0.009 | | 1 | A | 1 | 0.001 | 0.024 |
| 18:1 undifferentiated.....g | 0.049 | | 1 | A | 1 | 0.008 | 0.124 |
| 20:1.....g | 0.032 | | 1 | A | 1 | 0.005 | 0.083 |
| 22:1 undifferentiated.....g | 0.049 | | 1 | A | 1 | 0.008 | 0.124 |
| 24:1 c.....g | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.062 | | 0 | NC | 4 | 0.010 | 0.160 |
| 18:2 undifferentiated.....g | 0.042 | | 1 | A | 1 | 0.007 | 0.106 |
| 18:3 undifferentiated.....g | 0.018 | | 1 | A | 1 | 0.003 | 0.047 |
| 18:4.....g | 0.000 | | 0 | | 4 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | 0.002 | | 1 | A | 1 | 0.000 | 0.006 |
| 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 | | 7 | 0 | 0 |
| Phytosterols.....mg | | | | | | | |
| 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:

Measure 1 = 16g: 1 tablespoon

Measure 2 = 256g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 42171

Salad dressing, french dressing, reduced calorie

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 | 59.00 | | 1 | | 1 | | 153.40 | 9.44 | |
| Energy.....kcal | 200 | | 1 | | 1 | | 520 | 32 | |
| Energy.....kj | 837 | | 1 | | 1 | | 2176 | 134 | |
| Protein.....g | 0.40 | | 1 | | 1 | | 1.04 | 0.06 | |
| Total lipid (fat).....g | 13.00 | | 1 | | 1 | | 33.80 | 2.08 | |
| Ash.....g | 0.60 | | 0 | NC | 4 | | 1.56 | 0.10 | |
| Carbohydrate, by difference.....g | 27.00 | | 0 | NC | 4 | | 70.20 | 4.32 | |
| Fiber, total dietary.....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total.....g | 25.92 | | 0 | BFCN | 4 | | 67.38 | 4.15 | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 11 | | 0 | | 4 | | 29 | 2 | |
| Iron, Fe.....mg | 0.40 | | 0 | | 4 | | 1.04 | 0.06 | |
| Magnesium, Mg.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Phosphorus, P.....mg | 14 | | 0 | | 4 | | 36 | 2 | |
| Potassium, K.....mg | 79 | | 0 | | 4 | | 205 | 13 | |
| Sodium, Na.....mg | 1000 | | 0 | | 4 | | 2600 | 160 | |
| Zinc, Zn.....mg | 0.18 | | 0 | | 4 | | 0.47 | 0.03 | |
| Copper, Cu.....mg | 0.010 | | 0 | | 4 | | 0.026 | 0.002 | |
| Manganese, Mn.....mg | 0.071 | | 0 | FLA | 4 | | 0.185 | 0.011 | |
| Selenium, Se.....mcg | 1.6 | | 0 | CAZN | 4 | | 4.2 | 0.3 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Thiamin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Riboflavin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Niacin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Pantothenic acid.....mg | 0.026 | | 0 | FLA | 4 | | 0.069 | 0.004 | |
| Vitamin B-6.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Folate, total.....mcg | 2 | | 0 | FLA | 4 | | 4 | 0 | |
| Folic acid.....mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, food.....mcg | 2 | | 0 | FLA | 4 | | 4 | 0 | |
| Folate, DFE.....mcg_DFE | 2 | | 0 | NC | 4 | | 4 | 0 | |
| Choline, total.....mg | 4.0 | | 0 | BFZN | 4 | | 10.3 | 0.6 | |
| 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 | 10 | | 0 | FLA | 4 | | 26 | 2 | |
| Retinol.....mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Carotene, beta.....mcg | 120 | | 0 | FLA | 4 | | 313 | 19 | |
| Carotene, alpha.....mcg | 4 | | 0 | FLA | 4 | | 10 | 1 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin A, IU.....IU | 204 | | 0 | FLA | 4 | | 530 | 33 | |
| Lycopene.....mcg | 3843 | | 0 | FLA | 4 | | 9993 | 615 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol).....mg | 2.86 | | 0 | FLA | 4 | | 7.44 | 0.46 | |
| 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 | 4.8 | | 0 | FLA | 4 | | 12.6 | 0.8 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 1.872 | | 0 | | 4 | | 4.867 | 0.300 | |
| 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 | |

Salad dressing, french dressing, reduced calorie

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.013 | | 0 | | 4 | | 0.034 | 0.002 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 1.339 | | 0 | | 4 | | 3.481 | 0.214 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 0.494 | | 0 | | 4 | | 1.284 | 0.079 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 3.029 | | 0 | | 4 | | 7.875 | 0.485 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.026 | | 0 | | 4 | | 0.068 | 0.004 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 2.964 | | 0 | | 4 | | 7.706 | 0.474 | |
| 20:1.....g | 0.026 | | 0 | | 4 | | 0.068 | 0.004 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 7.527 | | 0 | | 4 | | 19.570 | 1.204 | |
| 18:2 undifferentiated.....g | 6.630 | | 0 | | 4 | | 17.238 | 1.061 | |
| 18:3 undifferentiated.....g | 0.884 | | 0 | | 4 | | 2.298 | 0.141 | |
| 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 | | 7 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| 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:

Measure 1 = 260g: 1 cup

Measure 2 = 16g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04020

Salad dressing, french dressing, reduced fat

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 | 54.28 | 0.082 | 3 | A | 1 | | 8.68 | 141.12 | 16.28 |
| Energy.....kcal | 222 | | 0 | NC | 4 | | 35 | 577 | 67 |
| Energy.....kj | 928 | | 0 | NC | 4 | | 149 | 2414 | 278 |
| Protein (N x 6.25).....g | 0.58 | 0.032 | 5 | JA | 6 | | 0.09 | 1.51 | 0.17 |
| Total lipid (fat).....g | 11.52 | 2.152 | 5 | JA | 6 | | 1.84 | 29.94 | 3.45 |
| Ash.....g | 2.40 | 0.021 | 3 | A | 1 | | 0.38 | 6.25 | 0.72 |
| Carbohydrate, by difference.....g | 31.22 | | 0 | NC | 4 | | 5.00 | 81.18 | 9.37 |
| Fiber, total dietary.....g | 1.5 | | 3 | JA | 6 | | 0.2 | 4.0 | 0.5 |
| Sugars, total.....g | 16.86 | | 2 | MA | 12 | | 2.70 | 43.84 | 5.06 |
| Sucrose.....g | | | | | | | | | |
| Glucose (dextrose).....g | | | | | | | | | |
| Fructose.....g | | | | | | | | | |
| Lactose.....g | | | | | | | | | |
| Maltose.....g | | | | | | | | | |
| Galactose.....g | | | | | | | | | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 11 | 1.194 | 5 | JA | 6 | | 2 | 29 | 3 |
| Iron, Fe.....mg | 0.73 | 0.143 | 5 | JA | 6 | | 0.12 | 1.90 | 0.22 |
| Magnesium, Mg.....mg | 8 | 0.145 | 3 | A | 1 | | 1 | 20 | 2 |
| Phosphorus, P.....mg | 16 | 1.714 | 3 | A | 1 | | 3 | 41 | 5 |
| Potassium, K.....mg | 107 | 1.943 | 3 | A | 1 | | 17 | 278 | 32 |
| Sodium, Na.....mg | 788 | 16.036 | 5 | JA | 6 | | 126 | 2049 | 236 |
| Zinc, Zn.....mg | 0.20 | 0.033 | 3 | A | 1 | | 0.03 | 0.52 | 0.06 |
| Copper, Cu.....mg | 0.160 | | 1 | A | 1 | | 0.026 | 0.416 | 0.048 |
| Manganese, Mn.....mg | 0.110 | | 1 | A | 1 | | 0.018 | 0.286 | 0.033 |
| Selenium, Se.....mcg | 1.6 | | 0 | CAZN | 4 | | 0.3 | 4.2 | 0.5 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 4.8 | | 2 | MA | 12 | | 0.8 | 12.4 | 1.4 |
| Thiamin.....mg | 0.024 | | 1 | A | 1 | | 0.004 | 0.062 | 0.007 |
| Riboflavin.....mg | 0.052 | | 1 | A | 1 | | 0.008 | 0.135 | 0.016 |
| Niacin.....mg | 0.467 | | 1 | A | 1 | | 0.075 | 1.214 | 0.140 |
| Pantothenic acid.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6.....mg | 0.055 | | 1 | A | 1 | | 0.009 | 0.143 | 0.017 |
| Folate, total.....mcg | 2 | | 0 | FLA | 4 | | 0 | 4 | 0 |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food.....mcg | 2 | | 0 | FLA | 4 | | 0 | 4 | 0 |
| Folate, DFE.....mcg_DFE | 2 | | 0 | NC | 4 | | 0 | 4 | 0 |
| Choline, total.....mg | 4.0 | | 0 | BFZN | 4 | | 0.6 | 10.3 | 1.2 |
| 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 | 27 | | 0 | NC | 4 | | 4 | 70 | 8 |
| Retinol.....mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Carotene, beta.....mcg | 289 | 20.276 | 3 | A | 1 | | 46 | 752 | 87 |
| Carotene, alpha.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Cryptoxanthin, beta.....mcg | 70 | 2.333 | 3 | A | 1 | | 11 | 183 | 21 |
| Vitamin A, IU.....IU | 541 | | 0 | NC | 4 | | 87 | 1406 | 162 |
| Lycopene.....mcg | 2530 | 165.125 | 3 | A | 1 | | 405 | 6578 | 759 |
| Lutein + zeaxanthin.....mcg | 124 | | 0 | NR | 4 | | 20 | 322 | 37 |
| Vitamin E (alpha-tocopherol).....mg | 1.00 | | 0 | | 4 | | 0.16 | 2.60 | 0.30 |
| 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 | 17.8 | | 0 | FLA | 4 | | 2.8 | 46.2 | 5.3 |

NDB No. 04020

Salad dressing, french dressing, reduced fat

| 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 |
| | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 0.842 | | 0 | NC | 4 | | 0.135 | 2.189 | 0.253 |
| 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 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 10:0.....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 12:0.....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 0.611 | | 1 | A | 1 | | 0.098 | 1.589 | 0.183 |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 0.231 | | 1 | A | 1 | | 0.037 | 0.599 | 0.069 |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 4.518 | | 0 | NC | 4 | | 0.723 | 11.747 | 1.355 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 4.407 | | 1 | A | 1 | | 0.705 | 11.458 | 1.322 |
| 20:1.....g | 0.111 | | 1 | A | 1 | | 0.018 | 0.289 | 0.033 |
| 22:1 undifferentiated.....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 3.852 | | 0 | NC | 4 | | 0.616 | 10.016 | 1.156 |
| 18:2 undifferentiated.....g | 2.956 | | 1 | A | 1 | | 0.473 | 7.686 | 0.887 |
| 18:3 undifferentiated.....g | 0.896 | | 1 | A | 1 | | 0.143 | 2.330 | 0.269 |
| 18:4.....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3.....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3.....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3.....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 2 | MA | 12 | | 0 | 1 | 0 |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.003 | | 0 | FLA | 4 | | 0.001 | 0.009 | 0.001 |
| Threonine.....g | 0.014 | | 0 | FLA | 4 | | 0.002 | 0.036 | 0.004 |
| Isoleucine.....g | 0.010 | | 0 | FLA | 4 | | 0.002 | 0.025 | 0.003 |
| Leucine.....g | 0.015 | | 0 | FLA | 4 | | 0.002 | 0.039 | 0.005 |
| Lysine.....g | 0.017 | | 0 | FLA | 4 | | 0.003 | 0.043 | 0.005 |
| Methionine.....g | 0.002 | | 0 | FLA | 4 | | 0.000 | 0.006 | 0.001 |
| Cystine.....g | 0.003 | | 0 | FLA | 4 | | 0.000 | 0.007 | 0.001 |
| Phenylalanine.....g | 0.016 | | 0 | FLA | 4 | | 0.003 | 0.042 | 0.005 |
| Tyrosine.....g | 0.007 | | 0 | FLA | 4 | | 0.001 | 0.018 | 0.002 |
| Valine.....g | 0.010 | | 0 | FLA | 4 | | 0.002 | 0.027 | 0.003 |
| Arginine.....g | 0.011 | | 0 | FLA | 4 | | 0.002 | 0.027 | 0.003 |
| Histidine.....g | 0.008 | | 0 | FLA | 4 | | 0.001 | 0.020 | 0.002 |
| Alanine.....g | 0.026 | | 0 | FLA | 4 | | 0.004 | 0.068 | 0.008 |
| Aspartic acid.....g | 0.093 | | 0 | FLA | 4 | | 0.015 | 0.243 | 0.028 |
| Glutamic acid.....g | 0.254 | | 0 | FLA | 4 | | 0.041 | 0.659 | 0.076 |
| Glycine.....g | 0.008 | | 0 | FLA | 4 | | 0.001 | 0.021 | 0.002 |
| Proline.....g | 0.011 | | 0 | FLA | 4 | | 0.002 | 0.028 | 0.003 |
| Serine.....g | 0.015 | | 0 | FLA | 4 | | 0.002 | 0.038 | 0.004 |
| 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 |

NDB No. 04020

Salad dressing, french dressing, reduced fat

| Nutrients and Units | <u>Amount in 100 grams of edible portion</u> | | | | <u>Amount in edible portion of common measures of food</u> | | | |
|---------------------|--|------------|-----------------------|------------|--|-----------------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 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 = 16g: 1 tablespoon

Measure 2 = 260g: 1 cup

Measure 3 = 30g: 1 serving (2 tbsp)

Calories Factors: Protein 2.44

Fat 8.84

Carbohydrate3.8

Food Group: 04 Fats and Oils

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

NDB No. 04142

Salad dressing, french dressing, reduced fat, w without salt

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 | 54.28 | 0.082 | 3 | A | 1 | | 8.68 | 141.12 | |
| Energy.....kcal | 233 | | 0 | NC | 4 | | 37 | 605 | |
| Energy.....kj | 974 | | 0 | NC | 4 | | 156 | 2532 | |
| Protein (N x 6.25).....g | 0.58 | 0.045 | 3 | A | 1 | | 0.09 | 1.52 | |
| Total lipid (fat).....g | 13.46 | 1.312 | 3 | A | 1 | | 2.15 | 34.99 | |
| Ash.....g | 2.40 | 0.021 | 3 | A | 1 | | 0.38 | 6.25 | |
| Carbohydrate, by difference.....g | 29.28 | | 0 | NC | 4 | | 4.68 | 76.13 | |
| Fiber, total dietary.....g | 1.1 | | 1 | A | 1 | | 0.2 | 2.8 | |
| Sugars, total.....g | 28.45 | | 0 | AS | 1 | | 4.55 | 73.97 | |
| Sucrose.....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Glucose (dextrose).....g | 15.66 | | 1 | A | 1 | | 2.51 | 40.73 | |
| Fructose.....g | 12.49 | | 1 | A | 1 | | 2.00 | 32.48 | |
| Lactose.....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Maltose.....g | 0.29 | | 1 | A | 1 | | 0.05 | 0.76 | |
| Galactose.....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch.....g | 0.86 | | 1 | A | 1 | | 0.14 | 2.24 | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 11 | 1.674 | 3 | A | 1 | | 2 | 29 | |
| Iron, Fe.....mg | 0.87 | 0.064 | 3 | A | 1 | | 0.14 | 2.26 | |
| Magnesium, Mg.....mg | 8 | 0.145 | 3 | A | 1 | | 1 | 20 | |
| Phosphorus, P.....mg | 16 | 1.714 | 3 | A | 1 | | 3 | 41 | |
| Potassium, K.....mg | 107 | 1.943 | 3 | A | 1 | | 17 | 278 | |
| Sodium, Na.....mg | 30 | | 0 | | 1 | | 5 | 78 | |
| Zinc, Zn.....mg | 0.20 | 0.033 | 3 | A | 1 | | 0.03 | 0.52 | |
| Copper, Cu.....mg | 0.160 | | 1 | A | 1 | | 0.026 | 0.416 | |
| Manganese, Mn.....mg | 0.110 | | 1 | A | 1 | | 0.018 | 0.286 | |
| Selenium, Se.....mcg | 1.6 | | 0 | CAZN | 4 | | 0.3 | 4.2 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | |
| Thiamin.....mg | 0.024 | | 1 | A | 1 | | 0.004 | 0.062 | |
| Riboflavin.....mg | 0.052 | | 1 | A | 1 | | 0.008 | 0.135 | |
| Niacin.....mg | 0.467 | | 1 | A | 1 | | 0.075 | 1.214 | |
| Pantothenic acid.....mg | 0.026 | | 0 | FLA | 4 | | 0.004 | 0.069 | |
| Vitamin B-6.....mg | 0.055 | | 1 | A | 1 | | 0.009 | 0.143 | |
| Folate, total.....mcg | 2 | | 0 | NR | 4 | | 0 | 4 | |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food.....mcg | 2 | | 0 | FLA | 4 | | 0 | 4 | |
| Folate, DFE.....mcg_DFE | 2 | | 0 | NC | 4 | | 0 | 4 | |
| Choline, total.....mg | | | | | | | | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE.....mcg_RAE | 27 | | 0 | NC | 4 | | 4 | 70 | |
| Retinol.....mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Carotene, beta.....mcg | 289 | 20.276 | 3 | A | 1 | | 46 | 752 | |
| Carotene, alpha.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta.....mcg | 70 | 2.333 | 3 | A | 1 | | 11 | 183 | |
| Vitamin A, IU.....IU | 541 | | 0 | NC | 4 | | 87 | 1406 | |
| Lycopene.....mcg | 2530 | 165.125 | 3 | A | 1 | | 405 | 6578 | |
| Lutein + zeaxanthin.....mcg | 124 | | 0 | NR | 4 | | 20 | 322 | |
| Vitamin E (alpha-tocopherol).....mg | 2.86 | | 0 | FLA | 4 | | 0.46 | 7.44 | |
| Tocopherol, beta.....mg | | | | | | | | | |
| Tocopherol, gamma.....mg | | | | | | | | | |
| Tocopherol, delta.....mg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....mcg | 4.8 | | 0 | FLA | 4 | | 0.8 | 12.6 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 1.099 | | 0 | NC | 4 | | 0.176 | 2.857 | |

NDB No. 04142

Salad dressing, french dressing, reduced fat, w without salt

| 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 | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | Points | Code | | | | | |
| 4:0.....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 6:0.....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 8:0.....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 10:0.....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 12:0.....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 0.798 | | 1 | A | 1 | | 0.128 | 2.075 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 0.301 | | 1 | A | 1 | | 0.048 | 0.783 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 5.898 | | 0 | NC | 4 | | 0.944 | 15.335 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 5.753 | | 1 | A | 1 | | 0.920 | 14.958 | |
| 20:1.....g | 0.145 | | 1 | A | 1 | | 0.023 | 0.377 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 5.029 | | 0 | NC | 4 | | 0.805 | 13.075 | |
| 18:2 undifferentiated.....g | 3.859 | | 1 | A | 1 | | 0.617 | 10.033 | |
| 18:3 undifferentiated.....g | 1.170 | | 1 | A | 1 | | 0.187 | 3.042 | |
| 18:4.....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | Z | 7 | | 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 | 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 = 16g: 1 tablespoon

Measure 2 = 260g: 1 cup

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate3.8

Food Group: 04 Fats and Oils

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

NDB No. 04146

Salad dressing, french, cottonseed, oil, home recipe

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 = 14.0g: 1 tablespoon

Measure 2 = 220g: 1 cup

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate3.8

Food Group: 04 Fats and Oils

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

| 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 | 0.200 | | 0 | | 1 | | 0.028 | 0.440 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 9.800 | | 0 | | 1 | | 1.372 | 21.560 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 2.600 | | 0 | | 1 | | 0.364 | 5.720 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 20.700 | | 0 | | 1 | | 2.898 | 45.540 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.200 | | 0 | | 1 | | 0.028 | 0.440 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 20.500 | | 0 | | 1 | | 2.870 | 45.100 | |
| 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 | 33.700 | | 0 | | 1 | | 4.718 | 74.140 | |
| 18:2 undifferentiated.....g | 31.700 | | 0 | | 1 | | 4.438 | 69.740 | |
| 18:3 undifferentiated.....g | 1.900 | | 0 | | 1 | | 0.266 | 4.180 | |
| 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 | | | | | | | | | |
| 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 | 176 | | 0 | | 4 | | 25 | 387 | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Threonine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Isoleucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Leucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Lysine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Methionine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Cystine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Phenylalanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Tyrosine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Valine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Arginine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Histidine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Alanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Aspartic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Glutamic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Glycine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Proline.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Serine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 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 = 14.0g: 1 tablespoon

Measure 2 = 220g: 1 cup

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate3.8

NDB No. 04133

Salad dressing, french, home recipe

Food Group: 04 Fats and Oils

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

NDB No. 43017

Salad dressing, green goddess, regular

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 | 45.03 | | 0 | FLC | 4 | | 110.31 | 6.75 | |
| Energy.....kcal | 427 | | 0 | NC | 4 | | 1046 | 64 | |
| Energy.....kj | 1787 | | 0 | NC | 4 | | 4377 | 268 | |
| Protein.....g | 1.90 | | 1 | | 1 | | 4.66 | 0.29 | |
| Total lipid (fat).....g | 43.33 | | 0 | FLC | 4 | | 106.17 | 6.50 | |
| Ash.....g | 2.38 | | 0 | FLC | 4 | | 5.84 | 0.36 | |
| Carbohydrate, by difference.....g | 7.36 | | 0 | NC | 4 | | 18.02 | 1.10 | |
| Fiber, total dietary.....g | 0.1 | | 0 | | 1 | | 0.2 | 0.0 | |
| Sugars, total.....g | 6.67 | | 0 | FLC | 4 | | 16.33 | 1.00 | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 34 | | 1 | | 1 | | 83 | 5 | |
| Iron, Fe.....mg | 0.35 | | 1 | | 1 | | 0.86 | 0.05 | |
| Magnesium, Mg.....mg | 7 | | 1 | | 1 | | 17 | 1 | |
| Phosphorus, P.....mg | 31 | | 1 | | 1 | | 76 | 5 | |
| Potassium, K.....mg | 58 | | 1 | | 1 | | 142 | 9 | |
| Sodium, Na.....mg | 867 | | 1 | LC | 8 | | 2123 | 130 | |
| Zinc, Zn.....mg | 0.25 | | 1 | | 1 | | 0.61 | 0.04 | |
| Copper, Cu.....mg | 0.010 | | 1 | | 1 | | 0.025 | 0.002 | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 1.6 | | 0 | CAZN | 4 | | 3.9 | 0.2 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.2 | | 1 | | 1 | | 0.5 | 0.0 | |
| Thiamin.....mg | 0.020 | | 1 | | 1 | | 0.049 | 0.003 | |
| Riboflavin.....mg | 0.050 | | 1 | | 1 | | 0.123 | 0.008 | |
| Niacin.....mg | 0.140 | | 1 | | 1 | | 0.343 | 0.021 | |
| Pantothenic acid.....mg | | | | | | | | | |
| Vitamin B-6.....mg | 0.010 | | 1 | | 1 | | 0.025 | 0.002 | |
| Folate, total.....mcg | 4 | | 1 | | 1 | | 10 | 1 | |
| Folic acid.....mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, food.....mcg | 4 | | 1 | | 1 | | 10 | 1 | |
| Folate, DFE.....mcg_DFE | 4 | | 0 | NC | 4 | | 10 | 1 | |
| Choline, total.....mg | 3.6 | | 0 | BFZN | 4 | | 8.8 | 0.5 | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.26 | | 1 | | 1 | | 0.64 | 0.04 | |
| Vitamin B-12, added.....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE.....mcg_RAE | 10 | | 0 | NC | 4 | | 25 | 2 | |
| Retinol.....mcg | 10 | | 0 | NC | 4 | | 25 | 2 | |
| Carotene, beta.....mcg | 3 | | 0 | FLA | 4 | | 8 | 0 | |
| Carotene, alpha.....mcg | 1 | | 0 | FLA | 4 | | 3 | 0 | |
| Cryptoxanthin, beta.....mcg | 1 | | 0 | FLA | 4 | | 3 | 0 | |
| Vitamin A, IU.....IU | 41 | | 0 | NC | 4 | | 100 | 6 | |
| Lycopene.....mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Lutein + zeaxanthin.....mcg | 39 | | 0 | FLA | 4 | | 95 | 6 | |
| Vitamin E (alpha-tocopherol).....mg | 4.60 | | 0 | FLA | 4 | | 11.26 | 0.69 | |
| 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 | 96.7 | | 0 | FLA | 4 | | 236.8 | 14.5 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 5.978 | | 0 | NC | 4 | | 14.647 | 0.897 | |
| 4:0.....g | 0.016 | | 0 | | 4 | | 0.038 | 0.002 | |
| 6:0.....g | 0.009 | | 0 | | 4 | | 0.022 | 0.001 | |
| 8:0.....g | 0.006 | | 0 | | 4 | | 0.014 | 0.001 | |
| 10:0.....g | 0.012 | | 0 | | 4 | | 0.030 | 0.002 | |

NDB No. 43017

Salad dressing, green goddess, regular

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.013 | | 0 | | 4 | | 0.032 | 0.002 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.089 | | 0 | | 4 | | 0.218 | 0.013 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 4.254 | | 0 | | 4 | | 10.422 | 0.638 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 1.580 | | 0 | | 4 | | 3.870 | 0.237 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 9.423 | | 0 | NC | 4 | | 23.086 | 1.413 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.091 | | 0 | | 4 | | 0.222 | 0.014 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 9.252 | | 0 | | 4 | | 22.668 | 1.388 | |
| 20:1.....g | 0.080 | | 0 | | 4 | | 0.196 | 0.012 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 23.165 | | 0 | NC | 4 | | 56.755 | 3.475 | |
| 18:2 undifferentiated.....g | 20.436 | | 0 | | 4 | | 50.067 | 3.065 | |
| 18:3 undifferentiated.....g | 2.730 | | 0 | | 4 | | 6.688 | 0.409 | |
| 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 | 40 | | 0 | | 1 | | 98 | 6 | |
| 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 = 245g: 1 cup

Measure 2 = 15g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04134

Salad dressing, home recipe, cooked

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 | 69.20 | | 0 | | 1 | | 176.46 | 11.07 | |
| Energy.....kcal | 157 | | 0 | NC | 4 | | 400 | 25 | |
| Energy.....kj | 656 | | 0 | | 4 | | 1673 | 105 | |
| Protein (N x 6.25).....g | 4.20 | | 0 | | 1 | | 10.71 | 0.67 | |
| Total lipid (fat).....g | 9.50 | | 0 | | 1 | | 24.23 | 1.52 | |
| Ash.....g | 2.40 | | 0 | | 1 | | 6.12 | 0.38 | |
| Carbohydrate, by difference.....g | 14.90 | | 0 | NC | 4 | | 38.00 | 2.38 | |
| Fiber, total dietary.....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total.....g | 9.07 | | 0 | RA | 4 | | 23.13 | 1.45 | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 84 | | 0 | | 1 | | 214 | 13 | |
| Iron, Fe.....mg | 0.50 | | 0 | | 1 | | 1.28 | 0.08 | |
| Magnesium, Mg.....mg | 8 | | 0 | | 4 | | 20 | 1 | |
| Phosphorus, P.....mg | 87 | | 0 | | 1 | | 222 | 14 | |
| Potassium, K.....mg | 121 | | 0 | | 1 | | 309 | 19 | |
| Sodium, Na.....mg | 734 | | 0 | | 1 | | 1872 | 117 | |
| Zinc, Zn.....mg | 0.35 | | 0 | | 4 | | 0.89 | 0.06 | |
| Copper, Cu.....mg | 0.010 | | 0 | | 4 | | 0.026 | 0.002 | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 1.6 | | 0 | CAZN | 4 | | 4.1 | 0.3 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.6 | | 0 | | 1 | | 1.5 | 0.1 | |
| Thiamin.....mg | 0.060 | | 0 | | 1 | | 0.153 | 0.010 | |
| Riboflavin.....mg | 0.150 | | 0 | | 1 | | 0.383 | 0.024 | |
| Niacin.....mg | 0.250 | | 0 | | 1 | | 0.638 | 0.040 | |
| Pantothenic acid.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Vitamin B-6.....mg | 0.030 | | 0 | | 4 | | 0.077 | 0.005 | |
| Folate, total.....mcg | 17 | | 0 | RA | 4 | | 43 | 3 | |
| Folic acid.....mcg | 7 | | 0 | RA | 4 | | 17 | 1 | |
| Folate, food.....mcg | 11 | | 0 | RA | 4 | | 27 | 2 | |
| Folate, DFE.....mcg_DFE | 22 | | 0 | NC | 4 | | 56 | 4 | |
| Choline, total.....mg | 47.9 | | 0 | RA | 4 | | 122.1 | 7.7 | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.35 | | 0 | | 4 | | 0.89 | 0.06 | |
| Vitamin B-12, added.....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE.....mcg_RAE | 50 | | 0 | NC | 4 | | 128 | 8 | |
| Retinol.....mcg | 49 | | 0 | RA | 4 | | 125 | 8 | |
| Carotene, beta.....mcg | 3 | | 0 | RA | 4 | | 8 | 0 | |
| Carotene, alpha.....mcg | 0 | | 0 | RA | 4 | | 0 | 0 | |
| Cryptoxanthin, beta.....mcg | 1 | | 0 | RA | 4 | | 3 | 0 | |
| Vitamin A, IU.....IU | 171 | | 0 | RA | 4 | | 436 | 27 | |
| Lycopene.....mcg | 0 | | 0 | RA | 4 | | 0 | 0 | |
| Lutein + zeaxanthin.....mcg | 50 | | 0 | RA | 4 | | 128 | 8 | |
| Vitamin E (alpha-tocopherol).....mg | 0.80 | | 0 | RA | 4 | | 2.04 | 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 | 13.8 | | 0 | RA | 4 | | 35.2 | 2.2 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 2.900 | | 0 | | 1 | | 7.395 | 0.464 | |
| 4:0.....g | 0.100 | | 0 | | 1 | | 0.255 | 0.016 | |
| 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 | 0.100 | | 0 | | 1 | | 0.255 | 0.016 | |

NDB No. 04134

Salad dressing, home recipe, cooked

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.100 | | 0 | | 1 | | 0.255 | 0.016 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.200 | | 0 | | 1 | | 0.510 | 0.032 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 1.600 | | 0 | | 1 | | 4.080 | 0.256 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 0.800 | | 0 | | 1 | | 2.040 | 0.128 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 3.800 | | 0 | | 1 | | 9.690 | 0.608 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.100 | | 0 | | 1 | | 0.255 | 0.016 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 3.700 | | 0 | | 1 | | 9.435 | 0.592 | |
| 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 | 2.100 | | 0 | | 1 | | 5.355 | 0.336 | |
| 18:2 undifferentiated.....g | 2.000 | | 0 | | 1 | | 5.100 | 0.320 | |
| 18:3 undifferentiated.....g | 0.100 | | 0 | | 1 | | 0.255 | 0.016 | |
| 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 | 57 | | 0 | | 4 | | 145 | 9 | |
| Phytosterols.....mg | 24 | | 0 | | 4 | | 61 | 4 | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.063 | | 0 | NR | 4 | | 0.161 | 0.010 | |
| Threonine.....g | 0.183 | | 0 | NR | 4 | | 0.467 | 0.029 | |
| Isoleucine.....g | 0.259 | | 0 | NR | 4 | | 0.661 | 0.041 | |
| Leucine.....g | 0.449 | | 0 | NR | 4 | | 1.146 | 0.072 | |
| Lysine.....g | 0.329 | | 0 | NR | 4 | | 0.838 | 0.053 | |
| Methionine.....g | 0.132 | | 0 | NR | 4 | | 0.338 | 0.021 | |
| Cystine.....g | 0.130 | | 0 | NR | 4 | | 0.332 | 0.021 | |
| Phenylalanine.....g | 0.256 | | 0 | NR | 4 | | 0.654 | 0.041 | |
| Tyrosine.....g | 0.206 | | 0 | NR | 4 | | 0.526 | 0.033 | |
| Valine.....g | 0.319 | | 0 | NR | 4 | | 0.814 | 0.051 | |
| Arginine.....g | 0.241 | | 0 | NR | 4 | | 0.615 | 0.039 | |
| Histidine.....g | 0.116 | | 0 | NR | 4 | | 0.295 | 0.018 | |
| Alanine.....g | 0.223 | | 0 | NR | 4 | | 0.569 | 0.036 | |
| Aspartic acid.....g | 0.459 | | 0 | NR | 4 | | 1.169 | 0.073 | |
| Glutamic acid.....g | 0.993 | | 0 | NR | 4 | | 2.533 | 0.159 | |
| Glycine.....g | 0.138 | | 0 | NR | 4 | | 0.351 | 0.022 | |
| Proline.....g | 0.395 | | 0 | NR | 4 | | 1.006 | 0.063 | |
| Serine.....g | 0.205 | | 0 | NR | 4 | | 0.522 | 0.033 | |
| 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. 04134

Salad dressing, home recipe, cooked

Measure 1 = 255g: 1 cup

Measure 2 = 16g: 1 tbsp

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate3.8

Food Group: 04 Fats and Oils

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

NDB No. 04135

Salad dressing, home recipe, vinegar and oil

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 | 47.40 | | 0 | | 1 | | 7.58 | 118.50 | |
| Energy.....kcal | 449 | | 0 | NC | 4 | | 72 | 1122 | |
| Energy.....kj | 1878 | | 0 | | 4 | | 300 | 4694 | |
| Protein (N x 6.25).....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | |
| Total lipid (fat).....g | 50.10 | | 0 | | 1 | | 8.02 | 125.25 | |
| Ash.....g | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Carbohydrate, by difference.....g | 2.50 | | 0 | NC | 4 | | 0.40 | 6.25 | |
| Fiber, total dietary.....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total.....g | 2.50 | | 0 | NC | 4 | | 0.40 | 6.25 | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Iron, Fe.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Magnesium, Mg.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Phosphorus, P.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Potassium, K.....mg | 8 | | 0 | | 1 | | 1 | 19 | |
| Sodium, Na.....mg | 1 | | 0 | | 1 | | 0 | 1 | |
| Zinc, Zn.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Copper, Cu.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 1.6 | | 0 | CAZN | 4 | | 0.3 | 4.0 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Thiamin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Riboflavin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Niacin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Pantothenic acid.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Vitamin B-6.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Folate, total.....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Folic acid.....mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Folate, food.....mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total.....mg | 0.1 | | 0 | NR | 4 | | 0.0 | 0.2 | |
| 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 | 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 | | 4 | | 0 | 0 | |
| Lycopene.....mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol).....mg | 4.61 | | 0 | FLC | 4 | | 0.74 | 11.52 | |
| 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 | 98.8 | | 0 | FLC | 4 | | 15.8 | 247.0 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 9.100 | | 0 | | 1 | | 1.456 | 22.750 | |
| 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 | |

Salad dressing, home recipe, vinegar and oil

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.200 | | 0 | | 1 | | 0.032 | 0.500 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 7.000 | | 0 | | 1 | | 1.120 | 17.500 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 1.900 | | 0 | | 1 | | 0.304 | 4.750 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 14.800 | | 0 | | 1 | | 2.368 | 37.000 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.100 | | 0 | | 1 | | 0.016 | 0.250 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 14.700 | | 0 | | 1 | | 2.352 | 36.750 | |
| 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 | 24.100 | | 0 | | 1 | | 3.856 | 60.250 | |
| 18:2 undifferentiated.....g | 22.700 | | 0 | | 1 | | 3.632 | 56.750 | |
| 18:3 undifferentiated.....g | 1.400 | | 0 | | 1 | | 0.224 | 3.500 | |
| 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 | 66 | | 0 | | 4 | | 11 | 165 | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Threonine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Isoleucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Leucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Lysine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Methionine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Cystine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Phenylalanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Tyrosine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Valine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Arginine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Histidine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Alanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Aspartic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Glutamic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Glycine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Proline.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Serine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 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. 04135

Salad dressing, home recipe, vinegar and oil

Measure 1 = 16g: 1 tablespoon

Measure 2 = 250g: 1 cup

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate3.8

Food Group: 04 Fats and Oils

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

NDB No. 04686

Salad dressing, honey mustard dressing, reduced calorie

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 | 57.19 | | 0 | FLC | 4 | | 17.16 | | |
| Energy.....kcal | 207 | | 0 | FLC | 4 | | 62 | | |
| Energy.....kj | 866 | | 0 | FLC | 4 | | 260 | | |
| Protein.....g | 0.98 | | 0 | FLC | 4 | | 0.29 | | |
| Total lipid (fat).....g | 10.00 | | 0 | FLC | 4 | | 3.00 | | |
| Ash.....g | 2.56 | | 0 | FLC | 4 | | 0.77 | | |
| Carbohydrate, by difference.....g | 29.27 | | 0 | NC | 4 | | 8.78 | | |
| Fiber, total dietary.....g | 0.8 | | 0 | FLC | 4 | | 0.2 | | |
| Sugars, total.....g | 18.33 | | 0 | FLC | 4 | | 5.50 | | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 67 | | 2 | LC | 8 | | 20 | | |
| Iron, Fe.....mg | 0.41 | | 0 | FLC | 4 | | 0.12 | | |
| Magnesium, Mg.....mg | 12 | | 0 | FLC | 4 | | 4 | | |
| Phosphorus, P.....mg | 28 | | 0 | FLC | 4 | | 9 | | |
| Potassium, K.....mg | 55 | | 0 | FLC | 4 | | 17 | | |
| Sodium, Na.....mg | 900 | | 0 | FLC | 4 | | 270 | | |
| Zinc, Zn.....mg | 0.17 | | 0 | FLC | 4 | | 0.05 | | |
| Copper, Cu.....mg | 0.025 | | 0 | FLC | 4 | | 0.007 | | |
| Manganese, Mn.....mg | 0.144 | | 0 | FLC | 4 | | 0.043 | | |
| Selenium, Se.....mcg | 6.8 | | 0 | FLC | 4 | | 2.0 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.4 | | 0 | FLC | 4 | | 0.1 | | |
| Thiamin.....mg | 0.070 | | 0 | FLC | 4 | | 0.021 | | |
| Riboflavin.....mg | 0.013 | | 0 | FLC | 4 | | 0.004 | | |
| Niacin.....mg | 0.118 | | 0 | FLC | 4 | | 0.035 | | |
| Pantothenic acid.....mg | 0.071 | | 0 | FLC | 4 | | 0.021 | | |
| Vitamin B-6.....mg | 0.020 | | 0 | FLC | 4 | | 0.006 | | |
| Folate, total.....mcg | 2 | | 0 | FLC | 4 | | 1 | | |
| Folic acid.....mcg | 0 | | 0 | FLC | 4 | | 0 | | |
| Folate, food.....mcg | 2 | | 0 | FLC | 4 | | 1 | | |
| Folate, DFE.....mcg_DFE | 2 | | 0 | NC | 4 | | 1 | | |
| Choline, total.....mg | 4.9 | | 0 | FLC | 4 | | 1.5 | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Vitamin B-12, added.....mcg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Vitamin A, RAE.....mcg_RAE | 1 | | 0 | NC | 4 | | 0 | | |
| Retinol.....mcg | 0 | | 0 | FLC | 4 | | 0 | | |
| Carotene, beta.....mcg | 6 | | 0 | FLC | 4 | | 2 | | |
| Carotene, alpha.....mcg | 0 | | 0 | FLC | 4 | | 0 | | |
| Cryptoxanthin, beta.....mcg | 5 | | 0 | FLC | 4 | | 2 | | |
| Vitamin A, IU.....IU | 14 | | 0 | FLC | 4 | | 4 | | |
| Lycopene.....mcg | 0 | | 0 | FLC | 4 | | 0 | | |
| Lutein + zeaxanthin.....mcg | 4 | | 0 | FLC | 4 | | 1 | | |
| Vitamin E (alpha-tocopherol).....mg | 1.46 | | 0 | FLC | 4 | | 0.44 | | |
| Vitamin E, added.....mg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Tocopherol, beta.....mg | | | | | | | | | |
| Tocopherol, gamma.....mg | | | | | | | | | |
| Tocopherol, delta.....mg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....mcg | 13.3 | | 0 | FLC | 4 | | 4.0 | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 0.833 | | 2 | LC | 8 | | 0.250 | | |
| 4:0.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 6:0.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 8:0.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 10:0.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |

NDB No. 04686

Salad dressing, honey mustard dressing, reduced calorie

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.001 | | 0 | FLC | 4 | | 0.000 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.002 | | 0 | FLC | 4 | | 0.001 | | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 0.490 | | 0 | FLC | 4 | | 0.147 | | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 0.208 | | 0 | FLC | 4 | | 0.063 | | |
| 20:0.....g | 0.005 | | 0 | FLC | 4 | | 0.001 | | |
| 22:0.....g | 0.004 | | 0 | FLC | 4 | | 0.001 | | |
| 24:0.....g | 0.002 | | 0 | FLC | 4 | | 0.001 | | |
| Fatty acids, total monounsaturated.....g | 5.573 | | 0 | FLC | 4 | | 1.672 | | |
| 14:1.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.020 | | 0 | FLC | 4 | | 0.006 | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 4.999 | | 0 | FLC | 4 | | 1.500 | | |
| 20:1.....g | 0.207 | | 0 | FLC | 4 | | 0.062 | | |
| 22:1 undifferentiated.....g | 0.300 | | 0 | FLC | 4 | | 0.090 | | |
| 24:1 c.....g | 0.017 | | 0 | FLC | 4 | | 0.005 | | |
| Fatty acids, total polyunsaturated.....g | 3.152 | | 0 | FLC | 4 | | 0.946 | | |
| 18:2 undifferentiated.....g | 2.220 | | 0 | FLC | 4 | | 0.666 | | |
| 18:3 undifferentiated.....g | 0.916 | | 0 | FLC | 4 | | 0.275 | | |
| 18:4.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.002 | | 0 | FLC | 4 | | 0.001 | | |
| 20:3 undifferentiated.....g | 0.006 | | 0 | FLC | 4 | | 0.002 | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:5 n-3.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:5 n-3.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:6 n-3.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Fatty acids, total trans.....g | 0.003 | | 0 | FLC | 4 | | 0.001 | | |
| Cholesterol.....mg | 0 | | 2 | LC | 8 | | 0 | | |
| Phytosterols.....mg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Caffeine.....mg | 0 | | 0 | FLC | 4 | | 0 | | |
| Theobromine.....mg | 0 | | 0 | FLC | 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 = 30g: 2 tbsp (1 serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04114

Salad dressing, italian dressing, commercial, regular

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 | 56.40 | 2.842 | 6 | A | 1 | | 132.53 | 8.29 | |
| Energy.....kcal | 291 | | 0 | NC | 4 | | 685 | 43 | |
| Energy.....kj | 1219 | | 0 | NC | 4 | | 2865 | 179 | |
| Protein (N x 6.25).....g | 0.38 | 0.034 | 6 | A | 1 | | 0.90 | 0.06 | |
| Total lipid (fat).....g | 28.37 | 0.731 | 6 | A | 1 | | 66.66 | 4.17 | |
| Ash.....g | 4.42 | 0.137 | 6 | A | 1 | | 10.39 | 0.65 | |
| Carbohydrate, by difference.....g | 10.43 | | 0 | NC | 4 | | 24.52 | 1.53 | |
| Fiber, total dietary.....g | 0.0 | | 2 | A | 1 | | 0.0 | 0.0 | |
| Sugars, total.....g | 8.32 | | 2 | A | 1 | | 19.55 | 1.22 | |
| Sucrose.....g | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | |
| Glucose (dextrose).....g | 4.68 | | 2 | A | 1 | | 11.01 | 0.69 | |
| Fructose.....g | 3.64 | | 2 | A | 1 | | 8.54 | 0.53 | |
| 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 | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 7 | 1.463 | 6 | A | 1 | | 17 | 1 | |
| Iron, Fe.....mg | 0.63 | 0.083 | 6 | A | 1 | | 1.47 | 0.09 | |
| Magnesium, Mg.....mg | 3 | 0.189 | 6 | A | 1 | | 7 | 0 | |
| Phosphorus, P.....mg | 9 | 0.807 | 6 | A | 1 | | 22 | 1 | |
| Potassium, K.....mg | 48 | 3.760 | 6 | A | 1 | | 113 | 7 | |
| Sodium, Na.....mg | 1654 | 47.394 | 6 | A | 1 | | 3887 | 243 | |
| Zinc, Zn.....mg | 0.13 | 0.025 | 6 | A | 1 | | 0.31 | 0.02 | |
| Copper, Cu.....mg | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | 0.000 | |
| Manganese, Mn.....mg | 0.017 | 0.017 | 6 | A | 1 | | 0.039 | 0.002 | |
| Selenium, Se.....mcg | 2.0 | 2.000 | 3 | A | 1 | | 4.7 | 0.3 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Thiamin.....mg | 0.013 | 0.002 | 3 | A | 1 | | 0.030 | 0.002 | |
| Riboflavin.....mg | 0.021 | 0.002 | 3 | A | 1 | | 0.049 | 0.003 | |
| Niacin.....mg | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| Pantothenic acid.....mg | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| Vitamin B-6.....mg | 0.060 | | 2 | A | 1 | | 0.140 | 0.009 | |
| Folate, total.....mcg | 0 | | 2 | A | 1 | | 0 | 0 | |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total.....mg | 2.6 | | 0 | AS | 1 | | 6.2 | 0.4 | |
| Betaine.....mg | 0.0 | | 1 | A | 1 | | 0.0 | 0.0 | |
| Vitamin B-12.....mcg | 0.00 | | 2 | 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 | 2 | | 0 | NC | 4 | | 4 | 0 | |
| Retinol.....mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Carotene, beta.....mcg | 21 | 7.719 | 6 | A | 1 | | 48 | 3 | |
| Carotene, alpha.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta.....mcg | 2 | 1.833 | 6 | A | 1 | | 4 | 0 | |
| Vitamin A, IU.....IU | 36 | | 0 | NC | 4 | | 84 | 5 | |
| Lycopene.....mcg | 16 | 10.172 | 6 | A | 1 | | 38 | 2 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol).....mg | 5.00 | | 0 | | 4 | | 11.75 | 0.74 | |
| 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 | 56.0 | | 0 | FLA | 4 | | 131.6 | 8.2 | |

NDB No. 04114

Salad dressing, italian dressing, commercial, regular

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|------------------------------------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | measures of food | | |
| | | | | | | | Measure 1 | Measure 2 | Measure 3 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 4.474 | | 0 | NC | 4 | | 10.514 | 0.658 | |
| 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 | | | | | | | | | |
| 16:0.....g | 3.298 | 0.144 | 3 | A | 1 | | 7.750 | 0.485 | |
| 17:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 18:0.....g | 0.953 | 0.246 | 3 | A | 1 | | 2.240 | 0.140 | |
| 20:0.....g | 0.073 | 0.036 | 3 | A | 1 | | 0.171 | 0.011 | |
| 22:0.....g | 0.150 | 0.019 | 3 | A | 1 | | 0.353 | 0.022 | |
| 24:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total monounsaturated.....g | 6.315 | | 0 | NC | 4 | | 14.841 | 0.928 | |
| 14:1.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 15:1.....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| 16:1 undifferentiated.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 17:1.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 18:1 undifferentiated.....g | 6.315 | 0.130 | 3 | A | 1 | | 14.841 | 0.928 | |
| 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 | 12.941 | | 0 | NC | 4 | | 30.411 | 1.902 | |
| 18:2 undifferentiated.....g | 11.527 | 1.332 | 3 | A | 1 | | 27.089 | 1.695 | |
| 18:3 undifferentiated.....g | 1.413 | 0.356 | 3 | A | 1 | | 3.321 | 0.208 | |
| 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 | | 1 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | |
| Threonine.....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | |
| Isoleucine.....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | |
| Leucine.....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | |
| Lysine.....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | |
| Methionine.....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | |
| Cystine.....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | |
| Phenylalanine.....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | |
| Tyrosine.....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | |
| Valine.....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | |
| Arginine.....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | |
| Histidine.....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | |
| Alanine.....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | |
| Aspartic acid.....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | |
| Glutamic acid.....g | 0.056 | | 0 | A | 1 | | 0.131 | 0.008 | |
| Glycine.....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | |
| Proline.....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | |
| Serine.....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | |
| 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 | |

NDB No. 04114

Salad dressing, italian dressing, commercial, regular

| Nutrients and Units | <u>Amount in 100 grams of edible portion</u> | | | | | | <u>Amount in edible portion of common measures of food</u> | | |
|---------------------|--|------------|-----------------------|------------|-------------|-----------------|--|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | 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 = 235g: 1 cup

Measure 2 = 14.7g: 1 tbsp

Calories Factors: Protein 2.44

Fat 8.84

Carbohydrate3.8

Food Group: 04 Fats and Oils

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

NDB No. 04143

Salad dressing, italian dressing, commercial, regular, without salt

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 | 56.40 | 2.842 | 6 | A | 1 | | 8.29 | 132.53 | |
| Energy.....kcal | 292 | | 0 | NC | 4 | | 43 | 686 | |
| Energy.....kj | 1222 | | 0 | NC | 4 | | 180 | 2872 | |
| Protein (N x 6.25).....g | 0.38 | 0.034 | 6 | A | 1 | | 0.06 | 0.90 | |
| Total lipid (fat).....g | 28.37 | 0.731 | 6 | A | 1 | | 4.17 | 66.66 | |
| Ash.....g | 4.42 | 0.137 | 6 | A | 1 | | 0.65 | 10.39 | |
| Carbohydrate, by difference.....g | 10.43 | | 0 | NC | 4 | | 1.53 | 24.52 | |
| Fiber, total dietary.....g | 0.0 | | 2 | A | 1 | | 0.0 | 0.0 | |
| Sugars, total.....g | 8.32 | | 2 | A | 1 | | 1.22 | 19.55 | |
| Sucrose.....g | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | |
| Glucose (dextrose).....g | 4.68 | | 2 | A | 1 | | 0.69 | 11.01 | |
| Fructose.....g | 3.64 | | 2 | A | 1 | | 0.53 | 8.54 | |
| 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 | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 7 | 1.463 | 6 | A | 1 | | 1 | 17 | |
| Iron, Fe.....mg | 0.63 | 0.083 | 6 | A | 1 | | 0.09 | 1.47 | |
| Magnesium, Mg.....mg | 3 | 0.189 | 6 | A | 1 | | 0 | 7 | |
| Phosphorus, P.....mg | 9 | 0.807 | 6 | A | 1 | | 1 | 22 | |
| Potassium, K.....mg | 48 | 3.760 | 6 | A | 1 | | 7 | 113 | |
| Sodium, Na.....mg | 30 | | 0 | | 1 | | 4 | 71 | |
| Zinc, Zn.....mg | 0.13 | 0.025 | 6 | A | 1 | | 0.02 | 0.31 | |
| Copper, Cu.....mg | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | 0.000 | |
| Manganese, Mn.....mg | 0.017 | 0.017 | 6 | A | 1 | | 0.002 | 0.039 | |
| Selenium, Se.....mcg | 2.0 | 2.000 | 3 | A | 1 | | 0.3 | 4.7 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | |
| Thiamin.....mg | 0.013 | 0.002 | 3 | A | 1 | | 0.002 | 0.030 | |
| Riboflavin.....mg | 0.021 | 0.002 | 3 | A | 1 | | 0.003 | 0.049 | |
| Niacin.....mg | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| Pantothenic acid.....mg | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| Vitamin B-6.....mg | 0.060 | | 2 | A | 1 | | 0.009 | 0.140 | |
| Folate, total.....mcg | 0 | | 2 | A | 1 | | 0 | 0 | |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food.....mcg | 0 | | 2 | A | 1 | | 0 | 0 | |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total.....mg | | | | | | | | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | |
| Vitamin A, RAE.....mcg_RAE | 2 | | 0 | NC | 4 | | 0 | 4 | |
| Retinol.....mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Carotene, beta.....mcg | 21 | 7.719 | 6 | A | 1 | | 3 | 48 | |
| Carotene, alpha.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta.....mcg | 2 | 1.833 | 6 | A | 1 | | 0 | 4 | |
| Vitamin A, IU.....IU | 36 | | 0 | NC | 4 | | 5 | 84 | |
| Lycopene.....mcg | 16 | 10.172 | 6 | A | 1 | | 2 | 38 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol).....mg | 2.61 | | 0 | FLA | 4 | | 0.38 | 6.14 | |
| Tocopherol, beta.....mg | | | | | | | | | |
| Tocopherol, gamma.....mg | | | | | | | | | |
| Tocopherol, delta.....mg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....mcg | 56.0 | | 0 | FLA | 4 | | 8.2 | 131.6 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 4.474 | | 0 | NC | 4 | | 0.658 | 10.514 | |

NDB No. 04143

Salad dressing, italian dressing, commercial, regular, without salt

| 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 | | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | Points | Code | Code | | | | | |
| 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 | | | | | | | | | | |
| 16:0.....g | 3.298 | 0.144 | 3 | A | 1 | | 0.485 | 7.750 | | |
| 17:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | | |
| 18:0.....g | 0.953 | 0.246 | 3 | A | 1 | | 0.140 | 2.240 | | |
| 20:0.....g | 0.073 | 0.036 | 3 | A | 1 | | 0.011 | 0.171 | | |
| 22:0.....g | 0.150 | 0.019 | 3 | A | 1 | | 0.022 | 0.353 | | |
| 24:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | | |
| Fatty acids, total monounsaturated.....g | 6.315 | | 0 | NC | 4 | | 0.928 | 14.841 | | |
| 14:1.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | | |
| 15:1.....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | | |
| 16:1 undifferentiated.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | | |
| 17:1.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | | |
| 18:1 undifferentiated.....g | 6.315 | 0.130 | 3 | A | 1 | | 0.928 | 14.841 | | |
| 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 | 12.941 | | 0 | NC | 4 | | 1.902 | 30.411 | | |
| 18:2 undifferentiated.....g | 11.527 | 1.332 | 3 | A | 1 | | 1.695 | 27.089 | | |
| 18:3 undifferentiated.....g | 1.413 | 0.356 | 3 | A | 1 | | 0.208 | 3.321 | | |
| 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 | 67 | | 0 | | 1 | | 10 | 157 | | |
| Phytosterols.....mg | | | | | | | | | | |
| 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 = 14.7g: 1 tablespoon

Measure 2 = 235g: 1 cup

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

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

NDB No. 04636

Salad dressing, italian dressing, fat-free

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 | 85.95 | 0.925 | 3 | A | 1 | | 198.53 | 12.03 | |
| Energy.....kcal | 47 | | 0 | NC | 4 | | 108 | 7 | |
| Energy.....kj | 195 | | 0 | NC | 4 | | 451 | 27 | |
| Protein.....g | 0.97 | 0.178 | 3 | A | 1 | | 2.23 | 0.14 | |
| Total lipid (fat).....g | 0.87 | 0.051 | 3 | A | 1 | | 2.00 | 0.12 | |
| Ash.....g | 3.47 | 0.089 | 3 | A | 1 | | 8.01 | 0.49 | |
| Carbohydrate, by difference.....g | 8.75 | | 0 | NC | 4 | | 20.22 | 1.23 | |
| Fiber, total dietary.....g | 0.6 | | 2 | A | 1 | | 1.4 | 0.1 | |
| Sugars, total.....g | 8.85 | | 2 | A | 1 | | 20.43 | 1.24 | |
| Sucrose.....g | 0.29 | | 2 | A | 1 | | 0.66 | 0.04 | |
| Glucose (dextrose).....g | 2.82 | | 2 | A | 1 | | 6.50 | 0.39 | |
| Fructose.....g | 5.59 | | 2 | A | 1 | | 12.92 | 0.78 | |
| Lactose.....g | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | |
| Maltose.....g | 0.15 | | 2 | A | 1 | | 0.34 | 0.02 | |
| Galactose.....g | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 30 | 6.854 | 3 | A | 1 | | 69 | 4 | |
| Iron, Fe.....mg | 0.40 | 0.070 | 3 | A | 1 | | 0.92 | 0.06 | |
| Magnesium, Mg.....mg | 5 | 0.291 | 3 | A | 1 | | 10 | 1 | |
| Phosphorus, P.....mg | 109 | 54.871 | 3 | A | 1 | | 252 | 15 | |
| Potassium, K.....mg | 102 | 5.068 | 3 | A | 1 | | 236 | 14 | |
| Sodium, Na.....mg | 1129 | 35.455 | 3 | A | 1 | | 2608 | 158 | |
| Zinc, Zn.....mg | 0.36 | 0.108 | 3 | A | 1 | | 0.82 | 0.05 | |
| Copper, Cu.....mg | 0.116 | 0.036 | 3 | A | 1 | | 0.269 | 0.016 | |
| Manganese, Mn.....mg | 0.032 | 0.012 | 3 | A | 1 | | 0.074 | 0.004 | |
| Selenium, Se.....mcg | 2.0 | | 1 | A | 1 | | 4.6 | 0.3 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.4 | | 1 | | 1 | | 0.9 | 0.1 | |
| Thiamin.....mg | 0.031 | | 1 | A | 1 | | 0.072 | 0.004 | |
| Riboflavin.....mg | 0.053 | | 1 | A | 1 | | 0.122 | 0.007 | |
| Niacin.....mg | 0.135 | | 1 | A | 1 | | 0.312 | 0.019 | |
| Pantothenic acid.....mg | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| Vitamin B-6.....mg | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| Folate, total.....mcg | 12 | | 1 | A | 1 | | 27 | 2 | |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food.....mcg | 12 | | 1 | A | 1 | | 27 | 2 | |
| Folate, DFE.....mcg_DFE | 12 | | 0 | NC | 4 | | 27 | 2 | |
| Choline, total.....mg | 4.0 | | 0 | AS | 1 | | 9.2 | 0.6 | |
| Betaine.....mg | 1.8 | | 1 | A | 1 | | 4.2 | 0.3 | |
| Vitamin B-12.....mcg | 0.31 | | 1 | A | 1 | | 0.71 | 0.04 | |
| Vitamin B-12, added.....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE.....mcg_RAE | 4 | | 0 | NC | 4 | | 9 | 1 | |
| Retinol.....mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Carotene, beta.....mcg | 40 | 11.289 | 3 | A | 1 | | 93 | 6 | |
| Carotene, alpha.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta.....mcg | 11 | 6.064 | 3 | A | 1 | | 25 | 1 | |
| Vitamin A, IU.....IU | 77 | | 0 | NC | 4 | | 177 | 11 | |
| Lycopene.....mcg | 5 | 5.000 | 3 | A | 1 | | 12 | 1 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol).....mg | 0.76 | | 0 | NR | 4 | | 1.76 | 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 | 1.6 | | 0 | FLA | 4 | | 3.6 | 0.2 | |

NDB No. 04636

Salad dressing, italian dressing, fat-free

| 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 |
| | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 0.295 | | 0 | NC | 4 | | 0.681 | 0.041 | |
| 4:0.....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 6:0.....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 8:0.....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 10:0.....g | 0.003 | | 2 | A | 1 | | 0.006 | 0.000 | |
| 12:0.....g | 0.010 | | 2 | A | 1 | | 0.022 | 0.001 | |
| 13:0.....g | 0.001 | | 1 | A | 1 | | 0.002 | 0.000 | |
| 14:0.....g | 0.038 | | 2 | A | 1 | | 0.088 | 0.005 | |
| 15:0.....g | 0.005 | | 2 | A | 1 | | 0.012 | 0.001 | |
| 16:0.....g | 0.151 | | 2 | A | 1 | | 0.348 | 0.021 | |
| 17:0.....g | 0.004 | | 2 | A | 1 | | 0.009 | 0.001 | |
| 18:0.....g | 0.071 | | 2 | A | 1 | | 0.164 | 0.010 | |
| 20:0.....g | 0.011 | | 1 | A | 1 | | 0.025 | 0.002 | |
| 22:0.....g | 0.003 | | 2 | A | 1 | | 0.006 | 0.000 | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 0.235 | | 0 | NC | 4 | | 0.543 | 0.033 | |
| 14:1.....g | 0.005 | | 2 | A | 1 | | 0.010 | 0.001 | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.009 | | 2 | A | 1 | | 0.020 | 0.001 | |
| 17:1.....g | 0.009 | | 2 | A | 1 | | 0.021 | 0.001 | |
| 18:1 undifferentiated.....g | 0.210 | | 2 | A | 1 | | 0.485 | 0.029 | |
| 20:1.....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 22:1 undifferentiated.....g | 0.003 | | 2 | A | 1 | | 0.007 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.192 | | 0 | NC | 4 | | 0.444 | 0.027 | |
| 18:2 undifferentiated.....g | 0.163 | | 2 | A | 1 | | 0.377 | 0.023 | |
| 18:3 undifferentiated.....g | 0.027 | | 2 | A | 1 | | 0.062 | 0.004 | |
| 18:4.....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | 0.002 | | 1 | A | 1 | | 0.005 | 0.000 | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 2 | | 1 | A | 1 | | 4 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| 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:

Measure 1 = 231g: 1 cup
 Measure 2 = 14.0g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 42140

Salad dressing, italian dressing, reduced calorie

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 | 70.00 | | 0 | | 4 | | 151.20 | 9.80 | |
| Energy.....kcal | 200 | | 0 | | 8 | | 432 | 28 | |
| Energy.....kj | 837 | | 0 | | 8 | | 1807 | 117 | |
| Protein.....g | 0.30 | | 0 | | 4 | | 0.65 | 0.04 | |
| Total lipid (fat).....g | 20.00 | | 0 | | 4 | | 43.20 | 2.80 | |
| Ash.....g | 3.00 | | 0 | NC | 4 | | 6.48 | 0.42 | |
| Carbohydrate, by difference.....g | 6.70 | | 0 | | 8 | | 14.47 | 0.94 | |
| Fiber, total dietary.....g | 0.2 | | 0 | | 8 | | 0.4 | 0.0 | |
| Sugars, total.....g | 1.94 | | 0 | FLA | 4 | | 4.20 | 0.27 | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 6 | | 0 | | 4 | | 13 | 1 | |
| Iron, Fe.....mg | 0.13 | | 0 | | 4 | | 0.28 | 0.02 | |
| Magnesium, Mg.....mg | 2 | | 0 | | 4 | | 4 | 0 | |
| Phosphorus, P.....mg | 7 | | 0 | | 4 | | 15 | 1 | |
| Potassium, K.....mg | 33 | | 0 | | 8 | | 71 | 5 | |
| Sodium, Na.....mg | 1421 | | 0 | | 8 | | 3069 | 199 | |
| Zinc, Zn.....mg | 0.04 | | 0 | | 4 | | 0.09 | 0.01 | |
| Copper, Cu.....mg | 0.005 | | 0 | | 4 | | 0.011 | 0.001 | |
| Manganese, Mn.....mg | 0.020 | | 0 | FLA | 4 | | 0.042 | 0.003 | |
| Selenium, Se.....mcg | 1.6 | | 0 | CAZN | 4 | | 3.5 | 0.2 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.4 | | 0 | | 4 | | 0.9 | 0.1 | |
| Thiamin.....mg | 0.010 | | 0 | | 4 | | 0.022 | 0.001 | |
| Riboflavin.....mg | 0.010 | | 0 | | 4 | | 0.022 | 0.001 | |
| Niacin.....mg | 0.020 | | 0 | | 4 | | 0.043 | 0.003 | |
| Pantothenic acid.....mg | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Vitamin B-6.....mg | 0.030 | | 0 | | 4 | | 0.065 | 0.004 | |
| Folate, total.....mcg | 3 | | 0 | FLA | 4 | | 6 | 0 | |
| Folic acid.....mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, food.....mcg | 3 | | 0 | FLA | 4 | | 6 | 0 | |
| Folate, DFE.....mcg_DFE | 3 | | 0 | NC | 4 | | 6 | 0 | |
| Choline, total.....mg | 3.3 | | 0 | O | 4 | | 7.1 | 0.5 | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.07 | | 0 | | 4 | | 0.15 | 0.01 | |
| 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 | 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 | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol).....mg | 0.59 | | 0 | FLA | 4 | | 1.26 | 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 | 12.5 | | 0 | FLA | 4 | | 27.1 | 1.8 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 2.880 | | 0 | | 4 | | 6.221 | 0.403 | |
| 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. 42140

Salad dressing, italian dressing, reduced calorie

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.020 | | 0 | | 4 | | 0.043 | 0.003 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 2.060 | | 0 | | 4 | | 4.450 | 0.288 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 0.760 | | 0 | | 4 | | 1.642 | 0.106 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 4.660 | | 0 | | 4 | | 10.066 | 0.652 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.040 | | 0 | | 4 | | 0.086 | 0.006 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 4.560 | | 0 | | 4 | | 9.850 | 0.638 | |
| 20:1.....g | 0.040 | | 0 | | 4 | | 0.086 | 0.006 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 11.580 | | 0 | | 8 | | 25.013 | 1.621 | |
| 18:2 undifferentiated.....g | 10.200 | | 0 | | 4 | | 22.032 | 1.428 | |
| 18:3 undifferentiated.....g | 1.360 | | 0 | | 4 | | 2.938 | 0.190 | |
| 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 | | 7 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| 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:

Measure 1 = 216g: 1 cup

Measure 2 = 14.0g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04021

Salad dressing, italian dressing, reduced fat

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 | 84.68 | 0.158 | 3 | A | 1 | | 12.70 | 203.23 | |
| Energy.....kcal | 75 | | 0 | NC | 4 | | 11 | 180 | |
| Energy.....kj | 313 | | 0 | NC | 4 | | 47 | 752 | |
| Protein (N x 6.25).....g | 0.47 | 0.046 | 3 | A | 1 | | 0.07 | 1.12 | |
| Total lipid (fat).....g | 6.38 | 1.376 | 3 | A | 1 | | 0.96 | 15.31 | |
| Ash.....g | 3.90 | 0.087 | 3 | A | 1 | | 0.59 | 9.37 | |
| Carbohydrate, by difference.....g | 4.57 | | 0 | NC | 4 | | 0.69 | 10.97 | |
| Fiber, total dietary.....g | 0.0 | | 1 | A | 1 | | 0.0 | 0.0 | |
| Sugars, total.....g | 4.55 | | 1 | A | 1 | | 0.68 | 10.92 | |
| Sucrose.....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Glucose (dextrose).....g | 2.31 | | 1 | A | 1 | | 0.35 | 5.54 | |
| Fructose.....g | 2.24 | | 1 | A | 1 | | 0.34 | 5.39 | |
| Lactose.....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Maltose.....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Galactose.....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Starch.....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 9 | 0.240 | 3 | A | 1 | | 1 | 21 | |
| Iron, Fe.....mg | 0.65 | 0.068 | 3 | A | 1 | | 0.10 | 1.55 | |
| Magnesium, Mg.....mg | 4 | 0.153 | 3 | A | 1 | | 1 | 10 | |
| Phosphorus, P.....mg | 11 | 0.267 | 3 | A | 1 | | 2 | 26 | |
| Potassium, K.....mg | 85 | 7.117 | 3 | A | 1 | | 13 | 203 | |
| Sodium, Na.....mg | 1366 | 42.782 | 3 | A | 1 | | 205 | 3278 | |
| Zinc, Zn.....mg | 0.19 | 0.007 | 3 | A | 1 | | 0.03 | 0.46 | |
| Copper, Cu.....mg | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| Manganese, Mn.....mg | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| Selenium, Se.....mcg | 8.0 | | 1 | A | 1 | | 1.2 | 19.2 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Thiamin.....mg | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| Riboflavin.....mg | 0.015 | | 1 | A | 1 | | 0.002 | 0.036 | |
| Niacin.....mg | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| Pantothenic acid.....mg | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| Vitamin B-6.....mg | 0.070 | | 1 | A | 1 | | 0.011 | 0.168 | |
| Folate, total.....mcg | 0 | | 1 | A | 1 | | 0 | 0 | |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food.....mcg | 0 | | 1 | A | 1 | | 0 | 0 | |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total.....mg | 3.3 | | 0 | O | 4 | | 0.5 | 7.9 | |
| 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 | 1 | | 0 | NC | 4 | | 0 | 1 | |
| Retinol.....mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Carotene, beta.....mcg | 7 | 7.333 | 3 | A | 1 | | 1 | 18 | |
| Carotene, alpha.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta.....mcg | 0 | 0.000 | 3 | A | 1 | | 0 | 0 | |
| Vitamin A, IU.....IU | 12 | | 0 | NC | 4 | | 2 | 29 | |
| Lycopene.....mcg | 0 | 0.000 | 3 | A | 1 | | 0 | 0 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol).....mg | 0.20 | | 0 | O | 4 | | 0.03 | 0.48 | |
| 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 | 12.5 | | 0 | FLA | 4 | | 1.9 | 30.1 | |

NDB No. 04021

Salad dressing, italian dressing, reduced fat

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion of common | | | | |
|--|---------------------------------------|------------|-----------------------------|---------------|------------------------------------|--------------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | measures of food | | | |
| | | | | | | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 0.451 | | 0 | NC | 4 | | 0.068 | 1.082 | |
| 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 | | | | | | | | | |
| 16:0.....g | 0.318 | | 2 | A | 1 | | 0.048 | 0.763 | |
| 17:0.....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| 18:0.....g | 0.133 | | 2 | A | 1 | | 0.020 | 0.319 | |
| 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 | 2.190 | | 0 | NC | 4 | | 0.328 | 5.255 | |
| 14:1.....g | 0.000 | | 2 | 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 | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| 18:1 undifferentiated.....g | 2.190 | | 2 | A | 1 | | 0.328 | 5.255 | |
| 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 | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 1.704 | | 0 | NC | 4 | | 0.256 | 4.088 | |
| 18:2 undifferentiated.....g | 1.338 | | 2 | A | 1 | | 0.201 | 3.210 | |
| 18:3 undifferentiated.....g | 0.366 | | 2 | A | 1 | | 0.055 | 0.878 | |
| 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 | 6 | 0.278 | 3 | | 1 | | 1 | 14 | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.006 | | 0 | FLA | 4 | | 0.001 | 0.014 | |
| Threonine.....g | 0.012 | | 0 | FLA | 4 | | 0.002 | 0.028 | |
| Isoleucine.....g | 0.016 | | 0 | FLA | 4 | | 0.002 | 0.040 | |
| Leucine.....g | 0.024 | | 0 | FLA | 4 | | 0.004 | 0.058 | |
| Lysine.....g | 0.018 | | 0 | FLA | 4 | | 0.003 | 0.043 | |
| Methionine.....g | 0.008 | | 0 | FLA | 4 | | 0.001 | 0.018 | |
| Cystine.....g | 0.006 | | 0 | FLA | 4 | | 0.001 | 0.014 | |
| Phenylalanine.....g | 0.013 | | 0 | FLA | 4 | | 0.002 | 0.031 | |
| Tyrosine.....g | 0.008 | | 0 | FLA | 4 | | 0.001 | 0.018 | |
| Valine.....g | 0.017 | | 0 | FLA | 4 | | 0.003 | 0.040 | |
| Arginine.....g | 0.051 | | 0 | FLA | 4 | | 0.008 | 0.123 | |
| Histidine.....g | 0.008 | | 0 | FLA | 4 | | 0.001 | 0.019 | |
| Alanine.....g | 0.010 | | 0 | FLA | 4 | | 0.001 | 0.024 | |
| Aspartic acid.....g | 0.032 | | 0 | FLA | 4 | | 0.005 | 0.076 | |
| Glutamic acid.....g | 0.068 | | 0 | FLA | 4 | | 0.010 | 0.163 | |
| Glycine.....g | 0.015 | | 0 | FLA | 4 | | 0.002 | 0.036 | |
| Proline.....g | 0.011 | | 0 | FLA | 4 | | 0.002 | 0.027 | |
| Serine.....g | 0.013 | | 0 | FLA | 4 | | 0.002 | 0.031 | |
| 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. 04021

Salad dressing, italian dressing, reduced fat

| Nutrients and Units | <u>Amount in 100 grams of edible portion</u> | | | | <u>Amount in edible portion of common measures of food</u> | | | |
|---------------------|--|------------|-----------------------|------------|--|-----------------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 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 = 15.0g: 1 tablespoon

Measure 2 = 240g: 1 cup

Calories Factors: Protein 2.44

Fat 8.84

Carbohydrate3.8

Food Group: 04 Fats and Oils

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

NDB No. 04144

Salad dressing, italian dressing, reduced fat, without salt

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 | 84.68 | 0.158 | 3 | A | 1 | | 12.70 | 203.23 | |
| Energy.....kcal | 76 | | 0 | NC | 4 | | 11 | 182 | |
| Energy.....kj | 317 | | 0 | NC | 4 | | 48 | 761 | |
| Protein (N x 6.25).....g | 0.47 | 0.046 | 3 | A | 1 | | 0.07 | 1.12 | |
| Total lipid (fat).....g | 6.38 | 1.376 | 3 | A | 1 | | 0.96 | 15.31 | |
| Ash.....g | 3.90 | 0.087 | 3 | A | 1 | | 0.59 | 9.37 | |
| Carbohydrate, by difference.....g | 4.57 | | 0 | NC | 4 | | 0.69 | 10.97 | |
| Fiber, total dietary.....g | 0.0 | | 1 | A | 1 | | 0.0 | 0.0 | |
| Sugars, total.....g | 4.55 | | 1 | A | 1 | | 0.68 | 10.92 | |
| Sucrose.....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Glucose (dextrose).....g | 2.31 | | 1 | A | 1 | | 0.35 | 5.54 | |
| Fructose.....g | 2.24 | | 1 | A | 1 | | 0.34 | 5.39 | |
| Lactose.....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Maltose.....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Galactose.....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Starch.....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 9 | 0.240 | 3 | A | 1 | | 1 | 21 | |
| Iron, Fe.....mg | 0.65 | 0.068 | 3 | A | 1 | | 0.10 | 1.55 | |
| Magnesium, Mg.....mg | 4 | 0.153 | 3 | A | 1 | | 1 | 10 | |
| Phosphorus, P.....mg | 11 | 0.267 | 3 | A | 1 | | 2 | 26 | |
| Potassium, K.....mg | 85 | 7.117 | 3 | A | 1 | | 13 | 203 | |
| Sodium, Na.....mg | 30 | | 0 | | 1 | | 5 | 72 | |
| Zinc, Zn.....mg | 0.19 | 0.007 | 3 | A | 1 | | 0.03 | 0.46 | |
| Copper, Cu.....mg | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| Manganese, Mn.....mg | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| Selenium, Se.....mcg | 8.0 | | 1 | A | 1 | | 1.2 | 19.2 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | |
| Thiamin.....mg | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| Riboflavin.....mg | 0.015 | | 1 | A | 1 | | 0.002 | 0.036 | |
| Niacin.....mg | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| Pantothenic acid.....mg | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| Vitamin B-6.....mg | 0.070 | | 1 | A | 1 | | 0.011 | 0.168 | |
| Folate, total.....mcg | 0 | | 1 | A | 1 | | 0 | 0 | |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food.....mcg | 0 | | 1 | A | 1 | | 0 | 0 | |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total.....mg | | | | | | | | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Vitamin A, RAE.....mcg_RAE | 1 | | 0 | NC | 4 | | 0 | 1 | |
| Retinol.....mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Carotene, beta.....mcg | 7 | 7.333 | 3 | A | 1 | | 1 | 18 | |
| Carotene, alpha.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta.....mcg | 0 | 0.000 | 3 | A | 1 | | 0 | 0 | |
| Vitamin A, IU.....IU | 12 | | 0 | NC | 4 | | 2 | 29 | |
| Lycopene.....mcg | 0 | 0.000 | 3 | A | 1 | | 0 | 0 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol).....mg | 0.59 | | 0 | FLA | 4 | | 0.09 | 1.40 | |
| Tocopherol, beta.....mg | | | | | | | | | |
| Tocopherol, gamma.....mg | | | | | | | | | |
| Tocopherol, delta.....mg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....mcg | 12.5 | | 0 | FLA | 4 | | 1.9 | 30.1 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 0.451 | | 0 | NC | 4 | | 0.068 | 1.082 | |

NDB No. 04144

Salad dressing, italian dressing, reduced fat, without salt

| 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 | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | Deriv Code | Points | | | | | |
| 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 | | | | | | | | | |
| 16:0.....g | 0.318 | | 2 | A | 1 | | 0.048 | 0.763 | |
| 17:0.....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| 18:0.....g | 0.133 | | 2 | A | 1 | | 0.020 | 0.319 | |
| 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 | 2.190 | | 0 | NC | 4 | | 0.328 | 5.255 | |
| 14:1.....g | 0.000 | | 2 | 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 | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| 18:1 undifferentiated.....g | 2.190 | | 2 | A | 1 | | 0.328 | 5.255 | |
| 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 | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 1.704 | | 0 | NC | 4 | | 0.256 | 4.088 | |
| 18:2 undifferentiated.....g | 1.338 | | 2 | A | 1 | | 0.201 | 3.210 | |
| 18:3 undifferentiated.....g | 0.366 | | 2 | A | 1 | | 0.055 | 0.878 | |
| 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 | 6 | | 0 | | 1 | | 1 | 14 | |
| Phytosterols.....mg | | | | | | | | | |
| 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 = 15.0g: 1 tablespoon

Measure 2 = 240g: 1 cup

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate3.8

Food Group: 04 Fats and Oils

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

NDB No. 43329

Salad dressing, mayonnaise and mayonnaise-type, low calorie

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 | 54.30 | | 1 | | 1 | | 125.98 | 7.87 | |
| Energy.....kcal | 263 | | 0 | NC | 4 | | 609 | 38 | |
| Energy.....kj | 1099 | | 0 | NC | 4 | | 2550 | 159 | |
| Protein (N x 6.25).....g | 0.90 | | 1 | | 1 | | 2.09 | 0.13 | |
| Total lipid (fat).....g | 19.00 | | 1 | | 1 | | 44.08 | 2.75 | |
| Ash.....g | 2.00 | | 0 | NC | 4 | | 4.64 | 0.29 | |
| Carbohydrate, by difference.....g | 23.90 | | 0 | NC | 4 | | 55.45 | 3.47 | |
| Fiber, total dietary.....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Sugars, total.....g | 4.34 | | 2 | A | 1 | | 10.07 | 0.63 | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 14 | | 1 | | 1 | | 32 | 2 | |
| Iron, Fe.....mg | 0.26 | 0.060 | 4 | JA | 6 | | 0.60 | 0.04 | |
| Magnesium, Mg.....mg | 2 | 0.217 | 4 | JA | 6 | | 4 | 0 | |
| Phosphorus, P.....mg | 30 | 4.383 | 4 | JA | 6 | | 70 | 4 | |
| Potassium, K.....mg | 24 | 15.367 | 4 | JA | 6 | | 57 | 4 | |
| Sodium, Na.....mg | 691 | 18.550 | 4 | JA | 6 | | 1604 | 100 | |
| Zinc, Zn.....mg | 0.18 | 0.001 | 4 | JA | 6 | | 0.42 | 0.03 | |
| Copper, Cu.....mg | 0.001 | | 0 | | 4 | | 0.002 | 0.000 | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 1.6 | | 0 | CAZN | 4 | | 3.7 | 0.2 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Thiamin.....mg | 0.010 | | 0 | | 4 | | 0.023 | 0.001 | |
| Riboflavin.....mg | 0.020 | | 0 | | 4 | | 0.046 | 0.003 | |
| Niacin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Pantothenic acid.....mg | 0.066 | | 2 | A | 1 | | 0.153 | 0.010 | |
| Vitamin B-6.....mg | 0.020 | | 0 | | 4 | | 0.046 | 0.003 | |
| Folate, total.....mcg | 6 | | 0 | | 4 | | 14 | 1 | |
| Folic acid.....mcg | 0 | | 2 | A | 1 | | 0 | 0 | |
| Folate, food.....mcg | 6 | | 0 | | 4 | | 14 | 1 | |
| Folate, DFE.....mcg_DFE | 6 | | 0 | NC | 4 | | 14 | 1 | |
| Choline, total.....mg | 8.5 | | 0 | CAZN | 4 | | 19.7 | 1.2 | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.21 | | 0 | | 4 | | 0.49 | 0.03 | |
| Vitamin B-12, added.....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE.....mcg_RAE | 21 | | 0 | NC | 4 | | 49 | 3 | |
| Retinol.....mcg | 12 | | 0 | BFZN | 4 | | 28 | 2 | |
| Carotene, beta.....mcg | 94 | | 0 | BFZN | 4 | | 218 | 14 | |
| Carotene, alpha.....mcg | 1 | | 0 | BFZN | 4 | | 3 | 0 | |
| Cryptoxanthin, beta.....mcg | 27 | | 0 | BFZN | 4 | | 62 | 4 | |
| Vitamin A, IU.....IU | 220 | | 0 | NC | 4 | | 511 | 32 | |
| Lycopene.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Lutein + zeaxanthin.....mcg | 87 | | 0 | BFZN | 4 | | 201 | 13 | |
| Vitamin E (alpha-tocopherol).....mg | 3.07 | 0.243 | 3 | A | 1 | | 7.13 | 0.45 | |
| 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 | 24.7 | | 0 | BFZN | 4 | | 57.4 | 3.6 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 2.962 | | 0 | | 4 | | 6.872 | 0.429 | |
| 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. 43329

Salad dressing, mayonnaise and mayonnaise-type, low calorie

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.022 | | 0 | | 4 | | 0.051 | 0.003 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 2.120 | | 0 | | 4 | | 4.918 | 0.307 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 0.777 | | 0 | | 4 | | 1.803 | 0.113 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 4.628 | | 0 | | 4 | | 10.737 | 0.671 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.076 | | 0 | | 4 | | 0.176 | 0.011 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 4.494 | | 0 | | 4 | | 10.426 | 0.652 | |
| 20:1.....g | 0.039 | | 0 | | 4 | | 0.090 | 0.006 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 10.396 | | 0 | | 4 | | 24.119 | 1.507 | |
| 18:2 undifferentiated.....g | 9.151 | | 0 | | 4 | | 21.230 | 1.327 | |
| 18:3 undifferentiated.....g | 1.203 | | 0 | | 4 | | 2.791 | 0.174 | |
| 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 | | 0.044 | 0.003 | |
| 20:5 n-3.....g | 0.001 | | 0 | | 4 | | 0.002 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.005 | | 0 | | 4 | | 0.012 | 0.001 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 26 | | 1 | | 1 | | 60 | 4 | |
| 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 = 232g: 1 cup

Measure 2 = 14.5g: 1 tbsp

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate3.8

Food Group: 04 Fats and Oils

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

NDB No. 04018

Salad dressing, mayonnaise type, regular, with salt

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 | 39.90 | 2.403 | 11 | | 1 | | 93.77 | 5.87 | |
| Energy.....kcal | 390 | | 0 | NC | 4 | | 916 | 57 | |
| Energy.....kj | 1631 | | 0 | | 4 | | 3832 | 240 | |
| Protein (N x 6.25).....g | 0.90 | 0.050 | 11 | | 1 | | 2.12 | 0.13 | |
| Total lipid (fat).....g | 33.40 | 0.412 | 124 | | 1 | | 78.49 | 4.91 | |
| Ash.....g | 1.90 | 0.156 | 11 | | 1 | | 4.47 | 0.28 | |
| Carbohydrate, by difference.....g | 23.90 | | 0 | NC | 4 | | 56.17 | 3.51 | |
| Fiber, total dietary.....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total.....g | 6.40 | | 1 | | 1 | | 15.04 | 0.94 | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 14 | | 0 | | 1 | | 33 | 2 | |
| Iron, Fe.....mg | 0.20 | | 0 | | 1 | | 0.47 | 0.03 | |
| Magnesium, Mg.....mg | 2 | | 1 | | 1 | | 5 | 0 | |
| Phosphorus, P.....mg | 26 | | 0 | | 1 | | 61 | 4 | |
| Potassium, K.....mg | 9 | | 0 | | 1 | | 21 | 1 | |
| Sodium, Na.....mg | 711 | 10.546 | 76 | | 1 | | 1670 | 104 | |
| Zinc, Zn.....mg | 0.18 | | 0 | | 4 | | 0.42 | 0.03 | |
| Copper, Cu.....mg | 0.010 | | 0 | | 4 | | 0.024 | 0.001 | |
| Manganese, Mn.....mg | 0.088 | | 0 | FLA | 4 | | 0.207 | 0.013 | |
| Selenium, Se.....mcg | 1.6 | | 0 | CAZN | 4 | | 3.8 | 0.2 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Thiamin.....mg | 0.013 | | 0 | | 4 | | 0.031 | 0.002 | |
| Riboflavin.....mg | 0.024 | | 0 | | 4 | | 0.056 | 0.004 | |
| Niacin.....mg | 0.004 | | 0 | | 4 | | 0.009 | 0.001 | |
| Pantothenic acid.....mg | 0.243 | | 0 | | 4 | | 0.571 | 0.036 | |
| Vitamin B-6.....mg | 0.017 | | 0 | | 4 | | 0.040 | 0.002 | |
| Folate, total.....mcg | 6 | | 0 | | 4 | | 15 | 1 | |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food.....mcg | 6 | | 0 | NR | 4 | | 14 | 1 | |
| Folate, DFE.....mcg_DFE | 6 | | 0 | NC | 4 | | 14 | 1 | |
| Choline, total.....mg | 14.6 | | 0 | AS | 1 | | 34.3 | 2.1 | |
| Betaine.....mg | 0.3 | | 1 | A | 1 | | 0.8 | 0.1 | |
| Vitamin B-12.....mcg | 0.21 | | 0 | | 4 | | 0.49 | 0.03 | |
| Vitamin B-12, added.....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE.....mcg_RAE | 21 | | 0 | NC | 4 | | 50 | 3 | |
| Retinol.....mcg | 12 | | 0 | FLA | 4 | | 29 | 2 | |
| Carotene, beta.....mcg | 94 | | 0 | FLA | 4 | | 220 | 14 | |
| Carotene, alpha.....mcg | 1 | | 0 | FLA | 4 | | 3 | 0 | |
| Cryptoxanthin, beta.....mcg | 27 | | 0 | FLA | 4 | | 63 | 4 | |
| Vitamin A, IU.....IU | 220 | | 0 | | 1 | | 517 | 32 | |
| Lycopene.....mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Lutein + zeaxanthin.....mcg | 87 | | 0 | FLA | 4 | | 203 | 13 | |
| Vitamin E (alpha-tocopherol).....mg | 2.06 | | 1 | A | 1 | | 4.84 | 0.30 | |
| Vitamin E, added.....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta.....mg | 0.22 | | 1 | A | 1 | | 0.52 | 0.03 | |
| Tocopherol, gamma.....mg | 13.38 | | 1 | A | 1 | | 31.44 | 1.97 | |
| Tocopherol, delta.....mg | 1.43 | | 1 | A | 1 | | 3.36 | 0.21 | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....mcg | 42.2 | | 2 | A | 1 | | 99.1 | 6.2 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 4.900 | | 0 | | 1 | | 11.515 | 0.720 | |
| 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. 04018

Salad dressing, mayonnaise type, regular, with salt

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.100 | 0.009 | 117 | | 1 | | 0.235 | 0.015 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.000 | 0.005 | 120 | | 1 | | 0.000 | 0.000 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 3.500 | 0.053 | 127 | | 1 | | 8.225 | 0.515 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 1.400 | 0.024 | 127 | | 1 | | 3.290 | 0.206 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 9.000 | | 0 | | 1 | | 21.150 | 1.323 | |
| 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 | 9.000 | 0.176 | 73 | | 1 | | 21.150 | 1.323 | |
| 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 | 18.000 | | 0 | | 1 | | 42.300 | 2.646 | |
| 18:2 undifferentiated.....g | 16.000 | 0.211 | 127 | | 1 | | 37.600 | 2.352 | |
| 18:3 undifferentiated.....g | 2.000 | 0.050 | 127 | | 1 | | 4.700 | 0.294 | |
| 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 | 26 | | 2 | | 1 | | 61 | 4 | |
| Phytosterols.....mg | 97 | | 2 | | 1 | | 228 | 14 | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.013 | | 0 | | 4 | | 0.031 | 0.002 | |
| Threonine.....g | 0.049 | | 0 | | 4 | | 0.115 | 0.007 | |
| Isoleucine.....g | 0.052 | | 0 | | 4 | | 0.122 | 0.008 | |
| Leucine.....g | 0.077 | | 0 | | 4 | | 0.181 | 0.011 | |
| Lysine.....g | 0.061 | | 0 | | 4 | | 0.143 | 0.009 | |
| Methionine.....g | 0.023 | | 0 | | 4 | | 0.054 | 0.003 | |
| Cystine.....g | 0.016 | | 0 | | 4 | | 0.038 | 0.002 | |
| Phenylalanine.....g | 0.039 | | 0 | | 4 | | 0.092 | 0.006 | |
| Tyrosine.....g | 0.039 | | 0 | | 4 | | 0.092 | 0.006 | |
| Valine.....g | 0.055 | | 0 | | 4 | | 0.129 | 0.008 | |
| Arginine.....g | 0.062 | | 0 | | 4 | | 0.146 | 0.009 | |
| Histidine.....g | 0.022 | | 0 | | 4 | | 0.052 | 0.003 | |
| Alanine.....g | 0.045 | | 0 | | 4 | | 0.106 | 0.007 | |
| Aspartic acid.....g | 0.075 | | 0 | | 4 | | 0.176 | 0.011 | |
| Glutamic acid.....g | 0.110 | | 0 | | 4 | | 0.259 | 0.016 | |
| Glycine.....g | 0.027 | | 0 | | 4 | | 0.063 | 0.004 | |
| Proline.....g | 0.037 | | 0 | | 4 | | 0.087 | 0.005 | |
| Serine.....g | 0.075 | | 0 | | 4 | | 0.176 | 0.011 | |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 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. 04018

Salad dressing, mayonnaise type, regular, with salt

Measure 1 = 235g: 1 cup

Measure 2 = 14.7g: 1 tbsp

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate3.8

Food Group: 04 Fats and Oils

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

NDB No. 04028

Salad dressing, mayonnaise, imitation, milk cream

| 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 | 0.400 | | 2 | | 1 | | 0.060 | 0.960 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 1.200 | | 2 | | 1 | | 0.180 | 2.880 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 1.000 | | 2 | | 1 | | 0.150 | 2.400 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 1.700 | | 0 | | 1 | | 0.255 | 4.080 | |
| 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 | 1.700 | | 2 | | 1 | | 0.255 | 4.080 | |
| 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 | 0.300 | | 0 | | 1 | | 0.045 | 0.720 | |
| 18:2 undifferentiated.....g | 0.200 | | 2 | | 1 | | 0.030 | 0.480 | |
| 18:3 undifferentiated.....g | 0.100 | | 2 | | 1 | | 0.015 | 0.240 | |
| 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 | 43 | | 1 | | 1 | | 6 | 103 | |
| Phytosterols.....mg | 6 | | 0 | | 4 | | 1 | 14 | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.030 | | 0 | | 4 | | 0.005 | 0.072 | |
| Threonine.....g | 0.095 | | 0 | | 4 | | 0.014 | 0.228 | |
| Isoleucine.....g | 0.127 | | 0 | | 4 | | 0.019 | 0.305 | |
| Leucine.....g | 0.206 | | 0 | | 4 | | 0.031 | 0.494 | |
| Lysine.....g | 0.166 | | 0 | | 4 | | 0.025 | 0.398 | |
| Methionine.....g | 0.053 | | 0 | | 4 | | 0.008 | 0.127 | |
| Cystine.....g | 0.019 | | 0 | | 4 | | 0.003 | 0.046 | |
| Phenylalanine.....g | 0.101 | | 0 | | 4 | | 0.015 | 0.242 | |
| Tyrosine.....g | 0.101 | | 0 | | 4 | | 0.015 | 0.242 | |
| Valine.....g | 0.141 | | 0 | | 4 | | 0.021 | 0.338 | |
| Arginine.....g | 0.076 | | 0 | | 4 | | 0.011 | 0.182 | |
| Histidine.....g | 0.057 | | 0 | | 4 | | 0.009 | 0.137 | |
| Alanine.....g | 0.072 | | 0 | | 4 | | 0.011 | 0.173 | |
| Aspartic acid.....g | 0.159 | | 0 | | 4 | | 0.024 | 0.382 | |
| Glutamic acid.....g | 0.439 | | 0 | | 4 | | 0.066 | 1.054 | |
| Glycine.....g | 0.049 | | 0 | | 4 | | 0.007 | 0.118 | |
| Proline.....g | 0.203 | | 0 | | 4 | | 0.030 | 0.487 | |
| Serine.....g | 0.114 | | 0 | | 4 | | 0.017 | 0.274 | |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 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 = 15.0g: 1 tablespoon

NDB No. 04028

Salad dressing, mayonnaise, imitation, milk cream

Measure 2 = 240g: 1 cup

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

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

NDB No. 04027

Salad dressing, mayonnaise, imitation, soybean

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 | Source | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | Code | Code | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 62.70 | 0.617 | 3 | | 1 | | 150.48 | 9.41 | |
| Energy.....kcal | 232 | | 0 | NC | 4 | | 556 | 35 | |
| Energy.....kj | 969 | | 0 | | 4 | | 2326 | 145 | |
| Protein (N x 6.25).....g | 0.30 | 0.250 | 3 | | 1 | | 0.72 | 0.05 | |
| Total lipid (fat).....g | 19.20 | 4.909 | 3 | | 1 | | 46.08 | 2.88 | |
| Ash.....g | 1.80 | 0.367 | 3 | | 1 | | 4.32 | 0.27 | |
| Carbohydrate, by difference.....g | 16.00 | | 0 | NC | 4 | | 38.40 | 2.40 | |
| Fiber, total dietary.....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total.....g | 6.00 | | 0 | BFZN | 4 | | 14.40 | 0.90 | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Iron, Fe.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Magnesium, Mg.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Phosphorus, P.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Potassium, K.....mg | 10 | | 0 | | 4 | | 24 | 2 | |
| Sodium, Na.....mg | 497 | | 1 | | 1 | | 1193 | 75 | |
| Zinc, Zn.....mg | 0.11 | | 1 | | 1 | | 0.26 | 0.02 | |
| Copper, Cu.....mg | 0.010 | | 0 | | 4 | | 0.024 | 0.002 | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 1.6 | | 0 | CAZN | 4 | | 3.8 | 0.2 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Thiamin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Riboflavin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Niacin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Pantothenic acid.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Vitamin B-6.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Folate, total.....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food.....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total.....mg | 14.6 | | 0 | AS | 1 | | 35.0 | 2.2 | |
| Betaine.....mg | 0.3 | | 1 | A | 1 | | 0.8 | 0.1 | |
| 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 | Z | 7 | | 0 | 0 | |
| Carotene, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Carotene, alpha.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Vitamin A, IU.....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol).....mg | 2.00 | | 0 | | 4 | | 4.80 | 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 | 42.2 | | 0 | BFZN | 4 | | 101.2 | 6.3 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 3.300 | | 0 | | 1 | | 7.920 | 0.495 | |
| 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 | |

Salad dressing, mayonnaise, imitation, soybean

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 2.400 | 0.651 | 3 | | 1 | | 5.760 | 0.360 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 0.900 | 0.252 | 3 | | 1 | | 2.160 | 0.135 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 4.500 | | 0 | | 1 | | 10.800 | 0.675 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 2 | | 1 | | 0.000 | 0.000 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 4.500 | 1.146 | 3 | | 1 | | 10.800 | 0.675 | |
| 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 | 10.600 | | 0 | | 1 | | 25.440 | 1.590 | |
| 18:2 undifferentiated.....g | 9.000 | 2.351 | 3 | | 1 | | 21.600 | 1.350 | |
| 18:3 undifferentiated.....g | 1.600 | 0.414 | 3 | | 1 | | 3.840 | 0.240 | |
| 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 | 24 | | 2 | | 1 | | 58 | 4 | |
| Phytosterols.....mg | 62 | | 2 | | 1 | | 149 | 9 | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Threonine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Isoleucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Leucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Lysine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Methionine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Cystine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Phenylalanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Tyrosine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Valine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Arginine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Histidine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Alanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Aspartic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Glutamic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Glycine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Proline.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Serine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | BFZN | 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. 04027

Salad dressing, mayonnaise, imitation, soybean

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

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

NDB No. 04029

Salad dressing, mayonnaise, imitation, soybean without cholesterol

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 | Source | Confidence | Measure 1 | Measure 2 | Measure 3 |
| | | | | Code | Code | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 34.60 | 3.851 | 3 | | 1 | | 4.88 | 77.85 | |
| Energy.....kcal | 482 | | 0 | NC | 4 | | 68 | 1084 | |
| Energy.....kj | 2016 | | 0 | | 4 | | 284 | 4537 | |
| Protein (N x 6.25).....g | 0.10 | 0.106 | 3 | | 1 | | 0.01 | 0.23 | |
| Total lipid (fat).....g | 47.70 | 2.691 | 3 | | 1 | | 6.73 | 107.33 | |
| Ash.....g | 1.80 | 0.380 | 3 | | 1 | | 0.25 | 4.05 | |
| Carbohydrate, by difference.....g | 15.80 | | 0 | NC | 4 | | 2.23 | 35.55 | |
| Fiber, total dietary.....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total.....g | 6.00 | | 0 | O | 4 | | 0.85 | 13.50 | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Iron, Fe.....mg | 0.01 | | 0 | | 4 | | 0.00 | 0.02 | |
| Magnesium, Mg.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Phosphorus, P.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Potassium, K.....mg | 10 | | 0 | | 4 | | 1 | 23 | |
| Sodium, Na.....mg | 353 | | 1 | | 1 | | 50 | 794 | |
| Zinc, Zn.....mg | 0.11 | | 0 | | 4 | | 0.02 | 0.25 | |
| Copper, Cu.....mg | 0.001 | | 0 | | 4 | | 0.000 | 0.002 | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 1.6 | | 0 | CAZN | 4 | | 0.2 | 3.6 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Thiamin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Riboflavin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Niacin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Pantothenic acid.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Vitamin B-6.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Folate, total.....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food.....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total.....mg | 0.7 | | 0 | BFZN | 4 | | 0.1 | 1.6 | |
| 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 | AS | 1 | | 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 | | 4 | | 0 | 0 | |
| Lycopene.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol).....mg | 5.00 | | 0 | | 4 | | 0.71 | 11.25 | |
| 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 | 42.2 | | 0 | BFZN | 4 | | 5.9 | 94.8 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 7.500 | | 0 | | 1 | | 1.058 | 16.875 | |
| 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 | |

Salad dressing, mayonnaise, imitation, soybean without cholesterol

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 5.500 | 0.533 | 3 | | 1 | | 0.776 | 12.375 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 2.000 | 0.191 | 3 | | 1 | | 0.282 | 4.500 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 10.500 | | 0 | | 1 | | 1.481 | 23.625 | |
| 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 | 10.500 | 0.594 | 3 | | 1 | | 1.481 | 23.625 | |
| 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 | 27.600 | | 0 | | 1 | | 3.892 | 62.100 | |
| 18:2 undifferentiated.....g | 23.000 | 1.560 | 3 | | 1 | | 3.243 | 51.750 | |
| 18:3 undifferentiated.....g | 4.600 | 0.362 | 3 | | 1 | | 0.649 | 10.350 | |
| 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 | 216 | | 2 | | 1 | | 30 | 486 | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Threonine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Isoleucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Leucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Lysine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Methionine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Cystine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Phenylalanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Tyrosine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Valine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Arginine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Histidine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Alanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Aspartic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Glutamic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Glycine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Proline.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Serine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 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. 04029

Salad dressing, mayonnaise, imitation, soybean without cholesterol

Measure 1 = 14.1g: 1 tablespoon

Measure 2 = 225g: 1 cup

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

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

NDB No. 04641

Salad dressing, mayonnaise, light

lite mayonnaise

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 | 55.91 | 0.368 | 3 | A | 1 | | 8.39 | | |
| Energy.....kcal | 324 | | 0 | NC | 4 | | 49 | | |
| Energy.....kj | 1356 | | 0 | NC | 4 | | 203 | | |
| Protein (N x 6.25).....g | 0.88 | 0.096 | 3 | A | 1 | | 0.13 | | |
| Total lipid (fat).....g | 33.09 | 0.099 | 3 | A | 1 | | 4.96 | | |
| Ash.....g | 1.91 | 0.101 | 3 | A | 1 | | 0.29 | | |
| Carbohydrate, by difference.....g | 8.20 | | 0 | NC | 4 | | 1.23 | | |
| Fiber, total dietary.....g | 0.0 | | 0 | FLA | 4 | | 0.0 | | |
| Sugars, total.....g | 4.34 | | 2 | A | 1 | | 0.65 | | |
| Sucrose.....g | 2.79 | | 2 | A | 1 | | 0.42 | | |
| Glucose (dextrose).....g | 0.70 | | 2 | A | 1 | | 0.10 | | |
| Fructose.....g | 0.85 | | 2 | A | 1 | | 0.13 | | |
| Lactose.....g | 0.00 | | 2 | A | 1 | | 0.00 | | |
| Maltose.....g | 0.00 | | 2 | A | 1 | | 0.00 | | |
| Galactose.....g | 0.00 | | 2 | A | 1 | | 0.00 | | |
| Starch.....g | 3.01 | | 2 | A | 1 | | 0.45 | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 8 | 0.361 | 3 | A | 1 | | 1 | | |
| Iron, Fe.....mg | 0.32 | 0.006 | 3 | A | 1 | | 0.05 | | |
| Magnesium, Mg.....mg | 2 | 0.067 | 3 | A | 1 | | 0 | | |
| Phosphorus, P.....mg | 35 | 5.904 | 3 | A | 1 | | 5 | | |
| Potassium, K.....mg | 40 | 2.434 | 3 | A | 1 | | 6 | | |
| Sodium, Na.....mg | 673 | 48.011 | 3 | A | 1 | | 101 | | |
| Zinc, Zn.....mg | 0.18 | 0.017 | 3 | A | 1 | | 0.03 | | |
| Copper, Cu.....mg | 0.112 | 0.000 | 3 | A | 1 | | 0.017 | | |
| Manganese, Mn.....mg | 0.006 | | 0 | FLA | 4 | | 0.001 | | |
| Selenium, Se.....mcg | 2.6 | | 2 | A | 1 | | 0.4 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 2 | A | 1 | | 0.0 | | |
| Thiamin.....mg | 0.018 | | 2 | A | 1 | | 0.003 | | |
| Riboflavin.....mg | 0.000 | | 2 | A | 1 | | 0.000 | | |
| Niacin.....mg | 0.000 | | 2 | A | 1 | | 0.000 | | |
| Pantothenic acid.....mg | 0.066 | | 2 | A | 1 | | 0.010 | | |
| Vitamin B-6.....mg | 0.000 | | 2 | A | 1 | | 0.000 | | |
| Folate, total.....mcg | 4 | | 0 | FLA | 4 | | 1 | | |
| Folic acid.....mcg | 0 | | 2 | A | 1 | | 0 | | |
| Folate, food.....mcg | 4 | | 0 | FLA | 4 | | 1 | | |
| Folate, DFE.....mcg_DFE | 4 | | 0 | NC | 4 | | 1 | | |
| Choline, total.....mg | | | | | | | | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.00 | | 2 | A | 1 | | 0.00 | | |
| Vitamin A, RAE.....mcg_RAE | 21 | | 0 | BFZN | 4 | | 3 | | |
| Retinol.....mcg | 12 | | 0 | BFZN | 4 | | 2 | | |
| Carotene, beta.....mcg | 94 | | 0 | BFZN | 4 | | 14 | | |
| Carotene, alpha.....mcg | 1 | | 0 | BFZN | 4 | | 0 | | |
| Cryptoxanthin, beta.....mcg | 27 | | 0 | BFZN | 4 | | 4 | | |
| Vitamin A, IU.....IU | 220 | | 0 | BFZN | 4 | | 33 | | |
| Lycopene.....mcg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Lutein + zeaxanthin.....mcg | 87 | | 0 | BFZN | 4 | | 13 | | |
| Vitamin E (alpha-tocopherol).....mg | 3.07 | 0.243 | 3 | A | 1 | | 0.46 | | |
| Tocopherol, beta.....mg | 0.28 | 0.020 | 3 | A | 1 | | 0.04 | | |
| Tocopherol, gamma.....mg | 23.04 | 1.871 | 3 | A | 1 | | 3.46 | | |
| Tocopherol, delta.....mg | 6.79 | 0.509 | 3 | A | 1 | | 1.02 | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....mcg | 24.7 | | 0 | BFZN | 4 | | 3.7 | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 5.209 | | 0 | NC | 4 | | 0.781 | | |

NDB No. 04641
Salad dressing, mayonnaise, light

| 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 |
| | | | | | | | | | |
| 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 | | |
| 12:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.028 | 0.000 | 3 | A | 1 | | 0.004 | | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 3.483 | 0.046 | 3 | A | 1 | | 0.523 | | |
| 17:0.....g | 0.036 | 0.005 | 3 | A | 1 | | 0.005 | | |
| 18:0.....g | 1.389 | 0.028 | 3 | A | 1 | | 0.208 | | |
| 20:0.....g | 0.159 | 0.041 | 3 | A | 1 | | 0.024 | | |
| 22:0.....g | 0.113 | 0.002 | 3 | A | 1 | | 0.017 | | |
| 24:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| Fatty acids, total monounsaturated.....g | 8.135 | | 0 | NC | 4 | | 1.220 | | |
| 14:1.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.052 | | 0 | AS | 1 | | 0.008 | | |
| 16:1 c.....g | 0.052 | 0.003 | 3 | A | 1 | | 0.008 | | |
| 16:1 t.....g | | | | | | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 8.015 | | 0 | AS | 1 | | 1.202 | | |
| 18:1 c.....g | 8.015 | 0.341 | 3 | A | 1 | | 1.202 | | |
| 18:1-11c (18:1c n-7).....g | | | | | | | | | |
| 18:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 18:1-11t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.068 | 0.016 | 3 | A | 1 | | 0.010 | | |
| 22:1 undifferentiated.....g | | | | | | | | | |
| 24:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| Fatty acids, total polyunsaturated.....g | 17.953 | | 0 | NC | 4 | | 2.693 | | |
| 18:2 undifferentiated.....g | 16.035 | | 0 | AS | 1 | | 2.405 | | |
| 18:2 n-6 c,c.....g | 15.791 | 0.329 | 3 | A | 1 | | 2.369 | | |
| 18:2 CLAs.....g | 0.137 | 0.042 | 3 | A | 1 | | 0.020 | | |
| 18:2 c,t.....g | | | | | | | | | |
| 18:2 t,c.....g | | | | | | | | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | 0.107 | 0.041 | 3 | A | 1 | | 0.016 | | |
| 18:2 t not further defined.....g | | | | | | | | | |
| 18:3 undifferentiated.....g | 1.918 | | 0 | AS | 1 | | 0.288 | | |
| 18:3 n-3 c,c,c.....g | 1.918 | 0.087 | 3 | A | 1 | | 0.288 | | |
| 18:3 n-6 c,c,c.....g | | | | | | | | | |
| 18:3i.....g | | | | | | | | | |
| 18:4.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:3 n-3.....g | | | | | | | | | |
| 20:3 n-6.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | 0.000 | 3 | A | 1 | | 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 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | | | | | | | | | |
| 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 | 0.107 | | 0 | NC | 4 | | 0.016 | | |
| Fatty acids, total trans-monoenoic.....g | 0.000 | | 0 | NC | 4 | | 0.000 | | |
| Fatty acids, total trans-polyenoic.....g | 0.107 | | 0 | NC | 4 | | 0.016 | | |
| Cholesterol.....mg | 35 | 2.470 | 3 | A | 1 | | 5 | | |
| Phytosterols.....mg | | | | | | | | | |
| Stigmasterol.....mg | 21 | 1.237 | 3 | A | 1 | | 3 | | |
| Campesterol.....mg | 19 | 1.885 | 3 | A | 1 | | 3 | | |
| Beta-sitosterol.....mg | 48 | 3.036 | 3 | A | 1 | | 7 | | |

Others:

NDB No. 04641

Salad dressing, mayonnaise, light

| Nutrients and Units | <u>Amount in 100 grams of edible portion</u> | | | | <u>Amount in edible portion of common measures of food</u> | | | | |
|----------------------|--|------------|-----------------------|------------|--|-----------------|-----------|-----------|-----------|
| | 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 | Z | 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:

Measure 1 = 15.0g: 1 tablespoon

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate3.38

Food Group: 04 Fats and Oils

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

NDB No. 04026

Salad dressing, mayonnaise, soybean and safflower oil, with salt

| 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 | 0.100 | | 2 | | 1 | | 0.014 | 0.220 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 6.100 | | 2 | | 1 | | 0.842 | 13.420 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 2.400 | | 2 | | 1 | | 0.331 | 5.280 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 13.000 | | 0 | | 1 | | 1.794 | 28.600 | |
| 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 | 13.000 | | 2 | | 1 | | 1.794 | 28.600 | |
| 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 | 55.000 | | 0 | | 1 | | 7.590 | 121.000 | |
| 18:2 undifferentiated.....g | 52.000 | | 2 | | 1 | | 7.176 | 114.400 | |
| 18:3 undifferentiated.....g | 3.000 | | 2 | | 1 | | 0.414 | 6.600 | |
| 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 | 59 | | 0 | | 4 | | 8 | 130 | |
| Phytosterols.....mg | 347 | | 0 | | 4 | | 48 | 763 | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.017 | | 0 | | 1 | | 0.002 | 0.037 | |
| Threonine.....g | 0.055 | | 0 | | 1 | | 0.008 | 0.121 | |
| Isoleucine.....g | 0.065 | | 0 | | 1 | | 0.009 | 0.143 | |
| Leucine.....g | 0.095 | | 0 | | 1 | | 0.013 | 0.209 | |
| Lysine.....g | 0.072 | | 0 | | 1 | | 0.010 | 0.158 | |
| Methionine.....g | 0.035 | | 0 | | 1 | | 0.005 | 0.077 | |
| Cystine.....g | 0.023 | | 0 | | 1 | | 0.003 | 0.051 | |
| Phenylalanine.....g | 0.057 | | 0 | | 1 | | 0.008 | 0.125 | |
| Tyrosine.....g | 0.046 | | 0 | | 1 | | 0.006 | 0.101 | |
| Valine.....g | 0.074 | | 0 | | 1 | | 0.010 | 0.163 | |
| Arginine.....g | 0.072 | | 0 | | 1 | | 0.010 | 0.158 | |
| Histidine.....g | 0.026 | | 0 | | 1 | | 0.004 | 0.057 | |
| Alanine.....g | 0.061 | | 0 | | 1 | | 0.008 | 0.134 | |
| Aspartic acid.....g | 0.094 | | 0 | | 1 | | 0.013 | 0.207 | |
| Glutamic acid.....g | 0.143 | | 0 | | 1 | | 0.020 | 0.315 | |
| Glycine.....g | 0.037 | | 0 | | 1 | | 0.005 | 0.081 | |
| Proline.....g | 0.044 | | 0 | | 1 | | 0.006 | 0.097 | |
| Serine.....g | 0.088 | | 0 | | 1 | | 0.012 | 0.194 | |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 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 = 13.8g: 1 tablespoon

NDB No. 04026

Salad dressing, mayonnaise, soybean and safflower oil, with salt

Measure 2 = 220g: 1 cup

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

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

NDB No. 04025

Salad dressing, mayonnaise, soybean oil, with salt

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 | 15.06 | 0.331 | 31 | JA | 6 | | 33.13 | 2.08 | 1.51 |
| Energy.....kcal | 718 | | 0 | NC | 4 | | 1580 | 99 | 72 |
| Energy.....kj | 3005 | | 0 | NC | 4 | | 6611 | 415 | 300 |
| Protein (N x 6.25).....g | 0.90 | 0.000 | 31 | JA | 6 | | 1.98 | 0.12 | 0.09 |
| Total lipid (fat).....g | 79.39 | 0.039 | 683 | JA | 6 | | 174.66 | 10.96 | 7.94 |
| Ash.....g | 1.48 | 0.043 | 31 | JA | 6 | | 3.26 | 0.20 | 0.15 |
| Carbohydrate, by difference.....g | 3.16 | | 0 | NC | 4 | | 6.96 | 0.44 | 0.32 |
| Fiber, total dietary.....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total.....g | 1.08 | 0.130 | 3 | A | 1 | | 2.37 | 0.15 | 0.11 |
| Sucrose.....g | 0.70 | 0.134 | 3 | A | 1 | | 1.54 | 0.10 | 0.07 |
| Glucose (dextrose).....g | 0.21 | 0.048 | 3 | A | 1 | | 0.46 | 0.03 | 0.02 |
| Fructose.....g | 0.16 | 0.039 | 3 | A | 1 | | 0.36 | 0.02 | 0.02 |
| Lactose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Maltose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Galactose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 7 | 0.350 | 6 | JA | 6 | | 16 | 1 | 1 |
| Iron, Fe.....mg | 0.22 | 0.013 | 6 | A | 1 | | 0.49 | 0.03 | 0.02 |
| Magnesium, Mg.....mg | 1 | 0.084 | 6 | A | 1 | | 3 | 0 | 0 |
| Phosphorus, P.....mg | 25 | 1.515 | 6 | JA | 6 | | 55 | 3 | 3 |
| Potassium, K.....mg | 12 | 0.388 | 6 | A | 1 | | 27 | 2 | 1 |
| Sodium, Na.....mg | 568 | 2.408 | 411 | JA | 6 | | 1249 | 78 | 57 |
| Zinc, Zn.....mg | 0.17 | 0.011 | 5 | A | 1 | | 0.37 | 0.02 | 0.02 |
| Copper, Cu.....mg | 0.029 | 0.008 | 6 | A | 1 | | 0.063 | 0.004 | 0.003 |
| Manganese, Mn.....mg | 0.008 | 0.000 | 6 | A | 1 | | 0.017 | 0.001 | 0.001 |
| Selenium, Se.....mcg | 1.7 | 0.431 | 15 | A | 1 | | 3.7 | 0.2 | 0.2 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin.....mg | 0.034 | 0.007 | 3 | JA | 6 | | 0.075 | 0.005 | 0.003 |
| Riboflavin.....mg | 0.056 | 0.006 | 3 | JA | 6 | | 0.123 | 0.008 | 0.006 |
| Niacin.....mg | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid.....mg | 0.194 | 0.004 | 3 | A | 1 | | 0.428 | 0.027 | 0.019 |
| Vitamin B-6.....mg | 0.577 | | 0 | | 4 | | 1.269 | 0.080 | 0.058 |
| Folate, total.....mcg | 5 | 0.404 | 3 | A | 1 | | 12 | 1 | 1 |
| Folic acid.....mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Folate, food.....mcg | 5 | | 0 | NR | 4 | | 12 | 1 | 1 |
| Folate, DFE.....mcg_DFE | 5 | | 0 | NC | 4 | | 12 | 1 | 1 |
| Choline, total.....mg | 21.8 | | 0 | AS | 1 | | 48.0 | 3.0 | 2.2 |
| Betaine.....mg | 0.0 | | 2 | A | 1 | | 0.1 | 0.0 | 0.0 |
| Vitamin B-12.....mcg | 0.33 | 0.000 | 3 | A | 1 | | 0.72 | 0.05 | 0.03 |
| Vitamin B-12, added.....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Vitamin A, RAE.....mcg_RAE | 81 | | 0 | NC | 4 | | 177 | 11 | 8 |
| Retinol.....mcg | 80 | | 0 | FLC | 4 | | 176 | 11 | 8 |
| Carotene, beta.....mcg | 6 | | 0 | FLC | 4 | | 13 | 1 | 1 |
| Carotene, alpha.....mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Cryptoxanthin, beta.....mcg | 5 | | 0 | FLC | 4 | | 11 | 1 | 1 |
| Vitamin A, IU.....IU | 280 | | 0 | | 1 | | 616 | 39 | 28 |
| Lycopene.....mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Lutein + zeaxanthin.....mcg | 190 | | 0 | FLC | 4 | | 419 | 26 | 19 |
| Vitamin E (alpha-tocopherol).....mg | 5.22 | 0.372 | 6 | A | 1 | | 11.49 | 0.72 | 0.52 |
| Vitamin E, added.....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta.....mg | 0.32 | 0.022 | 6 | A | 1 | | 0.70 | 0.04 | 0.03 |
| Tocopherol, gamma.....mg | 35.24 | 2.256 | 6 | A | 1 | | 77.52 | 4.86 | 3.52 |
| Tocopherol, delta.....mg | 7.54 | 0.531 | 6 | A | 1 | | 16.60 | 1.04 | 0.75 |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....mcg | 42.2 | | 2 | A | 1 | | 92.7 | 5.8 | 4.2 |

NDB No. 04025

Salad dressing, mayonnaise, soybean oil, with salt

| 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 |
| | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 11.885 | | 0 | NC | 4 | | 26.146 | 1.640 | 1.188 |
| 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 |
| 12:0.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.068 | 0.003 | 6 | A | 1 | | 0.150 | 0.009 | 0.007 |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 7.905 | 0.083 | 6 | A | 1 | | 17.391 | 1.091 | 0.790 |
| 17:0.....g | 0.074 | 0.015 | 6 | A | 1 | | 0.163 | 0.010 | 0.007 |
| 18:0.....g | 3.254 | 0.043 | 6 | A | 1 | | 7.159 | 0.449 | 0.325 |
| 20:0.....g | 0.292 | 0.011 | 6 | A | 1 | | 0.642 | 0.040 | 0.029 |
| 22:0.....g | 0.291 | 0.005 | 6 | A | 1 | | 0.640 | 0.040 | 0.029 |
| 24:0.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total monounsaturated.....g | 19.598 | | 0 | NC | 4 | | 43.116 | 2.705 | 1.960 |
| 14:1.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.110 | | 0 | AS | 1 | | 0.243 | 0.015 | 0.011 |
| 16:1 c.....g | 0.110 | 0.006 | 6 | A | 1 | | 0.243 | 0.015 | 0.011 |
| 16:1 t.....g | | | | | | | | | |
| 17:1.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 18:1 undifferentiated.....g | 19.385 | | 0 | AS | 1 | | 42.647 | 2.675 | 1.939 |
| 18:1 c.....g | 19.385 | 0.673 | 6 | A | 1 | | 42.647 | 2.675 | 1.939 |
| 18:1-11c (18:1c n-7).....g | | | | | | | | | |
| 18:1 t.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 18:1-11t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.103 | 0.035 | 6 | A | 1 | | 0.226 | 0.014 | 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 | 42.380 | | 0 | NC | 4 | | 93.235 | 5.848 | 4.238 |
| 18:2 undifferentiated.....g | 37.678 | | 0 | AS | 1 | | 82.891 | 5.200 | 3.768 |
| 18:2 n-6 c,c.....g | 37.404 | 0.421 | 6 | A | 1 | | 82.289 | 5.162 | 3.740 |
| 18:2 CLAs.....g | | | | | | | | | |
| 18:2 c,t.....g | | | | | | | | | |
| 18:2 t,c.....g | | | | | | | | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | 0.274 | 0.089 | 6 | A | 1 | | 0.603 | 0.038 | 0.027 |
| 18:2 t not further defined.....g | | | | | | | | | |
| 18:3 undifferentiated.....g | 4.702 | | 0 | AS | 1 | | 10.344 | 0.649 | 0.470 |
| 18:3 n-3 c,c,c.....g | 4.702 | 0.108 | 6 | A | 1 | | 10.344 | 0.649 | 0.470 |
| 18:3 n-6 c,c,c.....g | | | | | | | | | |
| 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 | 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 | | 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 | 0.000 | 6 | JA | 6 | | 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 | 0.274 | | 0 | NC | 4 | | 0.603 | 0.038 | 0.027 |
| Fatty acids, total trans-monoenoic.....g | 0.000 | | 0 | NC | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans-polyenoic.....g | 0.274 | | 0 | NC | 4 | | 0.603 | 0.038 | 0.027 |
| Cholesterol.....mg | 38 | | 0 | A | 1 | | 84 | 5 | 4 |
| Phytosterols.....mg | | | | | | | | | |
| Stigmasterol.....mg | 39 | 1.600 | 3 | A | 1 | | 85 | 5 | 4 |
| Campesterol.....mg | 39 | 4.671 | 3 | A | 1 | | 86 | 5 | 4 |

NDB No. 04025

Salad dressing, mayonnaise, soybean oil, with salt

| 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 |
| | | | | | | | | | |
| Beta-sitosterol.....mg | 102 | 6.657 | 3 | A | 1 | 225 | 14 | 10 | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.017 | | 0 | | 1 | 0.037 | 0.002 | 0.002 | |
| Threonine.....g | 0.055 | | 0 | | 1 | 0.121 | 0.008 | 0.006 | |
| Isoleucine.....g | 0.065 | | 0 | | 1 | 0.143 | 0.009 | 0.007 | |
| Leucine.....g | 0.095 | | 0 | | 1 | 0.209 | 0.013 | 0.010 | |
| Lysine.....g | 0.072 | | 0 | | 1 | 0.158 | 0.010 | 0.007 | |
| Methionine.....g | 0.035 | | 0 | | 1 | 0.077 | 0.005 | 0.004 | |
| Cystine.....g | 0.023 | | 0 | | 1 | 0.051 | 0.003 | 0.002 | |
| Phenylalanine.....g | 0.057 | | 0 | | 1 | 0.125 | 0.008 | 0.006 | |
| Tyrosine.....g | 0.046 | | 0 | | 1 | 0.101 | 0.006 | 0.005 | |
| Valine.....g | 0.074 | | 0 | | 1 | 0.163 | 0.010 | 0.007 | |
| Arginine.....g | 0.072 | | 0 | | 1 | 0.158 | 0.010 | 0.007 | |
| Histidine.....g | 0.026 | | 0 | | 1 | 0.057 | 0.004 | 0.003 | |
| Alanine.....g | 0.061 | | 0 | | 1 | 0.134 | 0.008 | 0.006 | |
| Aspartic acid.....g | 0.094 | | 0 | | 1 | 0.207 | 0.013 | 0.009 | |
| Glutamic acid.....g | 0.143 | | 0 | | 1 | 0.315 | 0.020 | 0.014 | |
| Glycine.....g | 0.037 | | 0 | | 1 | 0.081 | 0.005 | 0.004 | |
| Proline.....g | 0.044 | | 0 | | 1 | 0.097 | 0.006 | 0.004 | |
| Serine.....g | 0.088 | | 0 | | 1 | 0.194 | 0.012 | 0.009 | |
| 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 = 220g: 1 cup

Measure 2 = 13.8g: 1 tbsp

Measure 3 = 10.0g: 1 packet

Calories Factors: Protein 4.36

Fat 8.85

Carbohydrate3.68

Food Group: 04 Fats and Oils

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

NDB No. 04145

Salad dressing, mayonnaise, soybean oil, without salt

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 | 16.70 | | 0 | | 4 | | 2.30 | 36.74 | |
| Energy.....kcal | 717 | | 0 | NC | 4 | | 99 | 1577 | |
| Energy.....kj | 2999 | | 0 | | 4 | | 414 | 6598 | |
| Protein (N x 6.25).....g | 1.10 | | 0 | | 1 | | 0.15 | 2.42 | |
| Total lipid (fat).....g | 79.40 | | 0 | | 1 | | 10.96 | 174.68 | |
| Ash.....g | 0.10 | | 0 | | 4 | | 0.01 | 0.22 | |
| Carbohydrate, by difference.....g | 2.70 | | 0 | NC | 4 | | 0.37 | 5.94 | |
| Fiber, total dietary.....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total.....g | | | | | | | | | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 18 | | 0 | | 1 | | 2 | 40 | |
| Iron, Fe.....mg | 0.50 | | 0 | | 1 | | 0.07 | 1.10 | |
| Magnesium, Mg.....mg | | | | | | | | | |
| Phosphorus, P.....mg | 28 | | 0 | | 1 | | 4 | 62 | |
| Potassium, K.....mg | 34 | | 0 | | 1 | | 5 | 75 | |
| Sodium, Na.....mg | 30 | | 0 | | 1 | | 4 | 66 | |
| Zinc, Zn.....mg | | | | | | | | | |
| Copper, Cu.....mg | | | | | | | | | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 1.6 | | 0 | CAZN | 4 | | 0.2 | 3.5 | |
| 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 | | | | | | | | | |
| 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 | 84 | | 0 | | 1 | | 12 | 185 | |
| Vitamin A, IU.....IU | 280 | | 0 | | 1 | | 39 | 616 | |
| 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 | 11.800 | | 0 | | 1 | | 1.628 | 25.960 | |
| Fatty acids, total monounsaturated.....g | 22.700 | | 0 | | 1 | | 3.133 | 49.940 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.100 | | 0 | | 1 | | 0.014 | 0.220 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 22.500 | | 0 | | 1 | | 3.105 | 49.500 | |
| 20:1.....g | 0.100 | | 0 | | 1 | | 0.014 | 0.220 | |
| 22:1 undifferentiated.....g | | | | | | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 37.100 | | 0 | | 1 | | 5.120 | 81.620 | |
| 18:2 undifferentiated.....g | 37.100 | | 0 | | 1 | | 5.120 | 81.620 | |
| 18:3 undifferentiated.....g | 4.200 | | 0 | | 1 | | 0.580 | 9.240 | |

NDB No. 04145

Salad dressing, mayonnaise, soybean oil, without salt

| Nutrients and Units | <u>Amount in 100 grams of edible portion</u> | | | | <u>Amount in edible portion of common measures of food</u> | | | | |
|--------------------------------|--|------------|----------------|------------|--|-----------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | of Data Points | Deriv Code | | | | | |
| 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 | 59 | | 0 | | 1 | | 8 | | 130 |
| 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 = 13.8g: 1 tablespoon

Measure 2 = 220g: 1 cup

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate3.8

Food Group: 04 Fats and Oils

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

NDB No. 42137

Salad dressing, peppercorn dressing, commercial, regular

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 | 31.90 | | 0 | | 4 | | 4.27 | 8.29 | |
| Energy.....kcal | 564 | | 1 | | 1 | | 76 | 147 | |
| Energy.....kj | 2360 | | 1 | | 1 | | 316 | 614 | |
| Protein.....g | 1.20 | | 1 | | 1 | | 0.16 | 0.31 | |
| Total lipid (fat).....g | 61.40 | | 1 | | 1 | | 8.23 | 15.96 | |
| Ash.....g | 2.00 | | 0 | NC | 4 | | 0.27 | 0.52 | |
| Carbohydrate, by difference.....g | 3.50 | | 0 | NC | 4 | | 0.47 | 0.91 | |
| Fiber, total dietary.....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Sugars, total.....g | 2.45 | | 0 | BFZN | 4 | | 0.33 | 0.64 | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 22 | | 1 | | 1 | | 3 | 6 | |
| Iron, Fe.....mg | 0.35 | | 1 | | 1 | | 0.05 | 0.09 | |
| Magnesium, Mg.....mg | 2 | | 0 | | 4 | | 0 | 1 | |
| Phosphorus, P.....mg | 26 | | 0 | | 4 | | 3 | 7 | |
| Potassium, K.....mg | 176 | | 0 | | 4 | | 24 | 46 | |
| Sodium, Na.....mg | 1065 | | 1 | | 1 | | 143 | 277 | |
| Zinc, Zn.....mg | 0.18 | | 0 | | 4 | | 0.02 | 0.05 | |
| Copper, Cu.....mg | 0.010 | | 0 | | 4 | | 0.001 | 0.003 | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 1.6 | | 0 | CAZN | 4 | | 0.2 | 0.4 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.6 | | 1 | | 1 | | 0.1 | 0.2 | |
| Thiamin.....mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| Riboflavin.....mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| Niacin.....mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| Pantothenic acid.....mg | | | | | | | | | |
| Vitamin B-6.....mg | 0.070 | | 0 | | 4 | | 0.009 | 0.018 | |
| Folate, total.....mcg | 4 | | 0 | BFZN | 4 | | 0 | 1 | |
| Folic acid.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Folate, food.....mcg | 4 | | 0 | BFZN | 4 | | 0 | 1 | |
| Folate, DFE.....mcg_DFE | 4 | | 0 | NC | 4 | | 0 | 1 | |
| Choline, total.....mg | 16.4 | | 0 | BFZN | 4 | | 2.2 | 4.3 | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.12 | | 0 | | 4 | | 0.02 | 0.03 | |
| Vitamin B-12, added.....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE.....mcg_RAE | 10 | | 0 | BFZN | 4 | | 1 | 3 | |
| Retinol.....mcg | 10 | | 0 | BFZN | 4 | | 1 | 3 | |
| Carotene, beta.....mcg | 2 | | 0 | BFZN | 4 | | 0 | 1 | |
| Carotene, alpha.....mcg | 1 | | 0 | BFZN | 4 | | 0 | 0 | |
| Cryptoxanthin, beta.....mcg | 1 | | 0 | BFZN | 4 | | 0 | 0 | |
| Vitamin A, IU.....IU | 38 | | 0 | NC | 4 | | 5 | 10 | |
| Lycopene.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Lutein + zeaxanthin.....mcg | 29 | | 0 | BFZN | 4 | | 4 | 8 | |
| Vitamin E (alpha-tocopherol).....mg | 4.73 | | 0 | BFZN | 4 | | 0.63 | 1.23 | |
| 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 | 125.2 | | 0 | BFZN | 4 | | 16.8 | 32.6 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 10.527 | | 1 | | 1 | | 1.411 | 2.737 | |
| 4:0.....g | 0.128 | | 0 | | 4 | | 0.017 | 0.033 | |
| 6:0.....g | 0.048 | | 0 | | 4 | | 0.006 | 0.012 | |
| 8:0.....g | 0.026 | | 0 | | 4 | | 0.003 | 0.007 | |
| 10:0.....g | 0.064 | | 0 | | 4 | | 0.009 | 0.017 | |

NDB No. 42137

Salad dressing, peppercorn dressing, commercial, regular

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.087 | | 0 | | 4 | | 0.012 | 0.023 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.352 | | 0 | | 4 | | 0.047 | 0.092 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 7.062 | | 0 | | 4 | | 0.946 | 1.836 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 2.570 | | 0 | | 4 | | 0.344 | 0.668 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 14.840 | | 1 | | 1 | | 1.989 | 3.858 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.229 | | 0 | | 4 | | 0.031 | 0.060 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 14.386 | | 0 | | 4 | | 1.928 | 3.740 | |
| 20:1.....g | 0.120 | | 0 | | 4 | | 0.016 | 0.031 | |
| 22:1 undifferentiated.....g | 0.001 | | 0 | | 4 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 32.972 | | 1 | | 1 | | 4.418 | 8.573 | |
| 18:2 undifferentiated.....g | 29.006 | | 0 | | 4 | | 3.887 | 7.542 | |
| 18:3 undifferentiated.....g | 3.861 | | 0 | | 4 | | 0.517 | 1.004 | |
| 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 | 0.037 | | 0 | | 4 | | 0.005 | 0.010 | |
| 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 | 0.010 | | 0 | | 4 | | 0.001 | 0.003 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 49 | | 1 | | 1 | | 7 | 13 | |
| Phytosterols.....mg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | BFZN | 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 = 13.4g: 1 tbsp

Measure 2 = 26.0g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04639

Salad dressing, ranch dressing, commercial, regular

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 | 38.18 | 2.808 | 3 | A | 1 | | 5.73 | | |
| Energy.....kcal | 484 | | 0 | NC | 4 | | 73 | | |
| Energy.....kj | 2026 | | 0 | NC | 4 | | 304 | | |
| Protein.....g | 1.03 | 0.880 | 3 | A | 1 | | 0.15 | | |
| Total lipid (fat).....g | 51.39 | 3.542 | 3 | A | 1 | | 7.71 | | |
| Ash.....g | 2.71 | 0.192 | 3 | A | 1 | | 0.41 | | |
| Carbohydrate, by difference.....g | 6.69 | | 0 | NC | 4 | | 1.00 | | |
| Fiber, total dietary.....g | 0.7 | | 2 | A | 1 | | 0.1 | | |
| Sugars, total.....g | 2.45 | 0.535 | 3 | A | 1 | | 0.37 | | |
| Sucrose.....g | 1.50 | 0.717 | 3 | A | 1 | | 0.23 | | |
| Glucose (dextrose).....g | 0.48 | 0.065 | 3 | A | 1 | | 0.07 | | |
| Fructose.....g | 0.40 | 0.148 | 3 | A | 1 | | 0.06 | | |
| Lactose.....g | 0.07 | 0.000 | 3 | A | 1 | | 0.01 | | |
| Maltose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Galactose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Starch.....g | 1.77 | 0.134 | 3 | A | 1 | | 0.27 | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 31 | 4.801 | 3 | A | 1 | | 5 | | |
| Iron, Fe.....mg | 0.62 | 0.145 | 3 | A | 1 | | 0.09 | | |
| Magnesium, Mg.....mg | 5 | 0.887 | 3 | A | 1 | | 1 | | |
| Phosphorus, P.....mg | 161 | 32.146 | 3 | A | 1 | | 24 | | |
| Potassium, K.....mg | 62 | 7.526 | 3 | A | 1 | | 9 | | |
| Sodium, Na.....mg | 816 | 87.617 | 3 | A | 1 | | 122 | | |
| Zinc, Zn.....mg | 0.40 | 0.028 | 3 | A | 1 | | 0.06 | | |
| Copper, Cu.....mg | 0.043 | 0.006 | 3 | A | 1 | | 0.006 | | |
| Manganese, Mn.....mg | 0.042 | 0.009 | 3 | A | 1 | | 0.006 | | |
| Selenium, Se.....mcg | 2.4 | | 0 | FLA | 4 | | 0.4 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 3.4 | | 2 | A | 1 | | 0.5 | | |
| Thiamin.....mg | 0.096 | 0.082 | 3 | A | 1 | | 0.014 | | |
| Riboflavin.....mg | 0.055 | 0.003 | 3 | A | 1 | | 0.008 | | |
| Niacin.....mg | 0.007 | 0.000 | 3 | A | 1 | | 0.001 | | |
| Pantothenic acid.....mg | 0.798 | 0.002 | 3 | A | 1 | | 0.120 | | |
| Vitamin B-6.....mg | 0.023 | 0.003 | 3 | A | 1 | | 0.003 | | |
| Folate, total.....mcg | 4 | 0.617 | 3 | A | 1 | | 1 | | |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food.....mcg | 4 | 0.617 | 3 | A | 1 | | 1 | | |
| Folate, DFE.....mcg_DFE | 4 | | 0 | NC | 4 | | 1 | | |
| Choline, total.....mg | | | | | | | | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.33 | 0.000 | 3 | A | 1 | | 0.05 | | |
| Vitamin A, RAE.....mcg_RAE | 10 | | 0 | FLA | 4 | | 2 | | |
| Retinol.....mcg | 10 | | 0 | FLA | 4 | | 1 | | |
| Carotene, beta.....mcg | 2 | | 0 | FLA | 4 | | 0 | | |
| Carotene, alpha.....mcg | 1 | | 0 | FLA | 4 | | 0 | | |
| Cryptoxanthin, beta.....mcg | 1 | | 0 | FLA | 4 | | 0 | | |
| Vitamin A, IU.....IU | 38 | | 0 | FLA | 4 | | 6 | | |
| Lycopene.....mcg | 0 | | 0 | FLA | 4 | | 0 | | |
| Lutein + zeaxanthin.....mcg | 29 | | 0 | FLA | 4 | | 4 | | |
| Vitamin E (alpha-tocopherol).....mg | 4.73 | | 0 | FLA | 4 | | 0.71 | | |
| Tocopherol, beta.....mg | | | | | | | | | |
| Tocopherol, gamma.....mg | | | | | | | | | |
| Tocopherol, delta.....mg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....mcg | 125.2 | | 2 | A | 1 | | 18.8 | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 8.019 | | 0 | NC | 4 | | 1.203 | | |

NDB No. 04639

Salad dressing, ranch dressing, commercial, regular

| 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 | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | Points | Code | | | | | |
| Leucine.....g | | | | | | | | | |
| Lysine.....g | | | | | | | | | |
| Methionine.....g | | | | | | | | | |
| Cystine.....g | | | | | | | | | |
| Phenylalanine.....g | | | | | | | | | |
| Tyrosine.....g | | | | | | | | | |
| Valine.....g | | | | | | | | | |
| Arginine.....g | | | | | | | | | |
| Histidine.....g | | | | | | | | | |
| Alanine.....g | | | | | | | | | |
| Aspartic acid.....g | | | | | | | | | |
| Glutamic acid.....g | | | | | | | | | |
| Glycine.....g | | | | | | | | | |
| Proline.....g | | | | | | | | | |
| Serine.....g | | | | | | | | | |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLA | 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:

Measure 1 = 15.0g: 1 tablespoon

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate3.8

Food Group: 04 Fats and Oils

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

NDB No. 04638

Salad dressing, ranch dressing, fat-free

| 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 |
| Methionine.....g | | | | | | | | | |
| Cystine.....g | | | | | | | | | |
| Phenylalanine.....g | | | | | | | | | |
| Tyrosine.....g | | | | | | | | | |
| Valine.....g | | | | | | | | | |
| Arginine.....g | | | | | | | | | |
| Histidine.....g | | | | | | | | | |
| Alanine.....g | | | | | | | | | |
| Aspartic acid.....g | | | | | | | | | |
| Glutamic acid.....g | | | | | | | | | |
| Glycine.....g | | | | | | | | | |
| Proline.....g | | | | | | | | | |
| Serine.....g | | | | | | | | | |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLA | 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:

Measure 1 = 14.0g: 1 tablespoon

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate3.8

Food Group: 04 Fats and Oils

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

NDB No. 04640

Salad dressing, ranch dressing, reduced fat

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 | 62.04 | | 2 | A | 1 | | 9.31 | 18.61 | |
| Energy.....kcal | 196 | | 0 | NC | 4 | | 29 | 59 | |
| Energy.....kj | 821 | | 0 | NC | 4 | | 123 | 246 | |
| Protein.....g | 1.25 | 0.400 | 4 | JA | 6 | | 0.19 | 0.37 | |
| Total lipid (fat).....g | 12.42 | 0.066 | 4 | JA | 6 | | 1.86 | 3.73 | |
| Ash.....g | 2.96 | | 2 | A | 1 | | 0.44 | 0.89 | |
| Carbohydrate, by difference.....g | 21.33 | | 0 | NC | 4 | | 3.20 | 6.40 | |
| Fiber, total dietary.....g | 1.1 | 0.282 | 3 | JA | 6 | | 0.2 | 0.3 | |
| Sugars, total.....g | 3.77 | 1.055 | 4 | JA | 6 | | 0.57 | 1.13 | |
| Sucrose.....g | 0.89 | | 2 | A | 1 | | 0.13 | 0.27 | |
| Glucose (dextrose).....g | 0.66 | | 0 | A | 1 | | 0.10 | 0.20 | |
| Fructose.....g | 0.61 | | 2 | A | 1 | | 0.09 | 0.18 | |
| Lactose.....g | 1.04 | | 2 | A | 1 | | 0.16 | 0.31 | |
| Maltose.....g | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | |
| Galactose.....g | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | |
| Starch.....g | 6.15 | | 2 | A | 1 | | 0.92 | 1.84 | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 40 | 12.327 | 4 | JA | 6 | | 6 | 12 | |
| Iron, Fe.....mg | 0.69 | 0.369 | 4 | JA | 6 | | 0.10 | 0.21 | |
| Magnesium, Mg.....mg | 6 | 1.234 | 3 | A | 1 | | 1 | 2 | |
| Phosphorus, P.....mg | 193 | 38.412 | 3 | A | 1 | | 29 | 58 | |
| Potassium, K.....mg | 132 | 6.766 | 3 | A | 1 | | 20 | 40 | |
| Sodium, Na.....mg | 909 | 40.963 | 5 | JA | 6 | | 136 | 273 | |
| Zinc, Zn.....mg | 0.62 | 0.041 | 3 | A | 1 | | 0.09 | 0.18 | |
| Copper, Cu.....mg | 0.162 | 0.011 | 3 | A | 1 | | 0.024 | 0.048 | |
| Manganese, Mn.....mg | 0.053 | 0.006 | 3 | A | 1 | | 0.008 | 0.016 | |
| Selenium, Se.....mcg | 2.9 | | 0 | FLA | 4 | | 0.4 | 0.9 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.6 | 0.245 | 4 | JA | 6 | | 0.1 | 0.2 | |
| Thiamin.....mg | 0.022 | 0.012 | 3 | A | 1 | | 0.003 | 0.007 | |
| Riboflavin.....mg | 0.027 | 0.013 | 3 | A | 1 | | 0.004 | 0.008 | |
| Niacin.....mg | 0.007 | | 1 | A | 1 | | 0.001 | 0.002 | |
| Pantothenic acid.....mg | 0.861 | 0.033 | 3 | A | 1 | | 0.129 | 0.258 | |
| Vitamin B-6.....mg | 0.029 | 0.008 | 3 | A | 1 | | 0.004 | 0.009 | |
| Folate, total.....mcg | 4 | 0.718 | 3 | A | 1 | | 1 | 1 | |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food.....mcg | 4 | 0.718 | 3 | A | 1 | | 1 | 1 | |
| Folate, DFE.....mcg_DFE | 4 | | 0 | NC | 4 | | 1 | 1 | |
| Choline, total.....mg | | | | | | | | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Vitamin B-12, added.....mcg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE.....mcg_RAE | 18 | | 0 | NC | 4 | | 3 | 5 | |
| Retinol.....mcg | 17 | | 0 | FLA | 4 | | 3 | 5 | |
| Carotene, beta.....mcg | 4 | | 0 | FLA | 4 | | 1 | 1 | |
| Carotene, alpha.....mcg | 2 | | 0 | FLA | 4 | | 0 | 1 | |
| Cryptoxanthin, beta.....mcg | 2 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin A, IU.....IU | 67 | | 0 | NC | 4 | | 10 | 20 | |
| Lycopene.....mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Lutein + zeaxanthin.....mcg | 49 | | 0 | FLA | 4 | | 7 | 15 | |
| Vitamin E (alpha-tocopherol).....mg | 1.60 | | 0 | FLA | 4 | | 0.24 | 0.48 | |
| 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 | 34.8 | | 2 | A | 1 | | 5.2 | 10.4 | |

NDB No. 04640

Salad dressing, ranch dressing, reduced fat

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion of common | | |
|--|---------------------------------------|------------|----------------|------------|------------------------------------|-----------|-----------|
| | Mean | Std. Error | Number | | Measure 1 | Measure 2 | Measure 3 |
| | | | of Data Points | Deriv Code | | | |
| Lipids: | | | | | | | |
| Fatty acids, total saturated.....g | 1.250 | | 0 | NC | 4 | 0.187 | 0.375 |
| 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 | 0.013 | | 2 | A | 1 | 0.002 | 0.004 |
| 15:0.....g | | | | | | | |
| 16:0.....g | 0.793 | | 2 | A | 1 | 0.119 | 0.238 |
| 17:0.....g | 0.004 | | 2 | A | 1 | 0.001 | 0.001 |
| 18:0.....g | 0.377 | | 2 | A | 1 | 0.057 | 0.113 |
| 20:0.....g | 0.034 | | 2 | A | 1 | 0.005 | 0.010 |
| 22:0.....g | 0.028 | | 2 | A | 1 | 0.004 | 0.009 |
| 24:0.....g | 0.000 | | 2 | A | 1 | 0.000 | 0.000 |
| Fatty acids, total monounsaturated.....g | 2.794 | | 0 | NC | 4 | 0.419 | 0.838 |
| 14:1.....g | 0.000 | | 2 | A | 1 | 0.000 | 0.000 |
| 15:1.....g | | | | | | | |
| 16:1 undifferentiated.....g | 0.013 | | 0 | AS | 1 | 0.002 | 0.004 |
| 16:1 c.....g | 0.013 | | 2 | A | 1 | 0.002 | 0.004 |
| 16:1 t.....g | | | | | | | |
| 17:1.....g | | | | | | | |
| 18:1 undifferentiated.....g | 2.725 | | 0 | AS | 1 | 0.409 | 0.817 |
| 18:1 c.....g | 2.725 | | 2 | A | 1 | 0.409 | 0.817 |
| 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 | 0.057 | | 2 | A | 1 | 0.008 | 0.017 |
| 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 | 4.213 | | 0 | NC | 4 | 0.632 | 1.264 |
| 18:2 undifferentiated.....g | 3.685 | | 0 | AS | 1 | 0.553 | 1.106 |
| 18:2 n-6 c,c.....g | 3.626 | | 2 | A | 1 | 0.544 | 1.088 |
| 18:2 CLAs.....g | | | | | | | |
| 18:2 c,t.....g | | | | | | | |
| 18:2 t,c.....g | | | | | | | |
| 18:2 t,t.....g | | | | | | | |
| 18:2 i.....g | 0.059 | | 2 | A | 1 | 0.009 | 0.018 |
| 18:2 t not further defined.....g | | | | | | | |
| 18:3 undifferentiated.....g | 0.527 | | 0 | AS | 1 | 0.079 | 0.158 |
| 18:3 n-3 c,c,c.....g | 0.527 | | 2 | A | 1 | 0.079 | 0.158 |
| 18:3 n-6 c,c,c.....g | | | | | | | |
| 18:3i.....g | | | | | | | |
| 18:4.....g | 0.000 | | 2 | A | 1 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | |
| 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 | | 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 | 0.059 | | 0 | NC | 4 | 0.009 | 0.018 |
| Fatty acids, total trans-monoenoic.....g | 0.000 | | 0 | NC | 4 | 0.000 | 0.000 |
| Fatty acids, total trans-polyenoic.....g | 0.059 | | 0 | NC | 4 | 0.009 | 0.018 |
| Cholesterol.....mg | 16 | 8.444 | 5 | JA | 6 | 2 | 5 |
| Phytosterols.....mg | | | | | | | |

Others:

NDB No. 04640

Salad dressing, ranch dressing, reduced fat

| Nutrients and Units | <u>Amount in 100 grams of edible portion</u> | | | | <u>Amount in edible portion of common</u> | | | |
|----------------------|--|------------|--------------------------|---------------|---|--------------------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | measures of food | | |
| | | | | | | Confidence Code | Measure 1 | Measure 2 |
| 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 = 15.0g: 1 tablespoon

Measure 2 = 30g: 1 serving (2 tbsp)

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate3.8

Food Group: 04 Fats and Oils

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

NDB No. 04015
Salad dressing, russian dressing

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 | 38.53 | | 0 | FLC | 4 | | 94.39 | 5.78 | 11.56 |
| Energy.....kcal | 355 | | 0 | NC | 4 | | 870 | 53 | 107 |
| Energy.....kj | 1485 | | 0 | NC | 4 | | 3639 | 223 | 446 |
| Protein (N x 6.25).....g | 0.69 | | 1 | MC | 9 | | 1.69 | 0.10 | 0.21 |
| Total lipid (fat).....g | 26.18 | | 0 | FLC | 4 | | 64.15 | 3.93 | 7.86 |
| Ash.....g | 2.70 | | 0 | FLC | 4 | | 6.62 | 0.41 | 0.81 |
| Carbohydrate, by difference.....g | 31.90 | | 0 | NC | 4 | | 78.16 | 4.79 | 9.57 |
| Fiber, total dietary.....g | 0.7 | | 1 | MC | 9 | | 1.6 | 0.1 | 0.2 |
| Sugars, total.....g | 17.68 | | 1 | MC | 9 | | 43.32 | 2.65 | 5.30 |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 13 | | 1 | MC | 9 | | 32 | 2 | 4 |
| Iron, Fe.....mg | 0.60 | | 1 | MC | 9 | | 1.47 | 0.09 | 0.18 |
| Magnesium, Mg.....mg | 10 | | 0 | FLC | 4 | | 24 | 1 | 3 |
| Phosphorus, P.....mg | 20 | | 0 | FLC | 4 | | 49 | 3 | 6 |
| Potassium, K.....mg | 173 | | 0 | FLC | 4 | | 423 | 26 | 52 |
| Sodium, Na.....mg | 993 | | 1 | MC | 9 | | 2432 | 149 | 298 |
| Zinc, Zn.....mg | 0.22 | | 0 | FLC | 4 | | 0.54 | 0.03 | 0.07 |
| Copper, Cu.....mg | 0.058 | | 0 | FLC | 4 | | 0.143 | 0.009 | 0.018 |
| Manganese, Mn.....mg | 0.063 | | 0 | FLC | 4 | | 0.154 | 0.009 | 0.019 |
| Selenium, Se.....mcg | 1.6 | | 0 | CAZN | 4 | | 3.9 | 0.2 | 0.5 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 6.0 | | 1 | MC | 9 | | 14.6 | 0.9 | 1.8 |
| Thiamin.....mg | 0.029 | | 0 | FLC | 4 | | 0.072 | 0.004 | 0.009 |
| Riboflavin.....mg | 0.046 | | 0 | FLC | 4 | | 0.113 | 0.007 | 0.014 |
| Niacin.....mg | 0.594 | | 0 | FLC | 4 | | 1.456 | 0.089 | 0.178 |
| Pantothenic acid.....mg | 0.400 | | 0 | | 4 | | 0.980 | 0.060 | 0.120 |
| Vitamin B-6.....mg | 0.097 | | 0 | FLC | 4 | | 0.237 | 0.015 | 0.029 |
| Folate, total.....mcg | 5 | | 0 | FLC | 4 | | 13 | 1 | 2 |
| Folic acid.....mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Folate, food.....mcg | 5 | | 0 | FLC | 4 | | 13 | 1 | 2 |
| Folate, DFE.....mcg_DFE | 5 | | 0 | NC | 4 | | 13 | 1 | 2 |
| Choline, total.....mg | 4.6 | | 0 | FLC | 4 | | 11.3 | 0.7 | 1.4 |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.00 | | 0 | FLC | 4 | | 0.00 | 0.00 | 0.00 |
| Vitamin B-12, added.....mcg | 0.00 | | 0 | FLC | 4 | | 0.00 | 0.00 | 0.00 |
| Vitamin A, RAE.....mcg_RAE | 29 | | 0 | NC | 4 | | 71 | 4 | 9 |
| Retinol.....mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Carotene, beta.....mcg | 320 | | 0 | FLC | 4 | | 784 | 48 | 96 |
| Carotene, alpha.....mcg | 2 | | 0 | BNA | 4 | | 4 | 0 | 1 |
| Cryptoxanthin, beta.....mcg | 49 | | 0 | BNA | 4 | | 120 | 7 | 15 |
| Vitamin A, IU.....IU | 577 | | 0 | O | 4 | | 1414 | 87 | 173 |
| Lycopene.....mcg | 3576 | | 0 | FLC | 4 | | 8762 | 536 | 1073 |
| Lutein + zeaxanthin.....mcg | 173 | | 0 | FLC | 4 | | 424 | 26 | 52 |
| Vitamin E (alpha-tocopherol).....mg | 3.32 | | 0 | FLC | 4 | | 8.13 | 0.50 | 1.00 |
| Vitamin E, added.....mg | 0.00 | | 0 | FLC | 4 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta.....mg | | | | | | | | | |
| Tocopherol, gamma.....mg | | | | | | | | | |
| Tocopherol, delta.....mg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....mcg | 53.7 | | 0 | FLC | 4 | | 131.6 | 8.1 | 16.1 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 2.390 | | 1 | MC | 9 | | 5.856 | 0.359 | 0.717 |
| 4:0.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| 6:0.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| 8:0.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| 10:0.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |

NDB No. 04015
Salad dressing, russian dressing

| 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 |
| 12:0.....g | 0.002 | | 0 | FLC | 4 | | 0.005 | 0.000 | 0.001 |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.021 | | 0 | FLC | 4 | | 0.052 | 0.003 | 0.006 |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 1.731 | | 0 | FLC | 4 | | 4.240 | 0.260 | 0.519 |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 0.636 | | 0 | FLC | 4 | | 1.559 | 0.095 | 0.191 |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 5.928 | | 0 | FLC | 4 | | 14.524 | 0.889 | 1.778 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.053 | | 0 | FLC | 4 | | 0.129 | 0.008 | 0.016 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 5.824 | | 0 | FLC | 4 | | 14.270 | 0.874 | 1.747 |
| 20:1.....g | 0.051 | | 0 | FLC | 4 | | 0.125 | 0.008 | 0.015 |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 14.830 | | 0 | FLC | 4 | | 36.334 | 2.225 | 4.449 |
| 18:2 undifferentiated.....g | 13.089 | | 0 | FLC | 4 | | 32.067 | 1.963 | 3.927 |
| 18:3 undifferentiated.....g | 1.741 | | 0 | FLC | 4 | | 4.266 | 0.261 | 0.522 |
| 18:4.....g | 0.000 | | 0 | FLC | 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 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans.....g | 0.170 | | 1 | MC | 9 | | 0.417 | 0.026 | 0.051 |
| Cholesterol.....mg | 0 | | 1 | MC | 9 | | 0 | 0 | 0 |
| Phytosterols.....mg | | | | | | | | | |
| 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 |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 = 245g: 1 cup
- Measure 2 = 15g: 1 tbsp
- Measure 3 = 30g: 1 serving (2 tbsp)

Calories Factors: Protein 3.4

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

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

NDB No. 04022

Salad dressing, russian dressing, low calorie

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 | 65.00 | 0.143 | 3 | | 1 | | 10.40 | 169.00 | |
| Energy.....kcal | 141 | | 0 | NC | 4 | | 23 | 368 | |
| Energy.....kj | 592 | | 0 | | 4 | | 95 | 1538 | |
| Protein (N x 6.25).....g | 0.50 | 0.069 | 3 | | 1 | | 0.08 | 1.30 | |
| Total lipid (fat).....g | 4.00 | 0.265 | 3 | | 1 | | 0.64 | 10.40 | |
| Ash.....g | 2.90 | 0.099 | 3 | | 1 | | 0.46 | 7.54 | |
| Carbohydrate, by difference.....g | 27.60 | | 0 | NC | 4 | | 4.42 | 71.76 | |
| Fiber, total dietary.....g | 0.3 | | 0 | | 4 | | 0.0 | 0.8 | |
| Sugars, total.....g | 21.87 | | 0 | BFZN | 4 | | 3.50 | 56.86 | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 19 | | 0 | | 1 | | 3 | 49 | |
| Iron, Fe.....mg | 0.60 | | 0 | | 1 | | 0.10 | 1.56 | |
| Magnesium, Mg.....mg | 0 | | 0 | | 4 | | 0 | 1 | |
| Phosphorus, P.....mg | 37 | | 0 | | 1 | | 6 | 96 | |
| Potassium, K.....mg | 157 | | 0 | | 1 | | 25 | 408 | |
| Sodium, Na.....mg | 868 | | 0 | | 1 | | 139 | 2257 | |
| Zinc, Zn.....mg | 0.10 | | 0 | | 4 | | 0.02 | 0.26 | |
| Copper, Cu.....mg | 0.010 | | 0 | | 4 | | 0.002 | 0.026 | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 1.6 | | 0 | CAZN | 4 | | 0.3 | 4.2 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 6.0 | | 0 | | 4 | | 1.0 | 15.6 | |
| Thiamin.....mg | 0.007 | | 0 | | 4 | | 0.001 | 0.018 | |
| Riboflavin.....mg | 0.013 | | 0 | | 4 | | 0.002 | 0.034 | |
| Niacin.....mg | 0.002 | | 0 | | 4 | | 0.000 | 0.005 | |
| Pantothenic acid.....mg | 0.135 | | 0 | | 4 | | 0.022 | 0.351 | |
| Vitamin B-6.....mg | 0.009 | | 0 | | 4 | | 0.001 | 0.023 | |
| Folate, total.....mcg | 3 | | 0 | | 4 | | 1 | 9 | |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food.....mcg | 3 | | 0 | | 4 | | 1 | 9 | |
| Folate, DFE.....mcg_DFE | 3 | | 0 | NC | 4 | | 1 | 9 | |
| Choline, total.....mg | 4.6 | | 0 | BFZN | 4 | | 0.7 | 12.0 | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.12 | | 0 | | 4 | | 0.02 | 0.30 | |
| Vitamin B-12, added.....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE.....mcg_RAE | 2 | | 0 | NC | 4 | | 0 | 4 | |
| Retinol.....mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Carotene, beta.....mcg | 20 | | 0 | FLA | 4 | | 3 | 51 | |
| Carotene, alpha.....mcg | 1 | | 0 | FLA | 4 | | 0 | 2 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin A, IU.....IU | 33 | | 0 | NC | 4 | | 5 | 87 | |
| Lycopene.....mcg | 628 | | 0 | FLA | 4 | | 101 | 1634 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol).....mg | 0.40 | | 0 | | 4 | | 0.06 | 1.04 | |
| 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 | 6.7 | | 0 | BFFN | 4 | | 1.1 | 17.3 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 0.600 | | 0 | | 1 | | 0.096 | 1.560 | |
| 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 | |

| 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 |
| | | | | | | | | | |
| 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 | 0.400 | | 0 | | 1 | | 0.064 | 1.040 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 0.200 | | 0 | | 1 | | 0.032 | 0.520 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 0.900 | | 0 | | 1 | | 0.144 | 2.340 | |
| 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 | 0.900 | | 0 | | 1 | | 0.144 | 2.340 | |
| 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 | 2.300 | | 0 | | 1 | | 0.368 | 5.980 | |
| 18:2 undifferentiated.....g | 2.000 | | 0 | | 1 | | 0.320 | 5.200 | |
| 18:3 undifferentiated.....g | 0.300 | | 0 | | 1 | | 0.048 | 0.780 | |
| 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 | 6 | 0.324 | 3 | | 1 | | 1 | 16 | |
| Phytosterols.....mg | 10 | | 0 | | 4 | | 2 | 26 | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.007 | | 0 | | 4 | | 0.001 | 0.018 | |
| Threonine.....g | 0.027 | | 0 | | 4 | | 0.004 | 0.070 | |
| Isoleucine.....g | 0.029 | | 0 | | 4 | | 0.005 | 0.075 | |
| Leucine.....g | 0.043 | | 0 | | 4 | | 0.007 | 0.112 | |
| Lysine.....g | 0.034 | | 0 | | 4 | | 0.005 | 0.088 | |
| Methionine.....g | 0.013 | | 0 | | 4 | | 0.002 | 0.034 | |
| Cystine.....g | 0.009 | | 0 | | 4 | | 0.001 | 0.023 | |
| Phenylalanine.....g | 0.022 | | 0 | | 4 | | 0.004 | 0.057 | |
| Tyrosine.....g | 0.022 | | 0 | | 4 | | 0.004 | 0.057 | |
| Valine.....g | 0.030 | | 0 | | 4 | | 0.005 | 0.078 | |
| Arginine.....g | 0.035 | | 0 | | 4 | | 0.006 | 0.091 | |
| Histidine.....g | 0.012 | | 0 | | 4 | | 0.002 | 0.031 | |
| Alanine.....g | 0.025 | | 0 | | 4 | | 0.004 | 0.065 | |
| Aspartic acid.....g | 0.042 | | 0 | | 4 | | 0.007 | 0.109 | |
| Glutamic acid.....g | 0.061 | | 0 | | 4 | | 0.010 | 0.159 | |
| Glycine.....g | 0.015 | | 0 | | 4 | | 0.002 | 0.039 | |
| Proline.....g | 0.021 | | 0 | | 4 | | 0.003 | 0.055 | |
| Serine.....g | 0.041 | | 0 | | 4 | | 0.007 | 0.107 | |
| 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. 04022

Salad dressing, russian dressing, low calorie

Measure 1 = 16g: 1 tablespoon

Measure 2 = 260g: 1 cup

Calories Factors: Protein 2.44

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

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

NDB No. 04016

Salad dressing, sesame seed dressing, regular

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 | 39.20 | 3.740 | 6 | | 1 | | 5.88 | 96.04 | |
| Energy.....kcal | 443 | | 0 | NC | 4 | | 66 | 1086 | |
| Energy.....kj | 1854 | | 0 | | 4 | | 278 | 4542 | |
| Protein (N x 6.25).....g | 3.10 | 1.288 | 6 | | 1 | | 0.47 | 7.60 | |
| Total lipid (fat).....g | 45.20 | 4.899 | 6 | | 1 | | 6.78 | 110.74 | |
| Ash.....g | 3.90 | 0.223 | 6 | | 1 | | 0.59 | 9.56 | |
| Carbohydrate, by difference.....g | 8.60 | | 0 | NC | 4 | | 1.29 | 21.07 | |
| Fiber, total dietary.....g | 1.0 | | 0 | | 4 | | 0.2 | 2.5 | |
| Sugars, total.....g | 8.32 | | 0 | BFZN | 4 | | 1.25 | 20.38 | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 19 | | 0 | | 4 | | 3 | 47 | |
| Iron, Fe.....mg | 0.60 | | 0 | | 4 | | 0.09 | 1.47 | |
| Magnesium, Mg.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Phosphorus, P.....mg | 37 | | 0 | | 4 | | 6 | 91 | |
| Potassium, K.....mg | 157 | | 0 | | 4 | | 24 | 385 | |
| Sodium, Na.....mg | 1000 | | 0 | | 1 | | 150 | 2450 | |
| Zinc, Zn.....mg | 0.10 | | 0 | | 4 | | 0.02 | 0.25 | |
| Copper, Cu.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 1.6 | | 0 | CAZN | 4 | | 0.2 | 3.9 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Thiamin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Riboflavin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Niacin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Pantothenic acid.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Vitamin B-6.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Folate, total.....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food.....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total.....mg | 4.0 | | 0 | BFZN | 4 | | 0.6 | 9.8 | |
| 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 | 4 | |
| Retinol.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, beta.....mcg | 21 | | 0 | BFZN | 4 | | 3 | 50 | |
| Carotene, alpha.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Cryptoxanthin, beta.....mcg | 2 | | 0 | BFZN | 4 | | 0 | 4 | |
| Vitamin A, IU.....IU | 36 | | 0 | NC | 4 | | 5 | 87 | |
| Lycopene.....mcg | 16 | | 0 | BFZN | 4 | | 2 | 39 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol).....mg | 5.00 | | 0 | | 4 | | 0.75 | 12.25 | |
| 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 | 56.0 | | 0 | BFZN | 4 | | 8.4 | 137.2 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 6.200 | | 0 | | 1 | | 0.930 | 15.190 | |
| 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 | |

Salad dressing, sesame seed dressing, regular

| 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 | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | Deriv Code | Points | | | | | |
| 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 | 4.200 | 0.466 | 6 | | 1 | | 0.630 | 10.290 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 1.900 | 0.230 | 6 | | 1 | | 0.285 | 4.655 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 11.900 | | 0 | | 1 | | 1.785 | 29.155 | |
| 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 | 11.900 | 1.343 | 6 | | 1 | | 1.785 | 29.155 | |
| 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 | 25.100 | | 0 | | 1 | | 3.765 | 61.495 | |
| 18:2 undifferentiated.....g | 23.200 | 2.518 | 6 | | 1 | | 3.480 | 56.840 | |
| 18:3 undifferentiated.....g | 2.000 | 0.312 | 6 | | 1 | | 0.300 | 4.900 | |
| 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 | 6 | | 1 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.047 | | 0 | | 4 | | 0.007 | 0.115 | |
| Threonine.....g | 0.049 | | 0 | | 4 | | 0.007 | 0.120 | |
| Isoleucine.....g | 0.047 | | 0 | | 4 | | 0.007 | 0.115 | |
| Leucine.....g | 0.082 | | 0 | | 4 | | 0.012 | 0.201 | |
| Lysine.....g | 0.142 | | 0 | | 4 | | 0.021 | 0.348 | |
| Methionine.....g | 0.029 | | 0 | | 4 | | 0.004 | 0.071 | |
| Cystine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Phenylalanine.....g | 0.086 | | 0 | | 4 | | 0.013 | 0.211 | |
| Tyrosine.....g | 0.102 | | 0 | | 4 | | 0.015 | 0.250 | |
| Valine.....g | 0.068 | | 0 | | 4 | | 0.010 | 0.167 | |
| Arginine.....g | 0.399 | | 0 | | 4 | | 0.060 | 0.978 | |
| Histidine.....g | 0.031 | | 0 | | 4 | | 0.005 | 0.076 | |
| Alanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Aspartic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Glutamic acid.....g | 0.461 | | 0 | | 4 | | 0.069 | 1.129 | |
| Glycine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Proline.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Serine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | BFZN | 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. 04016

Salad dressing, sesame seed dressing, regular

Measure 1 = 15g: 1 tablespoon

Measure 2 = 245g: 1 cup

Calories Factors: Protein 4.03

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

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

NDB No. 04688

Salad dressing, spray-style dressing, assorted flavors

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 | 71.00 | | 0 | NC | 4 | | 5.68 | | |
| Energy.....kcal | 165 | 5.912 | 9 | MC | 9 | | 13 | | |
| Energy.....kj | | | | | | | | | |
| Protein.....g | 0.16 | 0.076 | 9 | MC | 9 | | 0.01 | | |
| Total lipid (fat).....g | 10.75 | 0.704 | 9 | MC | 9 | | 0.86 | | |
| Ash.....g | 1.50 | | 0 | CAZN | 4 | | 0.12 | | |
| Carbohydrate, by difference.....g | 16.60 | 1.249 | 9 | MC | 9 | | 1.33 | | |
| Fiber, total dietary.....g | 0.3 | 0.014 | 9 | MC | 9 | | 0.0 | | |
| Sugars, total.....g | 14.29 | 1.460 | 9 | MC | 9 | | 1.14 | | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 6 | 0.426 | 9 | MC | 9 | | 0 | | |
| Iron, Fe.....mg | 0.18 | 0.023 | 9 | MC | 9 | | 0.01 | | |
| Magnesium, Mg.....mg | | | | | | | | | |
| Phosphorus, P.....mg | | | | | | | | | |
| Potassium, K.....mg | | | | | | | | | |
| Sodium, Na.....mg | 1102 | 89.768 | 9 | MC | 9 | | 88 | | |
| Zinc, Zn.....mg | | | | | | | | | |
| Copper, Cu.....mg | | | | | | | | | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | | | | | | | | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.7 | 0.352 | 9 | MC | 9 | | 0.1 | | |
| 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 | 347 | 226.251 | 9 | MC | 9 | | 28 | | |
| 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 | 1.643 | 0.112 | 9 | MC | 9 | | 0.131 | | |
| Fatty acids, total monounsaturated.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | | | | | | | | | |
| Fatty acids, total trans.....g | 0.139 | 0.013 | 9 | MC | 9 | | 0.011 | | |
| Cholesterol.....mg | 0 | 0.040 | 9 | 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. 04688

Salad dressing, spray-style dressing, assorted flavors

Measure 1 = 8.0g: 1 serving (approximately 10 sprays)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 43019
Salad dressing, sweet and sour

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 | 95.70 | | 1 | | 1 | | 239.25 | 15.31 | |
| Energy.....kcal | 15 | | 1 | | 1 | | 38 | 2 | |
| Energy.....kj | 63 | | 1 | | 1 | | 157 | 10 | |
| Protein.....g | 0.10 | | 1 | | 1 | | 0.25 | 0.02 | |
| Total lipid (fat).....g | 0.00 | | 0 | | 7 | | 0.00 | 0.00 | |
| Ash.....g | 0.50 | | 0 | O | 4 | | 1.25 | 0.08 | |
| Carbohydrate, by difference.....g | 3.70 | | 0 | NC | 4 | | 9.25 | 0.59 | |
| Fiber, total dietary.....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total.....g | 3.70 | | 0 | NR | 4 | | 9.25 | 0.59 | |
| Sucrose.....g | | | | | | | | | |
| Glucose (dextrose).....g | | | | | | | | | |
| Fructose.....g | | | | | | | | | |
| Lactose.....g | | | | | | | | | |
| Maltose.....g | | | | | | | | | |
| Galactose.....g | | | | | | | | | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 4 | | 1 | | 1 | | 10 | 1 | |
| Iron, Fe.....mg | 0.04 | | 1 | | 1 | | 0.10 | 0.01 | |
| Magnesium, Mg.....mg | 3 | | 1 | | 1 | | 8 | 0 | |
| Phosphorus, P.....mg | 3 | | 1 | | 1 | | 8 | 0 | |
| Potassium, K.....mg | 33 | | 1 | | 1 | | 83 | 5 | |
| Sodium, Na.....mg | 208 | | 1 | | 1 | | 520 | 33 | |
| Zinc, Zn.....mg | 0.02 | | 1 | | 1 | | 0.05 | 0.00 | |
| Copper, Cu.....mg | 0.010 | | 1 | | 1 | | 0.025 | 0.002 | |
| Manganese, Mn.....mg | 0.060 | | 0 | FLA | 4 | | 0.150 | 0.010 | |
| Selenium, Se.....mcg | 1.6 | | 0 | CAZN | 4 | | 4.0 | 0.3 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 8.1 | | 1 | | 1 | | 20.3 | 1.3 | |
| Thiamin.....mg | 0.010 | | 1 | | 1 | | 0.025 | 0.002 | |
| Riboflavin.....mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| Niacin.....mg | 0.060 | | 1 | | 1 | | 0.150 | 0.010 | |
| Pantothenic acid.....mg | 0.027 | | 0 | FLA | 4 | | 0.067 | 0.004 | |
| Vitamin B-6.....mg | 0.010 | | 1 | | 1 | | 0.025 | 0.002 | |
| Folate, total.....mcg | 2 | | 0 | FLA | 4 | | 6 | 0 | |
| Folic acid.....mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, food.....mcg | 2 | | 0 | FLA | 4 | | 6 | 0 | |
| Folate, DFE.....mcg_DFE | 2 | | 0 | NC | 4 | | 6 | 0 | |
| Choline, total.....mg | 0.1 | | 0 | BFZN | 4 | | 0.2 | 0.0 | |
| 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 | 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 | Z | 7 | | 0 | 0 | |
| Lycopene.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol).....mg | 2.56 | | 0 | FLA | 4 | | 6.41 | 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 | 39.6 | | 0 | FLA | 4 | | 99.1 | 6.3 | |

NDB No. 43019
Salad dressing, sweet and sour

| 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 |
| | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 0.000 | | 0 | | 7 | | 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 | |
| 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 | | 7 | | 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 | | 7 | | 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 | | 7 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| 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:

Measure 1 = 250g: 1 cup

Measure 2 = 16g: 1 tbs

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04635

Salad dressing, thousand island dressing, fat-free

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 | 66.14 | 0.074 | 3 | A | 1 | | 10.58 | 169.32 | |
| Energy.....kcal | 132 | | 0 | NC | 4 | | 21 | 339 | |
| Energy.....kj | 554 | | 0 | NC | 4 | | 89 | 1417 | |
| Protein.....g | 0.55 | 0.075 | 3 | A | 1 | | 0.09 | 1.40 | |
| Total lipid (fat).....g | 1.45 | 0.049 | 3 | A | 1 | | 0.23 | 3.71 | |
| Ash.....g | 2.59 | 0.029 | 3 | A | 1 | | 0.41 | 6.64 | |
| Carbohydrate, by difference.....g | 29.27 | | 0 | NC | 4 | | 4.68 | 74.93 | |
| Fiber, total dietary.....g | 3.3 | | 2 | A | 1 | | 0.5 | 8.5 | |
| Sugars, total.....g | 16.83 | | 2 | A | 1 | | 2.69 | 43.07 | |
| Sucrose.....g | 2.72 | | 2 | A | 1 | | 0.44 | 6.97 | |
| Glucose (dextrose).....g | 6.42 | | 2 | A | 1 | | 1.03 | 16.43 | |
| Fructose.....g | 6.58 | | 2 | A | 1 | | 1.05 | 16.84 | |
| Lactose.....g | 0.15 | | 2 | A | 1 | | 0.02 | 0.38 | |
| Maltose.....g | 0.96 | | 2 | A | 1 | | 0.15 | 2.46 | |
| Galactose.....g | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | |
| Starch.....g | 11.75 | | 2 | A | 1 | | 1.88 | 30.08 | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 11 | 2.817 | 3 | A | 1 | | 2 | 29 | |
| Iron, Fe.....mg | 0.28 | 0.021 | 3 | A | 1 | | 0.05 | 0.72 | |
| Magnesium, Mg.....mg | 4 | 0.321 | 3 | A | 1 | | 1 | 10 | |
| Phosphorus, P.....mg | 1 | 0.133 | 3 | A | 1 | | 0 | 3 | |
| Potassium, K.....mg | 122 | 3.928 | 3 | A | 1 | | 20 | 313 | |
| Sodium, Na.....mg | 729 | 8.576 | 3 | A | 1 | | 117 | 1865 | |
| Zinc, Zn.....mg | 0.09 | 0.015 | 3 | A | 1 | | 0.01 | 0.24 | |
| Copper, Cu.....mg | 0.178 | 0.136 | 3 | A | 1 | | 0.028 | 0.456 | |
| Manganese, Mn.....mg | 0.021 | 0.006 | 3 | A | 1 | | 0.003 | 0.054 | |
| Selenium, Se.....mcg | 2.0 | | 2 | A | 1 | | 0.3 | 5.1 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 1 | A | 1 | | 0.0 | 0.0 | |
| Thiamin.....mg | 0.236 | | 2 | A | 1 | | 0.038 | 0.603 | |
| Riboflavin.....mg | 0.049 | | 2 | A | 1 | | 0.008 | 0.124 | |
| Niacin.....mg | 0.261 | | 2 | A | 1 | | 0.042 | 0.668 | |
| Pantothenic acid.....mg | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| Vitamin B-6.....mg | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| Folate, total.....mcg | 12 | | 1 | A | 1 | | 2 | 31 | |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food.....mcg | 12 | | 1 | A | 1 | | 2 | 31 | |
| Folate, DFE.....mcg_DFE | 12 | | 0 | NC | 4 | | 2 | 31 | |
| Choline, total.....mg | 4.6 | | 0 | BFZN | 4 | | 0.7 | 11.8 | |
| 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 | 1 | | 0 | NC | 4 | | 0 | 1 | |
| Retinol.....mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Carotene, beta.....mcg | 0 | 0.000 | 3 | A | 1 | | 0 | 0 | |
| Carotene, alpha.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta.....mcg | 13 | 6.557 | 3 | A | 1 | | 2 | 33 | |
| Vitamin A, IU.....IU | 11 | | 0 | NC | 4 | | 2 | 28 | |
| Lycopene.....mcg | 1587 | 77.983 | 3 | A | 1 | | 254 | 4063 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol).....mg | 0.75 | | 0 | NR | 4 | | 0.12 | 1.92 | |
| 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 | 3.7 | | 2 | A | 1 | | 0.6 | 9.5 | |

NDB No. 04635

Salad dressing, thousand island dressing, fat-free

| 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 | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | Points | Code | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 0.198 | | 0 | NC | 4 | | 0.032 | 0.507 | |
| 4:0.....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 6:0.....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 8:0.....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 10:0.....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 12:0.....g | 0.001 | | 1 | A | 1 | | 0.000 | 0.003 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.002 | | 1 | A | 1 | | 0.000 | 0.005 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 0.129 | | 1 | A | 1 | | 0.021 | 0.330 | |
| 17:0.....g | 0.002 | | 1 | A | 1 | | 0.000 | 0.005 | |
| 18:0.....g | 0.052 | | 1 | A | 1 | | 0.008 | 0.133 | |
| 20:0.....g | 0.006 | | 1 | A | 1 | | 0.001 | 0.015 | |
| 22:0.....g | 0.004 | | 1 | A | 1 | | 0.001 | 0.010 | |
| 24:0.....g | 0.002 | | 1 | A | 1 | | 0.000 | 0.005 | |
| Fatty acids, total monounsaturated.....g | 0.342 | | 0 | NC | 4 | | 0.055 | 0.876 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.007 | | 1 | A | 1 | | 0.001 | 0.018 | |
| 17:1.....g | 0.009 | | 1 | A | 1 | | 0.001 | 0.023 | |
| 18:1 undifferentiated.....g | 0.285 | | 1 | A | 1 | | 0.046 | 0.730 | |
| 20:1.....g | 0.018 | | 1 | A | 1 | | 0.003 | 0.046 | |
| 22:1 undifferentiated.....g | 0.023 | | 1 | A | 1 | | 0.004 | 0.059 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.630 | | 0 | NC | 4 | | 0.101 | 1.613 | |
| 18:2 undifferentiated.....g | 0.538 | | 1 | A | 1 | | 0.086 | 1.377 | |
| 18:3 undifferentiated.....g | 0.088 | | 1 | A | 1 | | 0.014 | 0.225 | |
| 18:4.....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | 0.004 | | 1 | A | 1 | | 0.001 | 0.010 | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 5 | | 1 | A | 1 | | 1 | 12 | |
| Phytosterols.....mg | | | | | | | | | |
| 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:

Measure 1 = 16g: 1 tbsp

Measure 2 = 256g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

Salad dressing, thousand island dressing, reduced fat

| 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 |
| | | | | | | | | | |
| Vitamin K (phylloquinone).....mcg | 27.6 | | 0 | FLA | 4 | | 4.1 | 67.6 | 4.1 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 0.746 | | 0 | NC | 4 | | 0.112 | 1.828 | 0.112 |
| 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 |
| 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 | | | | | | | | | |
| 16:0.....g | 0.524 | | 2 | A | 1 | | 0.079 | 1.283 | 0.079 |
| 17:0.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 18:0.....g | 0.223 | | 2 | A | 1 | | 0.033 | 0.545 | 0.033 |
| 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 | 6.468 | | 0 | NC | 4 | | 0.970 | 15.845 | 0.970 |
| 14:1.....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 15:1.....g | | | | | | | | | |
| 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 | 6.285 | | 2 | A | 1 | | 0.943 | 15.398 | 0.943 |
| 20:1.....g | 0.183 | | 2 | A | 1 | | 0.027 | 0.447 | 0.027 |
| 22:1 undifferentiated.....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 2.692 | | 0 | NC | 4 | | 0.404 | 6.594 | 0.404 |
| 18:2 undifferentiated.....g | 1.955 | | 2 | A | 1 | | 0.293 | 4.789 | 0.293 |
| 18:3 undifferentiated.....g | 0.737 | | 2 | A | 1 | | 0.111 | 1.806 | 0.111 |
| 18:4.....g | 0.000 | | 2 | 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 | | 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 | 11 | | 2 | JA | 6 | | 2 | 26 | 2 |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | JA | 6 | | 0.000 | 0.000 | 0.000 |
| Threonine.....g | 0.000 | | 0 | JA | 6 | | 0.000 | 0.000 | 0.000 |
| Isoleucine.....g | 0.000 | | 0 | JA | 6 | | 0.000 | 0.000 | 0.000 |
| Leucine.....g | 0.000 | | 0 | JA | 6 | | 0.000 | 0.000 | 0.000 |
| Lysine.....g | 0.000 | | 0 | JA | 6 | | 0.000 | 0.000 | 0.000 |
| Methionine.....g | 0.000 | | 0 | JA | 6 | | 0.000 | 0.000 | 0.000 |
| Cystine.....g | 0.000 | | 0 | JA | 6 | | 0.000 | 0.000 | 0.000 |
| Phenylalanine.....g | 0.000 | | 0 | JA | 6 | | 0.000 | 0.000 | 0.000 |
| Tyrosine.....g | 0.000 | | 0 | JA | 6 | | 0.000 | 0.000 | 0.000 |
| Valine.....g | 0.000 | | 0 | JA | 6 | | 0.000 | 0.000 | 0.000 |
| Arginine.....g | 0.000 | | 0 | JA | 6 | | 0.000 | 0.000 | 0.000 |
| Histidine.....g | 0.000 | | 0 | JA | 6 | | 0.000 | 0.000 | 0.000 |
| Alanine.....g | 0.000 | | 0 | JA | 6 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid.....g | 0.000 | | 0 | JA | 6 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid.....g | 0.135 | | 0 | JA | 6 | | 0.020 | 0.332 | 0.020 |
| Glycine.....g | 0.000 | | 0 | JA | 6 | | 0.000 | 0.000 | 0.000 |
| Proline.....g | 0.000 | | 0 | JA | 6 | | 0.000 | 0.000 | 0.000 |
| Serine.....g | 0.000 | | 0 | JA | 6 | | 0.000 | 0.000 | 0.000 |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | 0.0 |

NDB No. 04023

Salad dressing, thousand island dressing, reduced fat

| Nutrients and Units | <u>Amount in 100 grams of edible portion</u> | | | | <u>Amount in edible portion of common measures of food</u> | | | | |
|---------------------|--|------------|-----------------------|------------|--|-----------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | 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 = 15g: 1 tablespoon

Measure 2 = 245g: 1 cup

Measure 3 = 15g: 1 serving (2 tbsp)

Calories Factors: Protein 3.9

Fat 8.84

Carbohydrate3.8

Food Group: 04 Fats and Oils

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

NDB No. 04017

Salad dressing, thousand island, commercial, regular

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 | 46.51 | 1.369 | 6 | A | 1 | | 116.28 | 7.44 | 13.95 |
| Energy.....kcal | 370 | | 0 | NC | 4 | | 925 | 59 | 111 |
| Energy.....kj | 1548 | | 0 | NC | 4 | | 3870 | 248 | 464 |
| Protein (N x 6.25).....g | 1.09 | 0.023 | 6 | A | 1 | | 2.73 | 0.17 | 0.33 |
| Total lipid (fat).....g | 35.06 | 0.791 | 6 | A | 1 | | 87.66 | 5.61 | 10.52 |
| Ash.....g | 2.69 | 0.044 | 6 | A | 1 | | 6.73 | 0.43 | 0.81 |
| Carbohydrate, by difference.....g | 14.64 | | 0 | NC | 4 | | 36.60 | 2.34 | 4.39 |
| Fiber, total dietary.....g | 0.8 | | 2 | A | 1 | | 1.9 | 0.1 | 0.2 |
| Sugars, total.....g | 15.18 | | 2 | A | 1 | | 37.94 | 2.43 | 4.55 |
| Sucrose.....g | 6.40 | | 2 | A | 1 | | 15.99 | 1.02 | 1.92 |
| Glucose (dextrose).....g | 4.78 | | 2 | A | 1 | | 11.96 | 0.77 | 1.44 |
| Fructose.....g | 4.00 | | 2 | A | 1 | | 9.99 | 0.64 | 1.20 |
| Lactose.....g | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Maltose.....g | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Galactose.....g | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Starch.....g | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 17 | 0.692 | 6 | A | 1 | | 43 | 3 | 5 |
| Iron, Fe.....mg | 1.18 | 0.089 | 6 | A | 1 | | 2.96 | 0.19 | 0.36 |
| Magnesium, Mg.....mg | 8 | 0.217 | 6 | A | 1 | | 19 | 1 | 2 |
| Phosphorus, P.....mg | 27 | 0.735 | 6 | A | 1 | | 68 | 4 | 8 |
| Potassium, K.....mg | 107 | 2.622 | 6 | A | 1 | | 268 | 17 | 32 |
| Sodium, Na.....mg | 863 | 21.246 | 6 | A | 1 | | 2158 | 138 | 259 |
| Zinc, Zn.....mg | 0.26 | 0.017 | 6 | A | 1 | | 0.65 | 0.04 | 0.08 |
| Copper, Cu.....mg | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn.....mg | 0.040 | 0.025 | 6 | A | 1 | | 0.100 | 0.006 | 0.012 |
| Selenium, Se.....mcg | 1.5 | | 2 | A | 1 | | 3.8 | 0.2 | 0.5 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 2 | A | 1 | | 0.0 | 0.0 | 0.0 |
| Thiamin.....mg | 1.445 | 1.213 | 3 | A | 1 | | 3.613 | 0.231 | 0.434 |
| Riboflavin.....mg | 0.058 | 0.002 | 3 | A | 1 | | 0.144 | 0.009 | 0.017 |
| Niacin.....mg | 0.418 | 0.015 | 3 | A | 1 | | 1.044 | 0.067 | 0.125 |
| Pantothenic acid.....mg | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6.....mg | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Folate, total.....mcg | 0 | | 2 | A | 1 | | 0 | 0 | 0 |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food.....mcg | 0 | | 2 | A | 1 | | 0 | 0 | 0 |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total.....mg | 16.0 | | 0 | BFZN | 4 | | 40.0 | 2.6 | 4.8 |
| 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 | 14 | | 0 | NC | 4 | | 35 | 2 | 4 |
| Retinol.....mcg | 4 | | 0 | FLA | 4 | | 11 | 1 | 1 |
| Carotene, beta.....mcg | 92 | 6.726 | 6 | A | 1 | | 229 | 15 | 28 |
| Carotene, alpha.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Cryptoxanthin, beta.....mcg | 52 | 3.276 | 6 | A | 1 | | 130 | 8 | 16 |
| Vitamin A, IU.....IU | 211 | | 0 | NC | 4 | | 527 | 34 | 63 |
| Lycopene.....mcg | 2597 | 163.390 | 6 | A | 1 | | 6491 | 415 | 779 |
| Lutein + zeaxanthin.....mcg | 29 | | 0 | FLA | 4 | | 72 | 5 | 9 |
| Vitamin E (alpha-tocopherol).....mg | 4.00 | | 0 | | 4 | | 10.00 | 0.64 | 1.20 |
| 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 | 69.1 | | 1 | A | 1 | | 172.7 | 11.1 | 20.7 |

NDB No. 04017

Salad dressing, thousand island, commercial, regular

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common | | |
|--|---------------------------------------|------------|--|------|------|-----------|------------------------------------|-----------|-------|
| | Mean | Std. Error | Number of Data Deriv Source Confidence | | | Measure 1 | Measure 2 | Measure 3 | |
| | | | Points | Code | Code | | | | Code |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 5.092 | | 0 | NC | 4 | | 12.729 | 0.815 | 1.527 |
| 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 | | | | | | | | | |
| 16:0.....g | 3.516 | 0.087 | 4 | A | 1 | | 8.789 | 0.562 | 1.055 |
| 17:0.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 18:0.....g | 1.341 | 0.029 | 4 | A | 1 | | 3.351 | 0.214 | 0.402 |
| 20:0.....g | 0.122 | 0.004 | 4 | A | 1 | | 0.304 | 0.019 | 0.036 |
| 22:0.....g | 0.114 | 0.002 | 4 | A | 1 | | 0.285 | 0.018 | 0.034 |
| 24:0.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total monounsaturated.....g | 7.881 | | 0 | NC | 4 | | 19.703 | 1.261 | 2.364 |
| 14:1.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 15:1.....g | | | | | | | | | |
| 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 | 7.727 | 0.344 | 4 | A | 1 | | 19.318 | 1.236 | 2.318 |
| 20:1.....g | 0.154 | 0.004 | 4 | A | 1 | | 0.385 | 0.025 | 0.046 |
| 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 | 18.220 | | 0 | NC | 4 | | 45.549 | 2.915 | 5.466 |
| 18:2 undifferentiated.....g | 15.869 | 0.348 | 4 | A | 1 | | 39.672 | 2.539 | 4.761 |
| 18:3 undifferentiated.....g | 2.351 | 0.063 | 4 | A | 1 | | 5.877 | 0.376 | 0.705 |
| 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 | 26 | | 2 | A | 1 | | 65 | 4 | 8 |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Threonine.....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Isoleucine.....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Leucine.....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Lysine.....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Methionine.....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Cystine.....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Phenylalanine.....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Tyrosine.....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Valine.....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Arginine.....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Histidine.....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Alanine.....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid.....g | 0.110 | | 0 | A | 1 | | 0.275 | 0.018 | 0.033 |
| Glutamic acid.....g | 0.250 | | 0 | A | 1 | | 0.626 | 0.040 | 0.075 |
| Glycine.....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Proline.....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Serine.....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 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. 04017

Salad dressing, thousand island, commercial, regular

| Nutrients and Units | <u>Amount in 100 grams of edible portion</u> | | | | | | <u>Amount in edible portion of common measures of food</u> | | |
|---------------------|--|------------|-----------------------|------------|-------------|-----------------|--|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | 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 = 250g: 1 cup

Measure 2 = 16g: 1 tbsp

Measure 3 = 30g: 1 serving (2 tbsp)

Calories Factors: Protein 4.03

Fat 8.84

Carbohydrate3.8

Food Group: 04 Fats and Oils

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

NDB No. 04030

Sandwich spread, w ith chopped pickle, regular, unspecified oils

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 | 40.80 | 1.148 | 6 | | 1 | | 6.12 | 99.96 | |
| Energy.....kcal | 389 | | 0 | NC | 4 | | 58 | 953 | |
| Energy.....kj | 1628 | | 0 | | 4 | | 244 | 3988 | |
| Protein (N x 6.25).....g | 0.90 | 0.106 | 7 | | 1 | | 0.14 | 2.21 | |
| Total lipid (fat).....g | 34.00 | 1.570 | 7 | | 1 | | 5.10 | 83.30 | |
| Ash.....g | 2.00 | 0.140 | 7 | | 1 | | 0.30 | 4.90 | |
| Carbohydrate, by difference.....g | 22.40 | | 0 | NC | 4 | | 3.36 | 54.88 | |
| Fiber, total dietary.....g | 0.4 | | 0 | | 4 | | 0.1 | 1.0 | |
| Sugars, total.....g | 15.18 | | 0 | BFZN | 4 | | 2.28 | 37.18 | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 14 | | 0 | | 4 | | 2 | 34 | |
| Iron, Fe.....mg | 0.20 | | 0 | | 4 | | 0.03 | 0.49 | |
| Magnesium, Mg.....mg | 2 | | 0 | | 4 | | 0 | 5 | |
| Phosphorus, P.....mg | 26 | | 0 | | 4 | | 4 | 64 | |
| Potassium, K.....mg | 35 | | 0 | | 4 | | 5 | 86 | |
| Sodium, Na.....mg | 1000 | | 0 | | 4 | | 150 | 2450 | |
| Zinc, Zn.....mg | 0.81 | | 0 | | 4 | | 0.12 | 1.98 | |
| Copper, Cu.....mg | 0.010 | | 0 | | 4 | | 0.002 | 0.025 | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 1.6 | | 0 | CAZN | 4 | | 0.2 | 3.9 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Thiamin.....mg | 0.010 | | 0 | | 4 | | 0.002 | 0.025 | |
| Riboflavin.....mg | 0.020 | | 0 | | 4 | | 0.003 | 0.049 | |
| Niacin.....mg | 0.010 | | 0 | | 4 | | 0.002 | 0.025 | |
| Pantothenic acid.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Vitamin B-6.....mg | 0.020 | | 0 | | 4 | | 0.003 | 0.049 | |
| Folate, total.....mcg | 6 | | 0 | | 4 | | 1 | 15 | |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food.....mcg | 6 | | 0 | | 4 | | 1 | 15 | |
| Folate, DFE.....mcg_DFE | 6 | | 0 | NC | 4 | | 1 | 15 | |
| Choline, total.....mg | 14.6 | | 0 | BFZN | 4 | | 2.2 | 35.7 | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.21 | | 0 | | 4 | | 0.03 | 0.51 | |
| Vitamin B-12, added.....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE.....mcg_RAE | 22 | | 0 | NC | 4 | | 3 | 54 | |
| Retinol.....mcg | 13 | | 0 | NC | 4 | | 2 | 32 | |
| Carotene, beta.....mcg | 94 | | 0 | BFZN | 4 | | 14 | 230 | |
| Carotene, alpha.....mcg | 1 | | 0 | BFZN | 4 | | 0 | 3 | |
| Cryptoxanthin, beta.....mcg | 27 | | 0 | BFZN | 4 | | 4 | 66 | |
| Vitamin A, IU.....IU | 223 | | 0 | NC | 4 | | 33 | 547 | |
| Lycopene.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Lutein + zeaxanthin.....mcg | 87 | | 0 | BFZN | 4 | | 13 | 212 | |
| Vitamin E (alpha-tocopherol).....mg | 4.00 | | 0 | | 4 | | 0.60 | 9.80 | |
| 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 | 24.7 | | 0 | BFZN | 4 | | 3.7 | 60.6 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 5.100 | | 0 | | 1 | | 0.765 | 12.495 | |
| 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 | |

Sandwich spread, with chopped pickle, regular, unspecified oils

| 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 |
| | | | | | | | | | |
| 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 | 3.900 | 0.202 | 8 | | 1 | | 0.585 | 9.555 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 1.200 | 0.080 | 8 | | 1 | | 0.180 | 2.940 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 7.400 | | 0 | | 1 | | 1.110 | 18.130 | |
| 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 | 7.400 | 0.364 | 8 | | 1 | | 1.110 | 18.130 | |
| 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 | 20.000 | | 0 | | 1 | | 3.000 | 49.000 | |
| 18:2 undifferentiated.....g | 18.100 | 0.848 | 8 | | 1 | | 2.715 | 44.345 | |
| 18:3 undifferentiated.....g | 1.900 | 0.188 | 8 | | 1 | | 0.285 | 4.655 | |
| 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 | 76 | 5.857 | 7 | | 1 | | 11 | 186 | |
| Phytosterols.....mg | 75 | | 0 | | 4 | | 11 | 184 | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.013 | | 0 | | 4 | | 0.002 | 0.032 | |
| Threonine.....g | 0.049 | | 0 | | 4 | | 0.007 | 0.120 | |
| Isoleucine.....g | 0.052 | | 0 | | 4 | | 0.008 | 0.127 | |
| Leucine.....g | 0.077 | | 0 | | 4 | | 0.012 | 0.189 | |
| Lysine.....g | 0.061 | | 0 | | 4 | | 0.009 | 0.149 | |
| Methionine.....g | 0.023 | | 0 | | 4 | | 0.003 | 0.056 | |
| Cystine.....g | 0.016 | | 0 | | 4 | | 0.002 | 0.039 | |
| Phenylalanine.....g | 0.039 | | 0 | | 4 | | 0.006 | 0.096 | |
| Tyrosine.....g | 0.039 | | 0 | | 4 | | 0.006 | 0.096 | |
| Valine.....g | 0.055 | | 0 | | 4 | | 0.008 | 0.135 | |
| Arginine.....g | 0.062 | | 0 | | 4 | | 0.009 | 0.152 | |
| Histidine.....g | 0.022 | | 0 | | 4 | | 0.003 | 0.054 | |
| Alanine.....g | 0.045 | | 0 | | 4 | | 0.007 | 0.110 | |
| Aspartic acid.....g | 0.075 | | 0 | | 4 | | 0.011 | 0.184 | |
| Glutamic acid.....g | 0.110 | | 0 | | 4 | | 0.017 | 0.270 | |
| Glycine.....g | 0.027 | | 0 | | 4 | | 0.004 | 0.066 | |
| Proline.....g | 0.037 | | 0 | | 4 | | 0.006 | 0.091 | |
| Serine.....g | 0.075 | | 0 | | 4 | | 0.011 | 0.184 | |
| 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. 04030

Sandwich spread, with chopped pickle, regular, unspecified oils

Measure 1 = 15g: 1 tablespoon

Measure 2 = 245g: 1 cup

Calories Factors: Protein 3.92

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

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

NDB No. 04546

Shortening bread, soybean (hydrogenated) and cottonseed

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 | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | |
| Energy.....kcal | 884 | | 0 | NC | 4 | | 113 | 1812 | |
| Energy.....kj | 3699 | | 0 | | 4 | | 473 | 7582 | |
| Protein (N x 0).....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | |
| Total lipid (fat).....g | 100.00 | | 0 | | 1 | | 12.80 | 205.00 | |
| Ash.....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | |
| 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 | | 0 | | 4 | | 0 | 0 | |
| Iron, Fe.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Magnesium, Mg.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Phosphorus, P.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Potassium, K.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Sodium, Na.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Zinc, Zn.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Copper, Cu.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Manganese, Mn.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Selenium, Se.....mcg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Thiamin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Riboflavin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Niacin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Pantothenic acid.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Vitamin B-6.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Folate, total.....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food.....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total.....mg | | | | | | | | | |
| 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 | | 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 | 8.00 | | 0 | | 4 | | 1.02 | 16.40 | |
| 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 | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 22.000 | | 0 | | 1 | | 2.816 | 45.100 | |
| 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 | |

Shortening bread, soybean (hydrogenated) and cottonseed

| 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 | | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | Points | Deriv Code | Code | | | | | |
| 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 | 10.400 | 0.386 | 7 | | | 1 | | 1.331 | 21.320 | |
| 17:0.....g | | | | | | | | | | |
| 18:0.....g | 11.600 | 1.595 | 7 | | | 1 | | 1.485 | 23.780 | |
| 20:0.....g | | | | | | | | | | |
| 22:0.....g | | | | | | | | | | |
| 24:0.....g | | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 33.000 | | 0 | | | 1 | | 4.224 | 67.650 | |
| 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 | 33.000 | 3.373 | 7 | | | 1 | | 4.224 | 67.650 | |
| 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 | 40.600 | | 0 | | | 1 | | 5.197 | 83.230 | |
| 18:2 undifferentiated.....g | 36.700 | 2.189 | 7 | | | 1 | | 4.698 | 75.235 | |
| 18:3 undifferentiated.....g | 4.000 | 0.641 | 7 | | | 1 | | 0.512 | 8.200 | |
| 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 | 200 | | 0 | | | 4 | | 26 | 410 | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | | 4 | | 0.000 | 0.000 | |
| Threonine.....g | 0.000 | | 0 | | | 4 | | 0.000 | 0.000 | |
| Isoleucine.....g | 0.000 | | 0 | | | 4 | | 0.000 | 0.000 | |
| Leucine.....g | 0.000 | | 0 | | | 4 | | 0.000 | 0.000 | |
| Lysine.....g | 0.000 | | 0 | | | 4 | | 0.000 | 0.000 | |
| Methionine.....g | 0.000 | | 0 | | | 4 | | 0.000 | 0.000 | |
| Cystine.....g | 0.000 | | 0 | | | 4 | | 0.000 | 0.000 | |
| Phenylalanine.....g | 0.000 | | 0 | | | 4 | | 0.000 | 0.000 | |
| Tyrosine.....g | 0.000 | | 0 | | | 4 | | 0.000 | 0.000 | |
| Valine.....g | 0.000 | | 0 | | | 4 | | 0.000 | 0.000 | |
| Arginine.....g | 0.000 | | 0 | | | 4 | | 0.000 | 0.000 | |
| Histidine.....g | 0.000 | | 0 | | | 4 | | 0.000 | 0.000 | |
| Alanine.....g | 0.000 | | 0 | | | 4 | | 0.000 | 0.000 | |
| Aspartic acid.....g | 0.000 | | 0 | | | 4 | | 0.000 | 0.000 | |
| Glutamic acid.....g | 0.000 | | 0 | | | 4 | | 0.000 | 0.000 | |
| Glycine.....g | 0.000 | | 0 | | | 4 | | 0.000 | 0.000 | |
| Proline.....g | 0.000 | | 0 | | | 4 | | 0.000 | 0.000 | |
| Serine.....g | 0.000 | | 0 | | | 4 | | 0.000 | 0.000 | |
| 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:

NDB No. 04546

Shortening bread, soybean (hydrogenated) and cottonseed

Measure 1 = 12.8g: 1 tablespoon

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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NDB No. 04548

Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)

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 | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Energy.....kcal | 884 | | 0 | NC | 4 | | 113 | 1812 | |
| Energy.....kj | 3699 | | 0 | | 4 | | 473 | 7582 | |
| Protein (N x 0).....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | |
| Total lipid (fat).....g | 100.00 | 0.000 | 6 | A | 1 | | 12.80 | 205.00 | |
| Ash.....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | |
| 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 | | 0 | | 4 | | 0 | 0 | |
| Iron, Fe.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Magnesium, Mg.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Phosphorus, P.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Potassium, K.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Sodium, Na.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Zinc, Zn.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Copper, Cu.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Thiamin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Riboflavin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Niacin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Pantothenic acid.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Vitamin B-6.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Folate, total.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total.....mg | 0.2 | | 0 | CAZN | 4 | | 0.0 | 0.4 | |
| 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 | 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 | AS | 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 | 0.80 | 0.804 | 7 | A | 1 | | 0.10 | 1.65 | |
| Vitamin E, added.....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta.....mg | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | 0.00 | |
| Tocopherol, gamma.....mg | 29.44 | 5.320 | 7 | A | 1 | | 3.77 | 60.36 | |
| Tocopherol, delta.....mg | 16.68 | 3.339 | 7 | A | 1 | | 2.14 | 34.20 | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....mcg | 43.0 | | 1 | CAZN | 4 | | 5.5 | 88.2 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 27.200 | | 0 | | 1 | | 3.482 | 55.760 | |
| 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 | |

Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)

| 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 | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | Deriv Code | Points | | | | | |
| 12:0.....g | 0.100 | | 1 | | 1 | | 0.013 | 0.205 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.400 | | 1 | | 1 | | 0.051 | 0.820 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 18.000 | 1.629 | 3 | | 1 | | 2.304 | 36.900 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 8.800 | 2.903 | 3 | | 1 | | 1.126 | 18.040 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 54.200 | | 0 | | 1 | | 6.938 | 111.110 | |
| 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 | 54.200 | 1.609 | 3 | | 1 | | 6.938 | 111.110 | |
| 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 | 14.100 | | 0 | | 1 | | 1.805 | 28.905 | |
| 18:2 undifferentiated.....g | 13.100 | 1.124 | 3 | | 1 | | 1.677 | 26.855 | |
| 18:3 undifferentiated.....g | 1.100 | | 1 | | 1 | | 0.141 | 2.255 | |
| 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 | 200 | | 0 | | 4 | | 26 | 410 | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Threonine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Isoleucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Leucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Lysine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Methionine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Cystine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Phenylalanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Tyrosine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Valine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Arginine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Histidine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Alanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Aspartic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Glutamic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Glycine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Proline.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Serine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 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. 04548

Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 8.82

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04551

Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)

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 | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Energy.....kcal | 884 | | 0 | NC | 4 | | 113 | 1812 | |
| Energy.....kj | 3699 | | 0 | | 4 | | 473 | 7582 | |
| Protein (N x 0).....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | |
| Total lipid (fat).....g | 100.00 | 0.000 | 6 | A | 1 | | 12.80 | 205.00 | |
| Ash.....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | |
| 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 | | 0 | | 4 | | 0 | 0 | |
| Iron, Fe.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Magnesium, Mg.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Phosphorus, P.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Potassium, K.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Sodium, Na.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Zinc, Zn.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Copper, Cu.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Thiamin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Riboflavin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Niacin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Pantothenic acid.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Vitamin B-6.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Folate, total.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total.....mg | 0.3 | | 0 | BFZN | 4 | | 0.0 | 0.6 | |
| 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 | 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 | AS | 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 | 1.95 | | 0 | RA | 4 | | 0.25 | 4.00 | |
| 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 | 43.0 | | 1 | CAZN | 4 | | 5.5 | 88.2 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 91.300 | | 0 | | 1 | | 11.686 | 187.165 | |
| 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 | 4.300 | 0.625 | 3 | | 1 | | 0.550 | 8.815 | |
| 10:0.....g | 4.300 | 0.634 | 3 | | 1 | | 0.550 | 8.815 | |

Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)

| 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 |
| | | | | | | | | | |
| 12:0.....g | 35.800 | 3.295 | 3 | | 1 | | 4.582 | 73.390 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 14.400 | 1.421 | 3 | | 1 | | 1.843 | 29.520 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 10.700 | 0.599 | 3 | | 1 | | 1.370 | 21.935 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 21.900 | 5.376 | 3 | | 1 | | 2.803 | 44.895 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 2.200 | | 0 | | 1 | | 0.282 | 4.510 | |
| 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 | 2.200 | 0.316 | 3 | | 1 | | 0.282 | 4.510 | |
| 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 | 1.000 | | 0 | | 1 | | 0.128 | 2.050 | |
| 18:2 undifferentiated.....g | 1.000 | | 1 | | 1 | | 0.128 | 2.050 | |
| 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 | | 4 | | 0 | 0 | |
| Phytosterols.....mg | 86 | | 0 | | 4 | | 11 | 176 | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Threonine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Isoleucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Leucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Lysine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Methionine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Cystine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Phenylalanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Tyrosine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Valine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Arginine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Histidine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Alanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Aspartic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Glutamic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Glycine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Proline.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Serine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 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. 04551

Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04550

Shortening frying (heavy duty), beef tallow and cottonseed

| 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 | 3.400 | | 1 | | 1 | | 0.435 | 6.970 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 24.500 | | 1 | | 1 | | 3.136 | 50.225 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 17.000 | | 1 | | 1 | | 2.176 | 34.850 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 38.500 | | 0 | | 1 | | 4.928 | 78.925 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 4.300 | | 1 | | 1 | | 0.550 | 8.815 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 34.200 | | 1 | | 1 | | 4.378 | 70.110 | |
| 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 | 8.800 | | 0 | | 1 | | 1.126 | 18.040 | |
| 18:2 undifferentiated.....g | 8.300 | | 1 | | 1 | | 1.062 | 17.015 | |
| 18:3 undifferentiated.....g | 0.500 | | 1 | | 1 | | 0.064 | 1.025 | |
| 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 | 100 | | 0 | | 4 | | 13 | 205 | |
| Phytosterols.....mg | 32 | | 0 | | 4 | | 4 | 66 | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Threonine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Isoleucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Leucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Lysine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Methionine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Cystine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Phenylalanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Tyrosine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Valine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Arginine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Histidine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Alanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Aspartic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Glutamic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Glycine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Proline.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Serine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 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 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 9.02

Carbohydrate

NDB No. 04550

Shortening frying (heavy duty), beef tallow and cottonseed

Food Group: 04 Fats and Oils

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

NDB No. 04556

Shortening frying (heavy duty), palm (hydrogenated)

| 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 | | Measure 1 | Measure 2 | Measure 3 |
| | | | Deriv Code | Source Code | | | |
| 14:0.....g | 0.000 | | 0 | 4 | 0.000 | 0.000 | |
| 15:0.....g | | | | | | | |
| 16:0.....g | 40.600 | 1.813 | 4 | 1 | 5.197 | 83.230 | |
| 17:0.....g | | | | | | | |
| 18:0.....g | 6.900 | 0.767 | 4 | 1 | 0.883 | 14.145 | |
| 20:0.....g | | | | | | | |
| 22:0.....g | | | | | | | |
| 24:0.....g | | | | | | | |
| Fatty acids, total monounsaturated.....g | 40.600 | | 0 | 1 | 5.197 | 83.230 | |
| 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 | 40.600 | 1.714 | 4 | 1 | 5.197 | 83.230 | |
| 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 | 7.500 | | 0 | 1 | 0.960 | 15.375 | |
| 18:2 undifferentiated.....g | 7.500 | 2.186 | 4 | 1 | 0.960 | 15.375 | |
| 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 | 4 | 0 | 0 | |
| Phytosterols.....mg | 49 | | 0 | 4 | 6 | 100 | |
| Amino Acids: | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | 4 | 0.000 | 0.000 | |
| Threonine.....g | 0.000 | | 0 | 4 | 0.000 | 0.000 | |
| Isoleucine.....g | 0.000 | | 0 | 4 | 0.000 | 0.000 | |
| Leucine.....g | 0.000 | | 0 | 4 | 0.000 | 0.000 | |
| Lysine.....g | 0.000 | | 0 | 4 | 0.000 | 0.000 | |
| Methionine.....g | 0.000 | | 0 | 4 | 0.000 | 0.000 | |
| Cystine.....g | 0.000 | | 0 | 4 | 0.000 | 0.000 | |
| Phenylalanine.....g | 0.000 | | 0 | 4 | 0.000 | 0.000 | |
| Tyrosine.....g | 0.000 | | 0 | 4 | 0.000 | 0.000 | |
| Valine.....g | 0.000 | | 0 | 4 | 0.000 | 0.000 | |
| Arginine.....g | 0.000 | | 0 | 4 | 0.000 | 0.000 | |
| Histidine.....g | 0.000 | | 0 | 4 | 0.000 | 0.000 | |
| Alanine.....g | 0.000 | | 0 | 4 | 0.000 | 0.000 | |
| Aspartic acid.....g | 0.000 | | 0 | 4 | 0.000 | 0.000 | |
| Glutamic acid.....g | 0.000 | | 0 | 4 | 0.000 | 0.000 | |
| Glycine.....g | 0.000 | | 0 | 4 | 0.000 | 0.000 | |
| Proline.....g | 0.000 | | 0 | 4 | 0.000 | 0.000 | |
| Serine.....g | 0.000 | | 0 | 4 | 0.000 | 0.000 | |
| 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 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

NDB No. 04556

Shortening frying (heavy duty), palm (hydrogenated)

Food Group: 04 Fats and Oils

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

NDB No. 04552

Shortening frying (heavy duty), soybean (hydrogenated), linoleic (30%) stabilizers with silicon

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 | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Energy.....kcal | 884 | | 0 | NC | 4 | | 113 | 1812 | |
| Energy.....kj | 3699 | | | | 4 | | 473 | 7582 | |
| Protein (N x 0).....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | |
| Total lipid (fat).....g | 100.00 | 0.000 | 6 | A | 1 | | 12.80 | 205.00 | |
| Ash.....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | |
| 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 | | 0 | | 4 | | 0 | 0 | |
| Iron, Fe.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Magnesium, Mg.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Phosphorus, P.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Potassium, K.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Sodium, Na.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Zinc, Zn.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Copper, Cu.....mg | | | | | | | | | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Thiamin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Riboflavin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Niacin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Pantothenic acid.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Vitamin B-6.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Folate, total.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total.....mg | | | | | | | | | |
| 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 | 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 | AS | 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 | 0.80 | 0.804 | 7 | A | 1 | | 0.10 | 1.65 | |
| Vitamin E, added.....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta.....mg | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | 0.00 | |
| Tocopherol, gamma.....mg | 29.44 | 5.320 | 7 | A | 1 | | 3.77 | 60.36 | |
| Tocopherol, delta.....mg | 16.68 | 3.339 | 7 | A | 1 | | 2.14 | 34.20 | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....mcg | 43.0 | | 1 | CAZN | 4 | | 5.5 | 88.2 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 18.400 | | 0 | | 1 | | 2.355 | 37.720 | |
| 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 | |

Shortening frying (heavy duty), soybean (hydrogenated), linoleic (30%) stabilizers with silicon

| 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 |
| | | | | | | | | | |
| 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 | 10.200 | 0.331 | 8 | | 1 | | 1.306 | 20.910 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 8.300 | 0.226 | 8 | | 1 | | 1.062 | 17.015 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 43.700 | | 0 | | 1 | | 5.594 | 89.585 | |
| 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 | 43.700 | 0.519 | 8 | | 1 | | 5.594 | 89.585 | |
| 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 | 33.500 | | 0 | | 1 | | 4.288 | 68.675 | |
| 18:2 undifferentiated.....g | 31.100 | 0.453 | 8 | | 1 | | 3.981 | 63.755 | |
| 18:3 undifferentiated.....g | 2.400 | 0.213 | 8 | | 1 | | 0.307 | 4.920 | |
| 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 | 132 | | 0 | | 4 | | 17 | 271 | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Threonine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Isoleucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Leucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Lysine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Methionine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Cystine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Phenylalanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Tyrosine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Valine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Arginine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Histidine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Alanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Aspartic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Glutamic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Glycine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Proline.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Serine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 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. 04552

Shortening frying (heavy duty), soybean (hydrogenated), linoleic (30%) stabilizers with silicon

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04560

Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)

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 | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Energy.....kcal | 884 | | 0 | NC | 4 | | 113 | 1812 | |
| Energy.....kj | 3699 | | | | 4 | | 473 | 7582 | |
| Protein (N x 0).....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | |
| Total lipid (fat).....g | 100.00 | 0.000 | 6 | A | 1 | | 12.80 | 205.00 | |
| Ash.....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | |
| 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 | | 0 | | 4 | | 0 | 0 | |
| Iron, Fe.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Magnesium, Mg.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Phosphorus, P.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Potassium, K.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Sodium, Na.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Zinc, Zn.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Copper, Cu.....mg | | | | | | | | | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Thiamin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Riboflavin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Niacin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Pantothenic acid.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Vitamin B-6.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Folate, total.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total.....mg | | | | | | | | | |
| 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 | 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 | AS | 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 | 0.80 | 0.804 | 7 | A | 1 | | 0.10 | 1.65 | |
| Vitamin E, added.....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta.....mg | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | 0.00 | |
| Tocopherol, gamma.....mg | 29.44 | 5.320 | 7 | A | 1 | | 3.77 | 60.36 | |
| Tocopherol, delta.....mg | 16.68 | 3.339 | 7 | A | 1 | | 2.14 | 34.20 | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....mcg | 43.0 | | 1 | CAZN | 4 | | 5.5 | 88.2 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 21.100 | | 0 | | 1 | | 2.701 | 43.255 | |
| 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. 04560

Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)

| 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 |
| | | | | | | | | | |
| 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 | 10.900 | | 1 | | 1 | | 1.395 | 22.345 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 10.200 | | 1 | | 1 | | 1.306 | 20.910 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 73.700 | | 0 | | 1 | | 9.434 | 151.085 | |
| 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 | 73.700 | | 1 | | 1 | | 9.434 | 151.085 | |
| 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 | 0.400 | | 0 | | 1 | | 0.051 | 0.820 | |
| 18:2 undifferentiated.....g | 0.300 | | 1 | | 1 | | 0.038 | 0.615 | |
| 18:3 undifferentiated.....g | 0.100 | | 1 | | 1 | | 0.013 | 0.205 | |
| 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 | 181 | | 0 | | 4 | | 23 | 371 | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Threonine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Isoleucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Leucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Lysine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Methionine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Cystine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Phenylalanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Tyrosine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Valine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Arginine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Histidine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Alanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Aspartic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Glutamic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Glycine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Proline.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Serine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 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. 04560

Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04547

Shortening frying (regular), soybean (hydrogenated) and cottonseed (hydrogenated)

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 | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Energy.....kcal | 884 | | 0 | NC | 4 | | 113 | 1812 | |
| Energy.....kj | 3699 | | 0 | | 4 | | 473 | 7582 | |
| Protein (N x 0).....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | |
| Total lipid (fat).....g | 100.00 | 0.000 | 6 | A | 1 | | 12.80 | 205.00 | |
| Ash.....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | |
| 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 | | 0 | | 4 | | 0 | 0 | |
| Iron, Fe.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Magnesium, Mg.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Phosphorus, P.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Potassium, K.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Sodium, Na.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Zinc, Zn.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Copper, Cu.....mg | | | | | | | | | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Thiamin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Riboflavin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Niacin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Pantothenic acid.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Vitamin B-6.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Folate, total.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total.....mg | | | | | | | | | |
| 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 | 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 | AS | 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 | 0.80 | 0.804 | 7 | A | 1 | | 0.10 | 1.65 | |
| Vitamin E, added.....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta.....mg | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | 0.00 | |
| Tocopherol, gamma.....mg | 29.44 | 5.320 | 7 | A | 1 | | 3.77 | 60.36 | |
| Tocopherol, delta.....mg | 16.68 | 3.339 | 7 | A | 1 | | 2.14 | 34.20 | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....mcg | 43.0 | | 1 | CAZN | 4 | | 5.5 | 88.2 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 15.400 | | 0 | | 1 | | 1.971 | 31.570 | |
| 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. 04547

Shortening frying (regular), soybean (hydrogenated) and cottonseed (hydrogenated)

| 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 |
| | | | | | | | | | |
| 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 | 9.600 | 0.604 | 5 | | 1 | | 1.229 | 19.680 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 5.800 | 0.981 | 5 | | 1 | | 0.742 | 11.890 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 58.200 | | 0 | | 1 | | 7.450 | 119.310 | |
| 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 | 58.200 | 1.657 | 7 | | 1 | | 7.450 | 119.310 | |
| 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 | 22.000 | | 0 | | 1 | | 2.816 | 45.100 | |
| 18:2 undifferentiated.....g | 21.200 | 1.898 | 7 | | 1 | | 2.714 | 43.460 | |
| 18:3 undifferentiated.....g | 0.800 | 0.230 | 5 | | 1 | | 0.102 | 1.640 | |
| 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 | 200 | | 0 | | 4 | | 26 | 410 | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Threonine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Isoleucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Leucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Lysine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Methionine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Cystine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Phenylalanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Tyrosine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Valine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Arginine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Histidine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Alanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Aspartic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Glutamic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Glycine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Proline.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Serine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 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. 04547

Shortening frying (regular), soybean (hydrogenated) and cottonseed (hydrogenated)

Measure 1 = 12.8g: 1 tablespoon

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04559

Shortening household soybean (hydrogenated) and palm

| 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 | 0.240 | | 2 | | 1 | | 0.031 | 0.492 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 14.040 | | 2 | | 1 | | 1.797 | 28.782 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 10.740 | | 2 | | 1 | | 1.375 | 22.017 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 42.510 | | 0 | | 1 | | 5.441 | 87.146 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.100 | | 2 | | 1 | | 0.013 | 0.205 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 42.220 | | 2 | | 1 | | 5.404 | 86.551 | |
| 20:1.....g | 0.190 | | 2 | | 1 | | 0.024 | 0.390 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 26.640 | | 0 | | 1 | | 3.410 | 54.612 | |
| 18:2 undifferentiated.....g | 25.160 | | 2 | | 1 | | 3.220 | 51.578 | |
| 18:3 undifferentiated.....g | 1.480 | | 2 | | 1 | | 0.189 | 3.034 | |
| 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 | 148 | | 1 | | 1 | | 19 | 303 | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Threonine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Isoleucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Leucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Lysine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Methionine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Cystine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Phenylalanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Tyrosine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Valine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Arginine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Histidine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Alanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Aspartic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Glutamic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Glycine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Proline.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Serine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 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 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

NDB No. 04559

Shortening household soybean (hydrogenated) and palm

Food Group: 04 Fats and Oils

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

NDB No. 04549

Shortening industrial, lard and vegetable oil

| 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 | 1.200 | | 2 | | 1 | | 0.154 | 2.460 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 19.200 | 1.198 | 3 | | 1 | | 2.458 | 39.360 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 14.600 | 0.240 | 3 | | 1 | | 1.869 | 29.930 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 40.700 | | 0 | | 1 | | 5.210 | 83.435 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 1.400 | | 2 | | 1 | | 0.179 | 2.870 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 38.000 | 1.934 | 3 | | 1 | | 4.864 | 77.900 | |
| 20:1.....g | 0.600 | | 2 | | 1 | | 0.077 | 1.230 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 19.200 | | 0 | | 1 | | 2.458 | 39.360 | |
| 18:2 undifferentiated.....g | 18.100 | 0.683 | 3 | | 1 | | 2.317 | 37.105 | |
| 18:3 undifferentiated.....g | 1.000 | | 2 | | 1 | | 0.128 | 2.050 | |
| 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 | 56 | | 0 | | 4 | | 7 | 115 | |
| Phytosterols.....mg | 13 | | 0 | | 4 | | 2 | 27 | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Threonine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Isoleucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Leucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Lysine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Methionine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Cystine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Phenylalanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Tyrosine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Valine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Arginine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Histidine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Alanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Aspartic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Glutamic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Glycine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Proline.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Serine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 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 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 9.02

Carbohydrate

NDB No. 04549

Shortening industrial, lard and vegetable oil

Food Group: 04 Fats and Oils

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

NDB No. 04554

Shortening industrial, soybean (hydrogenated) and cottonseed

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 | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Energy.....kcal | 884 | | 0 | NC | 4 | | 113 | 1812 | |
| Energy.....kj | 3699 | | 0 | | 4 | | 473 | 7582 | |
| Protein (N x 0).....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | |
| Total lipid (fat).....g | 100.00 | 0.000 | 6 | A | 1 | | 12.80 | 205.00 | |
| Ash.....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | |
| 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 | | 0 | | 4 | | 0 | 0 | |
| Iron, Fe.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Magnesium, Mg.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Phosphorus, P.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Potassium, K.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Sodium, Na.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Zinc, Zn.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Copper, Cu.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Thiamin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Riboflavin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Niacin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Pantothenic acid.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Vitamin B-6.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Folate, total.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total.....mg | 0.2 | | 0 | CAZN | 4 | | 0.0 | 0.4 | |
| 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 | 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 | AS | 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 | 0.80 | 0.804 | 7 | A | 1 | | 0.10 | 1.65 | |
| Vitamin E, added.....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta.....mg | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | 0.00 | |
| Tocopherol, gamma.....mg | 29.44 | 5.320 | 7 | A | 1 | | 3.77 | 60.36 | |
| Tocopherol, delta.....mg | 16.68 | 3.339 | 7 | A | 1 | | 2.14 | 34.20 | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....mcg | 43.0 | | 1 | CAZN | 4 | | 5.5 | 88.2 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 25.600 | | 0 | | 1 | | 3.277 | 52.480 | |
| 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 | |

Shortening industrial, soybean (hydrogenated) and cottonseed

| 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 | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | Deriv Code | Points | | | | | |
| 12:0.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.500 | 0.158 | 6 | | 1 | | 0.064 | 1.025 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 13.000 | 0.401 | 22 | | 1 | | 1.664 | 26.650 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 12.100 | 0.445 | 22 | | 1 | | 1.549 | 24.805 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 58.000 | | 0 | | 1 | | 7.424 | 118.900 | |
| 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 | 58.000 | 1.046 | 22 | | 1 | | 7.424 | 118.900 | |
| 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 | 12.000 | | 0 | | 1 | | 1.536 | 24.600 | |
| 18:2 undifferentiated.....g | 11.400 | 1.028 | 22 | | 1 | | 1.459 | 23.370 | |
| 18:3 undifferentiated.....g | 0.600 | 0.171 | 10 | | 1 | | 0.077 | 1.230 | |
| 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 | 200 | | 0 | | 4 | | 26 | 410 | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Threonine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Isoleucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Leucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Lysine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Methionine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Cystine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Phenylalanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Tyrosine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Valine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Arginine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Histidine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Alanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Aspartic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Glutamic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Glycine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Proline.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Serine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 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. 04554

Shortening industrial, soybean (hydrogenated) and cottonseed

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

Shortening, confectionery, fractionated palm

| 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 | 0.900 | | 1 | | 1 | | 0.122 | 1.962 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 36.000 | | 1 | | 1 | | 4.896 | 78.480 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 26.200 | | 1 | | 1 | | 3.563 | 57.116 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 29.600 | | 0 | | 1 | | 4.026 | 64.528 | |
| 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 | 29.300 | | 1 | | 1 | | 3.985 | 63.874 | |
| 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 | 0.500 | | 0 | | 1 | | 0.068 | 1.090 | |
| 18:2 undifferentiated.....g | 0.500 | | 1 | | 1 | | 0.068 | 1.090 | |
| 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 | | 4 | | 0 | 0 | |
| Phytosterols.....mg | 49 | | 0 | | 4 | | 7 | 107 | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Threonine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Isoleucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Leucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Lysine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Methionine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Cystine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Phenylalanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Tyrosine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Valine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Arginine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Histidine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Alanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Aspartic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Glutamic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Glycine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Proline.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Serine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 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 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Calories Factors: Protein

Fat 8.62

Carbohydrate

NDB No. 04570

Shortening, confectionery, fractionated palm

Food Group: 04 Fats and Oils

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

NDB No. 04544

Shortening, household, lard and vegetable oil

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 | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | |
| Energy.....kcal | 900 | | 0 | NC | 4 | | 115 | 1845 | |
| Energy.....kj | 3766 | | 0 | | 4 | | 482 | 7719 | |
| Protein (N x 0).....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | |
| Total lipid (fat).....g | 100.00 | | 0 | | 1 | | 12.80 | 205.00 | |
| Ash.....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | |
| 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 | BFZN | 4 | | 0.00 | 0.00 | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Iron, Fe.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Magnesium, Mg.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Phosphorus, P.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Potassium, K.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Sodium, Na.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Zinc, Zn.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Copper, Cu.....mg | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Thiamin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Riboflavin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Niacin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Pantothenic acid.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Vitamin B-6.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Folate, total.....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food.....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total.....mg | 25.0 | | 0 | O | 4 | | 3.2 | 51.3 | |
| 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 | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Carotene, alpha.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Vitamin A, IU.....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol).....mg | 1.00 | | 0 | | 4 | | 0.13 | 2.05 | |
| 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 | 21.5 | | 0 | RA | 4 | | 2.8 | 44.1 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 40.300 | | 0 | | 1 | | 5.158 | 82.615 | |
| 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 | 0.100 | | 7 | | 1 | | 0.013 | 0.205 | |

Shortening, household, lard and vegetable oil

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.100 | | 10 | | | | 0.013 | 0.205 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 1.600 | 0.132 | 13 | | | | 0.205 | 3.280 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 23.000 | 0.247 | 20 | | | | 2.944 | 47.150 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 15.200 | 0.746 | 20 | | | | 1.946 | 31.160 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 44.400 | | 0 | | | | 5.683 | 91.020 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 3.100 | 0.226 | 14 | | | | 0.397 | 6.355 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 40.900 | 0.793 | 20 | | | | 5.235 | 83.845 | |
| 20:1.....g | 0.000 | | 0 | | | | 0.000 | 0.000 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 10.900 | | 0 | | | | 1.395 | 22.345 | |
| 18:2 undifferentiated.....g | 9.700 | 0.476 | 20 | | | | 1.242 | 19.885 | |
| 18:3 undifferentiated.....g | 1.100 | 0.131 | 12 | | | | 0.141 | 2.255 | |
| 18:4.....g | 0.000 | | 0 | | | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | | | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | | | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | | | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 56 | | 0 | | | | 7 | 115 | |
| Phytosterols.....mg | 13 | | 0 | | | | 2 | 27 | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | | | 0.000 | 0.000 | |
| Threonine.....g | 0.000 | | 0 | | | | 0.000 | 0.000 | |
| Isoleucine.....g | 0.000 | | 0 | | | | 0.000 | 0.000 | |
| Leucine.....g | 0.000 | | 0 | | | | 0.000 | 0.000 | |
| Lysine.....g | 0.000 | | 0 | | | | 0.000 | 0.000 | |
| Methionine.....g | 0.000 | | 0 | | | | 0.000 | 0.000 | |
| Cystine.....g | 0.000 | | 0 | | | | 0.000 | 0.000 | |
| Phenylalanine.....g | 0.000 | | 0 | | | | 0.000 | 0.000 | |
| Tyrosine.....g | 0.000 | | 0 | | | | 0.000 | 0.000 | |
| Valine.....g | 0.000 | | 0 | | | | 0.000 | 0.000 | |
| Arginine.....g | 0.000 | | 0 | | | | 0.000 | 0.000 | |
| Histidine.....g | 0.000 | | 0 | | | | 0.000 | 0.000 | |
| Alanine.....g | 0.000 | | 0 | | | | 0.000 | 0.000 | |
| Aspartic acid.....g | 0.000 | | 0 | | | | 0.000 | 0.000 | |
| Glutamic acid.....g | 0.000 | | 0 | | | | 0.000 | 0.000 | |
| Glycine.....g | 0.000 | | 0 | | | | 0.000 | 0.000 | |
| Proline.....g | 0.000 | | 0 | | | | 0.000 | 0.000 | |
| Serine.....g | 0.000 | | 0 | | | | 0.000 | 0.000 | |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | | | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | BFZN | 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. 04544

Shortening, household, lard and vegetable oil

Measure 1 = 12.8g: 1 tablespoon

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04031

Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)

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 | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Energy.....kcal | 884 | | 0 | NC | 4 | | 1812 | 113 | |
| Energy.....kj | 3699 | | 0 | | 4 | | 7582 | 473 | |
| Protein (N x 0).....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | |
| Total lipid (fat).....g | 100.00 | 0.000 | 6 | A | 1 | | 205.00 | 12.80 | |
| Ash.....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | |
| 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 | | 0 | | 4 | | 0 | 0 | |
| Iron, Fe.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Magnesium, Mg.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Phosphorus, P.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Potassium, K.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Sodium, Na.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Zinc, Zn.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Copper, Cu.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Thiamin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Riboflavin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Niacin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Pantothenic acid.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Vitamin B-6.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Folate, total.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total.....mg | 0.2 | | 0 | CAZN | 4 | | 0.4 | 0.0 | |
| 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 | 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 | AS | 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 | 0.80 | 0.804 | 7 | A | 1 | | 1.65 | 0.10 | |
| Vitamin E, added.....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta.....mg | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | 0.00 | |
| Tocopherol, gamma.....mg | 29.44 | 5.320 | 7 | A | 1 | | 60.36 | 3.77 | |
| Tocopherol, delta.....mg | 16.68 | 3.339 | 7 | A | 1 | | 34.20 | 2.14 | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....mcg | 43.0 | | 1 | CAZN | 4 | | 88.2 | 5.5 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 25.000 | | 0 | | 1 | | 51.250 | 3.200 | |
| 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 | |

Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.400 | | 11 | | 1 | | 0.820 | 0.051 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 14.100 | 0.470 | 19 | | 1 | | 28.905 | 1.805 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 10.600 | 0.359 | 19 | | 1 | | 21.730 | 1.357 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 44.500 | | 0 | | 1 | | 91.225 | 5.696 | |
| 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 | 44.500 | 1.002 | 19 | | 1 | | 91.225 | 5.696 | |
| 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 | 26.100 | | 0 | | 1 | | 53.505 | 3.341 | |
| 18:2 undifferentiated.....g | 24.500 | 1.106 | 19 | | 1 | | 50.225 | 3.136 | |
| 18:3 undifferentiated.....g | 1.600 | 0.189 | 17 | | 1 | | 3.280 | 0.205 | |
| 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 | 200 | | 0 | | 4 | | 410 | 26 | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Threonine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Isoleucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Leucine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Lysine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Methionine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Cystine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Phenylalanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Tyrosine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Valine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Arginine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Histidine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Alanine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Aspartic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Glutamic acid.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Glycine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Proline.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Serine.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 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. 04031

Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04666

Shortening, industrial, soy (partially hydrogenated) and corn for frying

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 | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Energy.....kcal | 884 | | 0 | BFZN | 4 | | 113 | 1812 | |
| Energy.....kj | 3699 | | 0 | BFZN | 4 | | 473 | 7582 | |
| Protein (N x 0).....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Total lipid (fat).....g | 100.00 | | 1 | PAK | 1 | | 12.80 | 205.00 | |
| Ash.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Carbohydrate, by difference.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Fiber, total dietary.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Sugars, total.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Iron, Fe.....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Magnesium, Mg.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Phosphorus, P.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Potassium, K.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Sodium, Na.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Zinc, Zn.....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Copper, Cu.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Thiamin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Riboflavin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Niacin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Pantothenic acid.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Vitamin B-6.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Folate, total.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Folic acid.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Folate, food.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total.....mg | 0.2 | | 0 | CAZN | 4 | | 0.0 | 0.4 | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.00 | | 0 | BFZN | 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 | BFZN | 4 | | 0 | 0 | |
| Retinol.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Carotene, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Carotene, alpha.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Vitamin A, IU.....IU | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Lycopene.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol).....mg | 0.80 | | 0 | BFZN | 4 | | 0.10 | 1.65 | |
| Vitamin E, added.....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta.....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Tocopherol, gamma.....mg | 29.44 | | 0 | BFZN | 4 | | 3.77 | 60.36 | |
| Tocopherol, delta.....mg | 16.68 | | 0 | BFZN | 4 | | 2.14 | 34.20 | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....mcg | 43.0 | | 0 | BFZN | 4 | | 5.5 | 88.2 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 17.416 | | 0 | NC | 4 | | 2.229 | 35.703 | |
| 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 | |

Shortening, industrial, soy (partially hydrogenated) and corn for frying

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.075 | | 1 | A | 1 | | 0.010 | 0.154 | |
| 15:0.....g | 0.037 | | 1 | A | 1 | | 0.005 | 0.076 | |
| 16:0.....g | 10.439 | | 1 | A | 1 | | 1.336 | 21.399 | |
| 17:0.....g | 0.095 | | 1 | A | 1 | | 0.012 | 0.195 | |
| 18:0.....g | 6.090 | | 1 | A | 1 | | 0.779 | 12.484 | |
| 20:0.....g | 0.392 | | 1 | A | 1 | | 0.050 | 0.804 | |
| 22:0.....g | 0.288 | | 1 | A | 1 | | 0.037 | 0.591 | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 40.824 | | 0 | NC | 4 | | 5.225 | 83.688 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.133 | | 0 | AS | 1 | | 0.017 | 0.272 | |
| 16:1 c.....g | 0.133 | | 1 | A | 1 | | 0.017 | 0.272 | |
| 16:1 t.....g | | | | | | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 40.490 | | 0 | AS | 1 | | 5.183 | 83.004 | |
| 18:1 c.....g | 30.744 | | 1 | A | 1 | | 3.935 | 63.024 | |
| 18:1-1c (18:1c n-7).....g | | | | | | | | | |
| 18:1 t.....g | 9.746 | | 1 | A | 1 | | 1.248 | 19.980 | |
| 18:1-1t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.201 | | 1 | A | 1 | | 0.026 | 0.413 | |
| 22:1 undifferentiated.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 36.038 | | 0 | NC | 4 | | 4.613 | 73.877 | |
| 18:2 undifferentiated.....g | 33.715 | | 0 | AS | 1 | | 4.316 | 69.116 | |
| 18:2 n-6 c,c.....g | 30.372 | | 1 | A | 1 | | 3.888 | 62.263 | |
| 18:2 CLAs.....g | | | | | | | | | |
| 18:2 c,t.....g | | | | | | | | | |
| 18:2 t,c.....g | | | | | | | | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | 3.343 | | 1 | A | 1 | | 0.428 | 6.853 | |
| 18:2 t not further defined.....g | | | | | | | | | |
| 18:3 undifferentiated.....g | 1.628 | | 0 | AS | 1 | | 0.208 | 3.337 | |
| 18:3 n-3 c,c,c.....g | 1.628 | | 1 | A | 1 | | 0.208 | 3.337 | |
| 18:3 n-6 c,c,c.....g | | | | | | | | | |
| 18:3i.....g | 0.695 | | 1 | A | 1 | | 0.089 | 1.425 | |
| 18:4.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:3 n-3.....g | | | | | | | | | |
| 20:3 n-6.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 1 | A | 1 | | 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 | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | | | | | | | | | |
| 22:5 n-3.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | 13.784 | | 0 | NC | 4 | | 1.764 | 28.257 | |
| Fatty acids, total trans-monoenoic.....g | 9.746 | | 0 | NC | 4 | | 1.248 | 19.980 | |
| Fatty acids, total trans-polyenoic.....g | 4.038 | | 0 | NC | 4 | | 0.517 | 8.277 | |
| Cholesterol.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Phytosterols.....mg | 200 | | 0 | BFZN | 4 | | 26 | 410 | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Threonine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Isoleucine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Leucine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Lysine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Methionine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Cystine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |

NDB No. 04666

Shortening, industrial, soy (partially hydrogenated) and corn for frying

| 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 |
| | | | | | | | | | |
| Phenylalanine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Tyrosine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Valine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Arginine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Histidine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Alanine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Aspartic acid.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Glutamic acid.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Glycine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Proline.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Serine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | BFZN | 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 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04667

Shortening, industrial, soy (partially hydrogenated) for baking and confections

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 | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Energy.....kcal | 884 | | 0 | BFZN | 4 | | 113 | 1812 | |
| Energy.....kj | 3699 | | 0 | BFZN | 4 | | 473 | 7582 | |
| Protein (N x 0).....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Total lipid (fat).....g | 100.00 | | 1 | PAK | 1 | | 12.80 | 205.00 | |
| Ash.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Carbohydrate, by difference.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Fiber, total dietary.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Sugars, total.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Iron, Fe.....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Magnesium, Mg.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Phosphorus, P.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Potassium, K.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Sodium, Na.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Zinc, Zn.....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Copper, Cu.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Thiamin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Riboflavin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Niacin.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Pantothenic acid.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Vitamin B-6.....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Folate, total.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Folic acid.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Folate, food.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total.....mg | 0.2 | | 0 | BFZN | 4 | | 0.0 | 0.4 | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.00 | | 0 | BFZN | 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 | BFZN | 4 | | 0 | 0 | |
| Retinol.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Carotene, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Carotene, alpha.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Vitamin A, IU.....IU | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Lycopene.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol).....mg | 0.80 | | 0 | BFZN | 4 | | 0.10 | 1.65 | |
| Vitamin E, added.....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta.....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Tocopherol, gamma.....mg | 29.44 | | 0 | BFZN | 4 | | 3.77 | 60.36 | |
| Tocopherol, delta.....mg | 16.68 | | 0 | BFZN | 4 | | 2.14 | 34.20 | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....mcg | 43.0 | | 0 | BFZN | 4 | | 5.5 | 88.2 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 18.788 | | 0 | NC | 4 | | 2.405 | 38.516 | |
| 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 | |

Shortening, industrial, soy (partially hydrogenated) for baking and confections

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.094 | | 1 | A | 1 | | 0.012 | 0.193 | |
| 15:0.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 16:0.....g | 10.638 | | 1 | A | 1 | | 1.362 | 21.807 | |
| 17:0.....g | 0.114 | | 1 | A | 1 | | 0.015 | 0.234 | |
| 18:0.....g | 7.281 | | 1 | A | 1 | | 0.932 | 14.926 | |
| 20:0.....g | 0.316 | | 1 | A | 1 | | 0.040 | 0.647 | |
| 22:0.....g | 0.346 | | 1 | A | 1 | | 0.044 | 0.709 | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 71.023 | | 0 | NC | 4 | | 9.091 | 145.598 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.057 | | 0 | AS | 1 | | 0.007 | 0.116 | |
| 16:1 c.....g | 0.057 | | 1 | A | 1 | | 0.007 | 0.116 | |
| 16:1 t.....g | | | | | | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 70.967 | | 0 | AS | 1 | | 9.084 | 145.481 | |
| 18:1 c.....g | 30.848 | | 1 | A | 1 | | 3.949 | 63.239 | |
| 18:1-1c (18:1c n-7).....g | | | | | | | | | |
| 18:1 t.....g | 40.118 | | 1 | A | 1 | | 5.135 | 82.242 | |
| 18:1-1t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.000 | | 1 | 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 | 5.400 | | 0 | NC | 4 | | 0.691 | 11.070 | |
| 18:2 undifferentiated.....g | 5.000 | | 0 | AS | 1 | | 0.640 | 10.250 | |
| 18:2 n-6 c,c.....g | 2.667 | | 1 | A | 1 | | 0.341 | 5.467 | |
| 18:2 CLAs.....g | | | | | | | | | |
| 18:2 c,t.....g | | | | | | | | | |
| 18:2 t,c.....g | | | | | | | | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | 2.333 | | 1 | A | 1 | | 0.299 | 4.783 | |
| 18:2 t not further defined.....g | | | | | | | | | |
| 18:3 undifferentiated.....g | 0.000 | | 0 | AS | 1 | | 0.000 | 0.000 | |
| 18:3 n-3 c,c,c.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 18:3 n-6 c,c,c.....g | | | | | | | | | |
| 18:3i.....g | 0.400 | | 1 | A | 1 | | 0.051 | 0.820 | |
| 18:4.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:3 n-3.....g | | | | | | | | | |
| 20:3 n-6.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 1 | A | 1 | | 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 | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | | | | | | | | | |
| 22:5 n-3.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | 42.851 | | 0 | NC | 4 | | 5.485 | 87.845 | |
| Fatty acids, total trans-monoenoic.....g | 40.118 | | 0 | NC | 4 | | 5.135 | 82.242 | |
| Fatty acids, total trans-polyenoic.....g | 2.733 | | 0 | NC | 4 | | 0.350 | 5.603 | |
| Cholesterol.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Phytosterols.....mg | 200 | | 0 | BFZN | 4 | | 26 | 410 | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Threonine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Isoleucine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Leucine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Lysine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Methionine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Cystine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |

NDB No. 04667

Shortening, industrial, soy (partially hydrogenated) for baking and confections

| 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 |
| | | | | | | | | | |
| Phenylalanine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Tyrosine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Valine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Arginine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Histidine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Alanine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Aspartic acid.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Glutamic acid.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Glycine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Proline.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Serine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | BFZN | 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 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04649

Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening

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 | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Energy.....kcal | 884 | | 0 | NC | 4 | | 120 | 1927 | 40 |
| Energy.....kj | 3699 | | 0 | NC | 4 | | 503 | 8063 | 166 |
| Protein.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat).....g | 100.00 | | 1 | PAK | 1 | | 13.60 | 218.00 | 4.50 |
| Ash.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Carbohydrate, by difference.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Iron, Fe.....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Magnesium, Mg.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Phosphorus, P.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Potassium, K.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Sodium, Na.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Zinc, Zn.....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Copper, Cu.....mg | 0.0000 | | 0 | BFZN | 4 | | 0.0000 | 0.0000 | 0.0000 |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin.....mg | 0.0000 | | 0 | BFZN | 4 | | 0.0000 | 0.0000 | 0.0000 |
| Riboflavin.....mg | 0.0000 | | 0 | BFZN | 4 | | 0.0000 | 0.0000 | 0.0000 |
| Niacin.....mg | 0.0000 | | 0 | BFZN | 4 | | 0.0000 | 0.0000 | 0.0000 |
| Pantothenic acid.....mg | 0.0000 | | 0 | BFZN | 4 | | 0.0000 | 0.0000 | 0.0000 |
| Vitamin B-6.....mg | 0.0000 | | 0 | BFZN | 4 | | 0.0000 | 0.0000 | 0.0000 |
| Folate, total.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folic acid.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folate, food.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total.....mg | 0.2 | | 0 | BFZN | 4 | | 0.0 | 0.4 | 0.0 |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.00 | | 0 | BFZN | 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 | BFZN | 4 | | 0 | 0 | 0 |
| Retinol.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Carotene, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Carotene, alpha.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Vitamin A, IU.....IU | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Lycopene.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol).....mg | 8.10 | | 0 | BFZN | 4 | | 1.10 | 17.66 | 0.36 |
| 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 | BFZN | 4 | | 3.4 | 53.9 | 1.1 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 18.358 | | 0 | NC | 4 | | 2.497 | 40.021 | 0.826 |
| 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 |

Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.085 | | 1 | A | 1 | | 0.012 | 0.185 | 0.004 |
| 15:0.....g | 0.037 | | 1 | A | 1 | | 0.005 | 0.081 | 0.002 |
| 16:0.....g | 10.714 | | 1 | A | 1 | | 1.457 | 23.355 | 0.482 |
| 17:0.....g | 0.105 | | 1 | A | 1 | | 0.014 | 0.228 | 0.005 |
| 18:0.....g | 6.709 | | 1 | A | 1 | | 0.912 | 14.626 | 0.302 |
| 20:0.....g | 0.354 | | 1 | A | 1 | | 0.048 | 0.772 | 0.016 |
| 22:0.....g | 0.355 | | 1 | A | 1 | | 0.048 | 0.775 | 0.016 |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 38.870 | | 0 | NC | 4 | | 5.286 | 84.737 | 1.749 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.104 | | 0 | AS | 1 | | 0.014 | 0.227 | 0.005 |
| 16:1 c.....g | 0.104 | | 1 | A | 1 | | 0.014 | 0.227 | 0.005 |
| 16:1 t.....g | | | | | | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 38.603 | | 0 | AS | 1 | | 5.250 | 84.155 | 1.737 |
| 18:1 c.....g | 29.315 | | 1 | A | 1 | | 3.987 | 63.906 | 1.319 |
| 18:1-11c (18:1c n-7).....g | | | | | | | | | |
| 18:1 t.....g | 9.289 | | 1 | A | 1 | | 1.263 | 20.250 | 0.418 |
| 18:1-11t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.163 | | 1 | A | 1 | | 0.022 | 0.355 | 0.007 |
| 22:1 undifferentiated.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 38.009 | | 0 | NC | 4 | | 5.169 | 82.859 | 1.710 |
| 18:2 undifferentiated.....g | 34.829 | | 0 | AS | 1 | | 4.737 | 75.928 | 1.567 |
| 18:2 n-6 c,c.....g | 32.239 | | 1 | A | 1 | | 4.384 | 70.280 | 1.451 |
| 18:2 CLAs.....g | | | | | | | | | |
| 18:2 c,t.....g | | | | | | | | | |
| 18:2 t,c.....g | | | | | | | | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | 2.591 | | 1 | A | 1 | | 0.352 | 5.647 | 0.117 |
| 18:2 t not further defined.....g | | | | | | | | | |
| 18:3 undifferentiated.....g | 2.485 | | 0 | AS | 1 | | 0.338 | 5.417 | 0.112 |
| 18:3 n-3 c,c,c.....g | 2.485 | | 1 | A | 1 | | 0.338 | 5.417 | 0.112 |
| 18:3 n-6 c,c,c.....g | | | | | | | | | |
| 18:3i.....g | 0.695 | | 1 | A | 1 | | 0.095 | 1.515 | 0.031 |
| 18:4.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 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 | | 1 | A | 1 | | 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 | 12.574 | | 0 | NC | 4 | | 1.710 | 27.412 | 0.566 |
| Fatty acids, total trans-monoenoic.....g | 9.289 | | 0 | NC | 4 | | 1.263 | 20.250 | 0.418 |
| Fatty acids, total trans-polyenoic.....g | 3.285 | | 0 | NC | 4 | | 0.447 | 7.162 | 0.148 |
| Cholesterol.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Phytosterols.....mg | 132 | | 0 | BFZN | 4 | | 18 | 288 | 6 |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Threonine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Isoleucine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Leucine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Lysine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Methionine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Cystine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |

NDB No. 04649

Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening

| 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 |
| | | | | | | | | | |
| Phenylalanine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Tyrosine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Valine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Arginine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Histidine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Alanine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Glycine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Proline.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Serine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Caffeine.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Theobromine.....mg | 0 | | 0 | BFZN | 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 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04616

Shortening, institutional, composite

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 | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Energy.....kcal | 894 | | 0 | RA | 4 | | 114 | 1833 | |
| Energy.....kj | 3740 | | 0 | | 4 | | 479 | 7668 | |
| Protein.....g | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Total lipid (fat).....g | 100.00 | | 0 | RA | 4 | | 12.80 | 205.00 | |
| Ash.....g | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Carbohydrate, by difference.....g | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Fiber, total dietary.....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Iron, Fe.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Magnesium, Mg.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Phosphorus, P.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Potassium, K.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Sodium, Na.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Zinc, Zn.....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Copper, Cu.....mg | 0.0000 | | 0 | | 4 | | 0.0000 | 0.0000 | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Thiamin.....mg | 0.0000 | | 0 | | 4 | | 0.0000 | 0.0000 | |
| Riboflavin.....mg | 0.0000 | | 0 | | 4 | | 0.0000 | 0.0000 | |
| Niacin.....mg | 0.0000 | | 0 | | 4 | | 0.0000 | 0.0000 | |
| Pantothenic acid.....mg | | | | | | | | | |
| Vitamin B-6.....mg | 0.0000 | | 0 | | 4 | | 0.0000 | 0.0000 | |
| Folate, total.....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Folic acid.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Folate, food.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total.....mg | 0.2 | | 0 | CAZN | 4 | | 0.0 | 0.4 | |
| 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 | BFZN | 4 | | 0 | 0 | |
| Carotene, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Carotene, alpha.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Vitamin A, IU.....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol).....mg | 0.80 | | 0 | BFZN | 4 | | 0.10 | 1.65 | |
| Vitamin E, added.....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta.....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Tocopherol, gamma.....mg | 29.44 | | 0 | BFZN | 4 | | 3.77 | 60.36 | |
| Tocopherol, delta.....mg | 16.68 | | 0 | BFZN | 4 | | 2.14 | 34.20 | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....mcg | 43.0 | | 0 | BFZN | 4 | | 5.5 | 88.2 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 23.950 | | 1 | A | 1 | | 3.066 | 49.098 | |
| 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 | |

NDB No. 04616
Shortening, institutional, composite

| 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 |
| 12:0.....g | 0.090 | | 1 | A | 1 | | 0.012 | 0.185 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.130 | | 1 | A | 1 | | 0.017 | 0.267 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 11.060 | | 1 | A | 1 | | 1.416 | 22.673 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 12.210 | | 1 | A | 1 | | 1.563 | 25.031 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 59.560 | | 1 | A | 1 | | 7.624 | 122.098 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.050 | | 1 | A | 1 | | 0.006 | 0.103 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 59.440 | | 1 | A | 1 | | 7.608 | 121.852 | |
| 20:1.....g | 0.040 | | 1 | A | 1 | | 0.005 | 0.082 | |
| 22:1 undifferentiated.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 12.090 | | 1 | A | 1 | | 1.548 | 24.785 | |
| 18:2 undifferentiated.....g | 11.950 | | 1 | A | 1 | | 1.530 | 24.498 | |
| 18:3 undifferentiated.....g | 0.140 | | 1 | A | 1 | | 0.018 | 0.287 | |
| 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 | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 0 | RA | 4 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 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 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04595

Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)

| 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 | 0.403 | | 1 | | 1 | | 0.052 | 0.826 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 19.442 | | 1 | | 1 | | 2.489 | 39.856 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 9.973 | | 1 | | 1 | | 1.277 | 20.445 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 50.973 | | 0 | | 1 | | 6.525 | 104.495 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | | | | | | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 50.973 | | 1 | | 1 | | 6.525 | 104.495 | |
| 20:1.....g | | | | | | | | | |
| 22:1 undifferentiated.....g | | | | | | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 14.204 | | 0 | | 1 | | 1.818 | 29.118 | |
| 18:2 undifferentiated.....g | 13.600 | | 1 | | 1 | | 1.741 | 27.880 | |
| 18:3 undifferentiated.....g | 0.604 | | 1 | | 1 | | 0.077 | 1.238 | |
| 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 | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04587

Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed

| 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 | | Measure 1 | Measure 2 | Measure 3 |
| | | | Deriv Code | Source Code | | | |
| 14:0.....g | 0.450 | | 1 | | 1 | 0.058 | 0.923 |
| 15:0.....g | | | | | | | |
| 16:0.....g | 23.392 | | 1 | | 1 | 2.994 | 47.954 |
| 17:0.....g | | | | | | | |
| 18:0.....g | 5.001 | | 1 | | 1 | 0.640 | 10.252 |
| 20:0.....g | | | | | | | |
| 22:0.....g | | | | | | | |
| 24:0.....g | | | | | | | |
| Fatty acids, total monounsaturated.....g | 29.583 | | 0 | | 1 | 3.787 | 60.645 |
| 14:1.....g | | | | | | | |
| 15:1.....g | | | | | | | |
| 16:1 undifferentiated.....g | 0.230 | | 1 | | 1 | 0.029 | 0.472 |
| 17:1.....g | | | | | | | |
| 18:1 undifferentiated.....g | 29.353 | | 1 | | 1 | 3.757 | 60.174 |
| 20:1.....g | | | | | | | |
| 22:1 undifferentiated.....g | | | | | | | |
| 24:1 c.....g | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 37.174 | | 0 | | 1 | 4.758 | 76.207 |
| 18:2 undifferentiated.....g | 33.984 | | 1 | | 1 | 4.350 | 69.667 |
| 18:3 undifferentiated.....g | 3.190 | | 1 | | 1 | 0.408 | 6.540 |
| 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 | | | | | | | |
| Others: | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 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 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04586

Shortening, special purpose for cakes and frostings, soybean (hydrogenated)

| 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 |
| | | | | | | | | | |
| 12:0.....g | | | | | | | | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | | | | | | | | | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 9.666 | | 1 | | 1 | | 1.237 | 19.815 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 10.335 | | 1 | | 1 | | 1.323 | 21.187 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 36.555 | | 0 | | 1 | | 4.679 | 74.938 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | | | | | | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 36.555 | | 1 | | 1 | | 4.679 | 74.938 | |
| 20:1.....g | | | | | | | | | |
| 22:1 undifferentiated.....g | | | | | | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 37.991 | | 0 | | 1 | | 4.863 | 77.882 | |
| 18:2 undifferentiated.....g | 35.790 | | 1 | | 1 | | 4.581 | 73.370 | |
| 18:3 undifferentiated.....g | 2.201 | | 1 | | 1 | | 0.282 | 4.512 | |
| 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 | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 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 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04615

Shortening, vegetable, household, composite

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 | 0.00 | 0.000 | 7 | A | 1 | | 0.00 | 0.00 | |
| Energy.....kcal | 884 | | 0 | NC | 4 | | 1812 | 113 | |
| Energy.....kj | 3698 | | 0 | NC | 4 | | 7580 | 473 | |
| Protein (N x 6.25).....g | 0.00 | 0.000 | 7 | A | 1 | | 0.00 | 0.00 | |
| Total lipid (fat).....g | 99.97 | | 0 | O | 4 | | 204.94 | 12.80 | |
| Ash.....g | 0.03 | 0.022 | 7 | A | 1 | | 0.06 | 0.00 | |
| Carbohydrate, by difference.....g | 0.00 | | 0 | NC | 4 | | 0.00 | 0.00 | |
| Fiber, total dietary.....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total.....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 1 | 0.139 | 6 | A | 1 | | 2 | 0 | |
| Iron, Fe.....mg | 0.07 | 0.016 | 6 | A | 1 | | 0.14 | 0.01 | |
| Magnesium, Mg.....mg | 0 | 0.030 | 6 | A | 1 | | 0 | 0 | |
| Phosphorus, P.....mg | 0 | 0.000 | 6 | A | 1 | | 0 | 0 | |
| Potassium, K.....mg | 0 | 0.000 | 6 | A | 1 | | 0 | 0 | |
| Sodium, Na.....mg | 4 | 0.535 | 6 | A | 1 | | 9 | 1 | |
| Zinc, Zn.....mg | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | 0.00 | |
| Copper, Cu.....mg | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | 0.000 | |
| Manganese, Mn.....mg | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | 0.000 | |
| Selenium, Se.....mcg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 1 | A | 1 | | 0.0 | 0.0 | |
| Thiamin.....mg | 0.020 | | 1 | A | 1 | | 0.042 | 0.003 | |
| Riboflavin.....mg | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| Niacin.....mg | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| Pantothenic acid.....mg | 0.680 | | 1 | A | 1 | | 1.394 | 0.087 | |
| Vitamin B-6.....mg | 0.001 | | 1 | A | 1 | | 0.002 | 0.000 | |
| Folate, total.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Folic acid.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Folate, food.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total.....mg | 0.2 | | 0 | CAZN | 4 | | 0.4 | 0.0 | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.00 | | 0 | BFZN | 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 | BFZN | 4 | | 0 | 0 | |
| Carotene, alpha.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Vitamin A, IU.....IU | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Lycopene.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol).....mg | 0.80 | 0.804 | 7 | A | 1 | | 1.65 | 0.10 | |
| Vitamin E, added.....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta.....mg | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | 0.00 | |
| Tocopherol, gamma.....mg | 29.44 | 5.320 | 7 | A | 1 | | 60.36 | 3.77 | |
| Tocopherol, delta.....mg | 16.68 | 3.339 | 7 | A | 1 | | 34.20 | 2.14 | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....mcg | 53.2 | 13.440 | 3 | A | 1 | | 109.1 | 6.8 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 24.980 | | 0 | NC | 4 | | 51.209 | 3.197 | |
| 4:0.....g | 0.000 | 0.000 | 7 | A | 1 | | 0.000 | 0.000 | |
| 6:0.....g | 0.000 | 0.000 | 7 | A | 1 | | 0.000 | 0.000 | |
| 8:0.....g | 0.000 | 0.000 | 7 | A | 1 | | 0.000 | 0.000 | |
| 10:0.....g | 0.000 | 0.000 | 7 | A | 1 | | 0.000 | 0.000 | |

Shortening, vegetable, household, composite

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common | | |
|--|---------------------------------------|------------|--------------------------|---------------|----------------|--------------------|------------------------------------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | measures of food | | |
| | | | | | | | Measure 1 | Measure 2 | Measure 3 |
| 12:0.....g | 0.000 | 0.000 | 7 | A | 1 | | 0.000 | 0.000 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.167 | 0.007 | 7 | A | 1 | | 0.342 | 0.021 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 12.460 | 0.341 | 7 | A | 1 | | 25.543 | 1.595 | |
| 17:0.....g | 0.095 | 0.026 | 7 | A | 1 | | 0.196 | 0.012 | |
| 18:0.....g | 11.412 | 0.149 | 7 | A | 1 | | 23.394 | 1.461 | |
| 20:0.....g | 0.428 | 0.005 | 7 | A | 1 | | 0.878 | 0.055 | |
| 22:0.....g | 0.367 | 0.011 | 7 | A | 1 | | 0.752 | 0.047 | |
| 24:0.....g | 0.052 | 0.018 | 7 | A | 1 | | 0.106 | 0.007 | |
| Fatty acids, total monounsaturated.....g | 41.186 | | 0 | NC | 4 | | 84.431 | 5.272 | |
| 14:1.....g | 0.000 | 0.000 | 7 | A | 1 | | 0.000 | 0.000 | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.021 | 0.011 | 7 | JA | 6 | | 0.044 | 0.003 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 41.076 | | 0 | AS | 1 | | 84.206 | 5.258 | |
| 18:1 c.....g | 30.309 | 0.703 | 7 | A | 1 | | 62.133 | 3.880 | |
| 18:1-11c (18:1c n-7).....g | | | | | | | | | |
| 18:1 t.....g | 10.767 | 1.005 | 7 | A | 1 | | 22.073 | 1.378 | |
| 18:1-11t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.088 | 0.038 | 7 | A | 1 | | 0.181 | 0.011 | |
| 22:1 undifferentiated.....g | 0.000 | 0.000 | 7 | JA | 6 | | 0.000 | 0.000 | |
| 24:1 c.....g | 0.000 | 0.000 | 7 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total polyunsaturated.....g | 28.097 | | 0 | NC | 4 | | 57.598 | 3.596 | |
| 18:2 undifferentiated.....g | 26.213 | | 0 | AS | 1 | | 53.737 | 3.355 | |
| 18:2 n-6 c,c.....g | 23.760 | 1.182 | 7 | A | 1 | | 48.708 | 3.041 | |
| 18:2 CLAs.....g | 0.057 | 0.027 | 6 | A | 1 | | 0.116 | 0.007 | |
| 18:2 c,t.....g | | | | | | | | | |
| 18:2 t,c.....g | | | | | | | | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | 2.397 | 0.218 | 7 | A | 1 | | 4.913 | 0.307 | |
| 18:2 t not further defined.....g | | | | | | | | | |
| 18:3 undifferentiated.....g | 1.883 | | 0 | AS | 1 | | 3.861 | 0.241 | |
| 18:3 n-3 c,c,c.....g | 1.883 | 0.207 | 7 | A | 1 | | 3.861 | 0.241 | |
| 18:3 n-6 c,c,c.....g | | | | | | | | | |
| 18:3i.....g | | | | | | | | | |
| 18:4.....g | 0.000 | 0.000 | 7 | A | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:3 n-3.....g | | | | | | | | | |
| 20:3 n-6.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | 0.000 | 7 | 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 | 7 | A | 1 | | 0.000 | 0.000 | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | | | | | | | | | |
| 22:5 n-3.....g | 0.000 | 0.000 | 7 | A | 1 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | 0.000 | 7 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | 13.164 | | 0 | NC | 4 | | 26.986 | 1.685 | |
| Fatty acids, total trans-monoenoic.....g | 10.767 | | 0 | NC | 4 | | 22.073 | 1.378 | |
| Fatty acids, total trans-polyenoic.....g | 2.397 | | 0 | NC | 4 | | 4.913 | 0.307 | |
| Cholesterol.....mg | 0 | 0.000 | 6 | A | 1 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| Stigmasterol.....mg | 51 | 5.653 | 6 | A | 1 | | 105 | 7 | |
| Campesterol.....mg | 50 | 3.624 | 6 | A | 1 | | 103 | 6 | |
| Beta-sitosterol.....mg | 138 | 14.003 | 6 | A | 1 | | 282 | 18 | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | BFZN | 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. 04615

Shortening, vegetable, household, composite

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

food, or similar food.

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

| 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 | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 4.172 | | 1 | A | 1 | | 0.567 | 9.094 | 0.188 |
| 17:0.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 18:0.....g | 3.183 | | 1 | A | 1 | | 0.433 | 6.939 | 0.143 |
| 20:0.....g | 0.037 | | 1 | A | 1 | | 0.005 | 0.081 | 0.002 |
| 22:0.....g | 0.037 | | 1 | A | 1 | | 0.005 | 0.081 | 0.002 |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 22.730 | | 0 | NC | 4 | | 3.091 | 49.552 | 1.023 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | AS | 1 | | 0.000 | 0.000 | 0.000 |
| 16:1 c.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 16:1 t.....g | | | | | | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 22.730 | | 0 | AS | 1 | | 3.091 | 49.552 | 1.023 |
| 18:1 c.....g | 22.730 | | 1 | A | 1 | | 3.091 | 49.552 | 1.023 |
| 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 | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 65.138 | | 0 | NC | 4 | | 8.859 | 142.001 | 2.931 |
| 18:2 undifferentiated.....g | 57.733 | | 0 | AS | 1 | | 7.852 | 125.857 | 2.598 |
| 18:2 n-6 c,c.....g | 56.601 | | 1 | A | 1 | | 7.698 | 123.390 | 2.547 |
| 18:2 CLAs.....g | | | | | | | | | |
| 18:2 c,t.....g | | | | | | | | | |
| 18:2 t,c.....g | | | | | | | | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | 1.131 | | 1 | A | 1 | | 0.154 | 2.466 | 0.051 |
| 18:2 t not further defined.....g | | | | | | | | | |
| 18:3 undifferentiated.....g | 7.406 | | 0 | A | 1 | | 1.007 | 16.144 | 0.333 |
| 18:3 n-3 c,c,c.....g | 5.960 | | 1 | A | 1 | | 0.810 | 12.992 | 0.268 |
| 18:3 n-6 c,c,c.....g | | | | | | | | | |
| 18:3i.....g | 1.446 | | 1 | A | 1 | | 0.197 | 3.152 | 0.065 |
| 18:4.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 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 | | 1 | A | 1 | | 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 | 2.577 | | 0 | NC | 4 | | 0.351 | 5.619 | 0.116 |
| Fatty acids, total trans-monoenoic.....g | 0.000 | | 0 | NC | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans-polyenoic.....g | 2.577 | | 0 | NC | 4 | | 0.351 | 5.619 | 0.116 |
| Cholesterol.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Phytosterols.....mg | 250 | | 0 | BFZN | 4 | | 34 | 545 | 11 |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Threonine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Isoleucine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Leucine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Lysine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Methionine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Cystine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Phenylalanine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Tyrosine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |

NDB No. 04670

USDA Commodity Food, oil, vegetable, low saturated fat

| 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 |
| | | | | | | | | | |
| Valine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Arginine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Histidine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Alanine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Glycine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Proline.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Serine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Caffeine.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Theobromine.....mg | 0 | | 0 | BFZN | 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 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

| 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 | 0.041 | 0.025 | 3 | A | 1 | | 0.006 | 0.089 | 0.002 |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 10.657 | 0.095 | 3 | A | 1 | | 1.449 | 23.231 | 0.480 |
| 17:0.....g | 0.047 | 0.031 | 3 | A | 1 | | 0.006 | 0.103 | 0.002 |
| 18:0.....g | 4.003 | 0.161 | 3 | A | 1 | | 0.544 | 8.726 | 0.180 |
| 20:0.....g | 0.242 | 0.103 | 3 | A | 1 | | 0.033 | 0.528 | 0.011 |
| 22:0.....g | 0.262 | 0.113 | 3 | A | 1 | | 0.036 | 0.571 | 0.012 |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 22.727 | | 0 | NC | 4 | | 3.091 | 49.544 | 1.023 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.025 | | 0 | AS | 1 | | 0.003 | 0.054 | 0.001 |
| 16:1 c.....g | 0.025 | 0.012 | 3 | A | 1 | | 0.003 | 0.054 | 0.001 |
| 16:1 t.....g | | | | | | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 22.571 | | 0 | AS | 1 | | 3.070 | 49.206 | 1.016 |
| 18:1 c.....g | 22.571 | 0.484 | 3 | A | 1 | | 3.070 | 49.206 | 1.016 |
| 18:1-11c (18:1c n-7).....g | | | | | | | | | |
| 18:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 18:1-11t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.131 | 0.047 | 3 | A | 1 | | 0.018 | 0.285 | 0.006 |
| 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 | 57.333 | | 0 | NC | 4 | | 7.797 | 124.987 | 2.580 |
| 18:2 undifferentiated.....g | 50.299 | | 0 | AS | 1 | | 6.841 | 109.652 | 2.263 |
| 18:2 n-6 c,c.....g | 50.118 | 0.539 | 3 | A | 1 | | 6.816 | 109.258 | 2.255 |
| 18:2 CLAs.....g | | | | | | | | | |
| 18:2 c,t.....g | | | | | | | | | |
| 18:2 t,c.....g | | | | | | | | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | 0.181 | 0.143 | 3 | A | 1 | | 0.025 | 0.394 | 0.008 |
| 18:2 t not further defined.....g | | | | | | | | | |
| 18:3 undifferentiated.....g | 7.034 | | 0 | A | 1 | | 0.957 | 15.335 | 0.317 |
| 18:3 n-3 c,c,c.....g | 6.537 | 0.314 | 3 | A | 1 | | 0.889 | 14.251 | 0.294 |
| 18:3 n-6 c,c,c.....g | | | | | | | | | |
| 18:3i.....g | 0.497 | 0.209 | 3 | A | 1 | | 0.068 | 1.084 | 0.022 |
| 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 | | | | | | | | | |
| 20:3 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 | 0.000 | 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 | 0.678 | | 0 | NC | 4 | | 0.092 | 1.478 | 0.031 |
| Fatty acids, total trans-monoenoic.....g | 0.000 | | 0 | NC | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans-polyenoic.....g | 0.678 | | 0 | NC | 4 | | 0.092 | 1.478 | 0.031 |
| Cholesterol.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Phytosterols.....mg | 250 | | 0 | BFZN | 4 | | 34 | 545 | 11 |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Threonine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Isoleucine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Leucine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Lysine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Methionine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Cystine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Phenylalanine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Tyrosine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |

NDB No. 04669

USDA Commodity Food, oil, vegetable, soybean, refined

| 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 |
| | | | | | | | | | |
| Valine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Arginine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Histidine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Alanine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Glycine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Proline.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Serine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Caffeine.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Theobromine.....mg | 0 | | 0 | BFZN | 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 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 teaspoon

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion of common measures of food | | | |
|--|---------------------------------------|------------|----------------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | of Data Points | | | | | |
| 14:0.....g | 0.122 | | 1 | A | 1 | 0.251 | 0.016 | |
| 15:0.....g | | | | | | | | |
| 16:0.....g | 11.624 | | 1 | A | 1 | 23.829 | 1.488 | |
| 17:0.....g | 0.124 | | 1 | A | 1 | 0.253 | 0.016 | |
| 18:0.....g | 10.712 | | 1 | A | 1 | 21.959 | 1.371 | |
| 20:0.....g | 0.325 | | 1 | A | 1 | 0.667 | 0.042 | |
| 22:0.....g | 0.336 | | 1 | A | 1 | 0.689 | 0.043 | |
| 24:0.....g | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 64.431 | | 0 | NC | 4 | 132.084 | 8.247 | |
| 14:1.....g | | | | | | | | |
| 15:1.....g | | | | | | | | |
| 16:1 undifferentiated.....g | 0.066 | | 0 | AS | 1 | 0.136 | 0.008 | |
| 16:1 c.....g | 0.066 | | 1 | A | 1 | 0.136 | 0.008 | |
| 16:1 t.....g | | | | | | | | |
| 17:1.....g | | | | | | | | |
| 18:1 undifferentiated.....g | 64.231 | | 0 | AS | 1 | 131.673 | 8.222 | |
| 18:1 c.....g | 33.364 | | 1 | A | 1 | 68.395 | 4.271 | |
| 18:1-11c (18:1c n-7).....g | | | | | | | | |
| 18:1 t.....g | 30.867 | | 1 | A | 1 | 63.278 | 3.951 | |
| 18:1-11t (18:1t n-7).....g | | | | | | | | |
| 20:1.....g | 0.134 | | 1 | A | 1 | 0.275 | 0.017 | |
| 22:1 undifferentiated.....g | 0.000 | | 1 | A | 1 | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 6.968 | | 0 | NC | 4 | 14.284 | 0.892 | |
| 18:2 undifferentiated.....g | 6.931 | | 0 | AS | 1 | 14.208 | 0.887 | |
| 18:2 n-6 c,c.....g | 4.381 | | 1 | A | 1 | 8.981 | 0.561 | |
| 18:2 CLAs.....g | | | | | | | | |
| 18:2 c,t.....g | | | | | | | | |
| 18:2 t,c.....g | | | | | | | | |
| 18:2 t,t.....g | | | | | | | | |
| 18:2 i.....g | 2.550 | | 1 | A | 1 | 5.226 | 0.326 | |
| 18:2 t not further defined.....g | | | | | | | | |
| 18:3 undifferentiated.....g | 0.037 | | 0 | A | 1 | 0.076 | 0.005 | |
| 18:3 n-3 c,c,c.....g | 0.037 | | 1 | A | 1 | 0.076 | 0.005 | |
| 18:3 n-6 c,c,c.....g | | | | | | | | |
| 18:3i.....g | 0.000 | | 1 | A | 1 | 0.000 | 0.000 | |
| 18:4.....g | 0.000 | | 1 | A | 1 | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | |
| 20:3 n-3.....g | | | | | | | | |
| 20:3 n-6.....g | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 1 | A | 1 | 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 | |
| 21:5.....g | | | | | | | | |
| 22:4.....g | | | | | | | | |
| 22:5 n-3.....g | 0.000 | | 1 | A | 1 | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 1 | A | 1 | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | 33.417 | | 0 | NC | 4 | 68.505 | 4.277 | |
| Fatty acids, total trans-monoenoic.....g | 30.867 | | 0 | NC | 4 | 63.278 | 3.951 | |
| Fatty acids, total trans-polyenoic.....g | 2.550 | | 0 | NC | 4 | 5.226 | 0.326 | |
| Cholesterol.....mg | 0 | | 0 | BFZN | 4 | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | |
| Amino Acids: | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | BFZN | 4 | 0.000 | 0.000 | |
| Threonine.....g | 0.000 | | 0 | BFZN | 4 | 0.000 | 0.000 | |
| Isoleucine.....g | 0.000 | | 0 | BFZN | 4 | 0.000 | 0.000 | |
| Leucine.....g | 0.000 | | 0 | BFZN | 4 | 0.000 | 0.000 | |
| Lysine.....g | 0.000 | | 0 | BFZN | 4 | 0.000 | 0.000 | |
| Methionine.....g | 0.000 | | 0 | BFZN | 4 | 0.000 | 0.000 | |
| Cystine.....g | 0.000 | | 0 | BFZN | 4 | 0.000 | 0.000 | |
| Phenylalanine.....g | 0.000 | | 0 | BFZN | 4 | 0.000 | 0.000 | |
| Tyrosine.....g | 0.000 | | 0 | BFZN | 4 | 0.000 | 0.000 | |

NDB No. 04672

USDA Commodity Food, shortening, all purpose, soybean (partially hydrogenated) and cottonseed

| 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 |
| | | | | | | | | | |
| Valine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Arginine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Histidine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Alanine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Aspartic acid.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Glutamic acid.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Glycine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Proline.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Serine.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | BFZN | 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 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

USDA Commodity Food, shortening, type III, creamy liquid, soybean and soybean (partially hydrogenated)

| 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 Deriv | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | Points | Code | | | | | |
| 14:0.....g | 0.085 | | 1 | A | 1 | | 0.174 | 0.011 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 10.827 | | 1 | A | 1 | | 22.196 | 1.386 | |
| 17:0.....g | 0.037 | | 1 | A | 1 | | 0.076 | 0.005 | |
| 18:0.....g | 5.442 | | 1 | A | 1 | | 11.155 | 0.697 | |
| 20:0.....g | 0.383 | | 1 | A | 1 | | 0.785 | 0.049 | |
| 22:0.....g | 0.365 | | 1 | A | 1 | | 0.748 | 0.047 | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 32.666 | | 0 | NC | 4 | | 66.966 | 4.181 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.037 | | 0 | AS | 1 | | 0.076 | 0.005 | |
| 16:1 c.....g | 0.037 | | 1 | A | 1 | | 0.076 | 0.005 | |
| 16:1 t.....g | | | | | | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 32.592 | | 0 | AS | 1 | | 66.813 | 4.172 | |
| 18:1 c.....g | 24.751 | | 1 | A | 1 | | 50.740 | 3.168 | |
| 18:1-11c (18:1c n-7).....g | | | | | | | | | |
| 18:1 t.....g | 7.841 | | 1 | A | 1 | | 16.073 | 1.004 | |
| 18:1-11t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.037 | | 1 | A | 1 | | 0.076 | 0.005 | |
| 22:1 undifferentiated.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 45.209 | | 0 | NC | 4 | | 92.679 | 5.787 | |
| 18:2 undifferentiated.....g | 40.200 | | 0 | AS | 1 | | 82.409 | 5.146 | |
| 18:2 n-6 c,c.....g | 38.010 | | 1 | A | 1 | | 77.921 | 4.865 | |
| 18:2 CLAs.....g | | | | | | | | | |
| 18:2 c,t.....g | | | | | | | | | |
| 18:2 t,c.....g | | | | | | | | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | 2.190 | | 1 | A | 1 | | 4.488 | 0.280 | |
| 18:2 t not further defined.....g | | | | | | | | | |
| 18:3 undifferentiated.....g | 5.009 | | 0 | A | 1 | | 10.269 | 0.641 | |
| 18:3 n-3 c,c,c.....g | 4.427 | | 1 | A | 1 | | 9.075 | 0.567 | |
| 18:3 n-6 c,c,c.....g | | | | | | | | | |
| 18:3i.....g | 0.583 | | 1 | A | 1 | | 1.194 | 0.075 | |
| 18:4.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:3 n-3.....g | | | | | | | | | |
| 20:3 n-6.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 1 | A | 1 | | 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 | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | | | | | | | | | |
| 22:5 n-3.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | 10.613 | | 0 | NC | 4 | | 21.756 | 1.358 | |
| Fatty acids, total trans-monoenoic.....g | 7.841 | | 0 | NC | 4 | | 16.073 | 1.004 | |
| Fatty acids, total trans-polyenoic.....g | 2.772 | | 0 | NC | 4 | | 5.683 | 0.355 | |
| Cholesterol.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | BFZN | 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.

NDB No. 04671

USDA Commodity Food, shortening, type III, creamy liquid, soybean and soybean (partially hydrogenated)

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tablespoon

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04581
Vegetable oil, avocado

| 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 | 10.900 | | 2 | | 1 | | 1.526 | 23.762 | 0.491 |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 0.660 | | 2 | | 1 | | 0.092 | 1.439 | 0.030 |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 70.554 | | 0 | | 1 | | 9.878 | 153.808 | 3.175 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 2.665 | | 2 | | 1 | | 0.373 | 5.810 | 0.120 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 67.889 | | 2 | | 1 | | 9.504 | 147.998 | 3.055 |
| 20:1.....g | | | | | | | | | |
| 22:1 undifferentiated.....g | | | | | | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 13.486 | | 0 | | 1 | | 1.888 | 29.399 | 0.607 |
| 18:2 undifferentiated.....g | 12.530 | | 2 | | 1 | | 1.754 | 27.315 | 0.564 |
| 18:3 undifferentiated.....g | 0.957 | | 2 | | 1 | | 0.134 | 2.086 | 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 | | | | | | | | | |
| 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 = 14.0g: 1 tbsp
- Measure 2 = 218g: 1 cup
- Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04047
Vegetable oil, coconut

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 | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | 0.00 |
| Energy.....kcal | 862 | | 0 | NC | 4 | | 117 | 1879 | 39 |
| Energy.....kj | 3607 | | 0 | | 4 | | 490 | 7862 | 162 |
| Protein (N x 0).....g | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat).....g | 100.00 | | 1 | | 1 | | 13.60 | 218.00 | 4.50 |
| Ash.....g | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | 0.00 |
| Carbohydrate, by difference.....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary.....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total.....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 0 | | 1 | | 1 | | 0 | 0 | 0 |
| Iron, Fe.....mg | 0.04 | | 1 | | 1 | | 0.01 | 0.09 | 0.00 |
| Magnesium, Mg.....mg | 0 | | 1 | | 1 | | 0 | 0 | 0 |
| Phosphorus, P.....mg | 0 | | 1 | | 1 | | 0 | 0 | 0 |
| Potassium, K.....mg | 0 | | 1 | | 1 | | 0 | 0 | 0 |
| Sodium, Na.....mg | 0 | | 1 | | 1 | | 0 | 0 | 0 |
| Zinc, Zn.....mg | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | 0.00 |
| Copper, Cu.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Selenium, Se.....mcg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 1 | | 1 | | 0.0 | 0.0 | 0.0 |
| Thiamin.....mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| Riboflavin.....mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| Niacin.....mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid.....mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6.....mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| Folate, total.....mcg | 0 | | 1 | | 1 | | 0 | 0 | 0 |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food.....mcg | 0 | | 1 | | 1 | | 0 | 0 | 0 |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total.....mg | 0.3 | | 0 | CAZN | 4 | | 0.0 | 0.6 | 0.0 |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | 0.00 |
| Vitamin B-12, added.....mcg | 0.00 | | 0 | NR | 4 | | 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 | | 1 | A | 1 | | 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 | AS | 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 | 0.09 | | 1 | A | 1 | | 0.01 | 0.20 | 0.00 |
| Vitamin E, added.....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta.....mg | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, gamma.....mg | 0.20 | | 1 | A | 1 | | 0.03 | 0.44 | 0.01 |
| Tocopherol, delta.....mg | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....mcg | 0.5 | | 1 | A | 1 | | 0.1 | 1.1 | 0.0 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 86.500 | | 0 | | 1 | | 11.764 | 188.570 | 3.893 |
| 4:0.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 6:0.....g | 0.600 | | 19 | | 1 | | 0.082 | 1.308 | 0.027 |
| 8:0.....g | 7.500 | | 19 | | 1 | | 1.020 | 16.350 | 0.338 |
| 10:0.....g | 6.000 | | 19 | | 1 | | 0.816 | 13.080 | 0.270 |

NDB No. 04047
Vegetable oil, coconut

| 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 |
| | | | | | | | | | |
| 12:0.....g | 44.600 | | 19 | | 1 | | 6.066 | 97.228 | 2.007 |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 16.800 | | 19 | | 1 | | 2.285 | 36.624 | 0.756 |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 8.200 | | 19 | | 1 | | 1.115 | 17.876 | 0.369 |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 2.800 | | 19 | | 1 | | 0.381 | 6.104 | 0.126 |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 5.800 | | 0 | | 1 | | 0.789 | 12.644 | 0.261 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 5.800 | | 19 | | 1 | | 0.789 | 12.644 | 0.261 |
| 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 | 1.800 | | 0 | | 1 | | 0.245 | 3.924 | 0.081 |
| 18:2 undifferentiated.....g | 1.800 | | 19 | | 1 | | 0.245 | 3.924 | 0.081 |
| 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 | 86 | 1.561 | 19 | | 1 | | 12 | 187 | 4 |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Threonine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Isoleucine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Leucine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Lysine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Methionine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Cystine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Phenylalanine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Tyrosine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Valine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Arginine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Histidine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Alanine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Glycine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Proline.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Serine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 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. 04047

Vegetable oil, coconut

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.62

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04583
Vegetable oil, mustard

| Nutrients and Units | <u>Amount in 100 grams of edible portion</u> | | | | <u>Amount in edible portion of common measures of food</u> | | | | |
|--|--|------------|-----------------------|------------|--|-----------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| 14:0.....g | 1.388 | | 2 | | 1 | | 0.194 | 3.026 | 0.062 |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 3.750 | | 2 | | 1 | | 0.525 | 8.175 | 0.169 |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 1.119 | | 2 | | 1 | | 0.157 | 2.439 | 0.050 |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 59.187 | | 0 | | 1 | | 8.286 | 129.028 | 2.663 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.216 | | 2 | | 1 | | 0.030 | 0.471 | 0.010 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 11.607 | | 2 | | 1 | | 1.625 | 25.303 | 0.522 |
| 20:1.....g | 6.190 | | 2 | | 1 | | 0.867 | 13.494 | 0.279 |
| 22:1 undifferentiated.....g | 41.175 | | 2 | | 1 | | 5.765 | 89.762 | 1.853 |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 21.230 | | 0 | | 1 | | 2.972 | 46.281 | 0.955 |
| 18:2 undifferentiated.....g | 15.332 | | 2 | | 1 | | 2.146 | 33.424 | 0.690 |
| 18:3 undifferentiated.....g | 5.899 | | 2 | | 1 | | 0.826 | 12.860 | 0.265 |
| 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 | | | | | | | | | |
| 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 = 14.0g: 1 tbsp
- Measure 2 = 218g: 1 cup
- Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04588
Vegetable oil, oat

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.390 | | 238 | | | 1 | 0.053 | 0.850 | 0.018 |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.240 | | 238 | | | 1 | 0.033 | 0.523 | 0.011 |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 16.670 | | 238 | | | 1 | 2.267 | 36.341 | 0.750 |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 1.050 | | 238 | | | 1 | 0.143 | 2.289 | 0.047 |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 35.110 | | 0 | | | 1 | 4.775 | 76.540 | 1.580 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.200 | | 238 | | | 1 | 0.027 | 0.436 | 0.009 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 34.900 | | 238 | | | 1 | 4.746 | 76.082 | 1.571 |
| 20:1.....g | | | | | | | | | |
| 22:1 undifferentiated.....g | | | | | | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 40.870 | | 0 | | | 1 | 5.558 | 89.097 | 1.839 |
| 18:2 undifferentiated.....g | 39.080 | | 238 | | | 1 | 5.315 | 85.194 | 1.759 |
| 18:3 undifferentiated.....g | 1.790 | | 238 | | | 1 | 0.243 | 3.902 | 0.081 |
| 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 | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | | 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:

- Measure 1 = 13.6g: 1 tbsp
- Measure 2 = 218g: 1 cup
- Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04513
Vegetable oil, palm kernel

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 | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | 0.00 |
| Energy.....kcal | 862 | | 0 | NC | 4 | | 117 | 1879 | 233 |
| Energy.....kj | 3607 | | 0 | | 4 | | 490 | 7862 | 974 |
| Protein (N x 0).....g | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat).....g | 100.00 | | 1 | | 1 | | 13.60 | 218.00 | 27.00 |
| Ash.....g | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | 0.00 |
| Carbohydrate, by difference.....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary.....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total.....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 0 | | 1 | | 1 | | 0 | 0 | 0 |
| Iron, Fe.....mg | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | 0.00 |
| Magnesium, Mg.....mg | 0 | | 1 | | 1 | | 0 | 0 | 0 |
| Phosphorus, P.....mg | 0 | | 1 | | 1 | | 0 | 0 | 0 |
| Potassium, K.....mg | 0 | | 1 | | 1 | | 0 | 0 | 0 |
| Sodium, Na.....mg | 0 | | 1 | | 1 | | 0 | 0 | 0 |
| Zinc, Zn.....mg | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | 0.00 |
| Copper, Cu.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Selenium, Se.....mcg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 1 | | 1 | | 0.0 | 0.0 | 0.0 |
| Thiamin.....mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| Riboflavin.....mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| Niacin.....mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid.....mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6.....mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| Folate, total.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total.....mg | 0.2 | | 0 | CAZN | 4 | | 0.0 | 0.4 | 0.1 |
| 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 | 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 | 0 | | 0 | AS | 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 | 3.81 | | 0 | NR | 4 | | 0.52 | 8.31 | 1.03 |
| 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 | 24.7 | 5.831 | 69 | JO | 11 | | 3.4 | 53.9 | 6.7 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 81.500 | | 0 | | 1 | | 11.084 | 177.670 | 22.005 |
| 4:0.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 6:0.....g | 0.200 | | 14 | | 1 | | 0.027 | 0.436 | 0.054 |
| 8:0.....g | 3.300 | | 14 | | 1 | | 0.449 | 7.194 | 0.891 |
| 10:0.....g | 3.700 | | 14 | | 1 | | 0.503 | 8.066 | 0.999 |

NDB No. 04513
Vegetable oil, palm kernel

| 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 |
| | | | | | | | | | |
| 12:0.....g | 47.000 | | 14 | | 1 | | 6.392 | 102.460 | 12.690 |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 16.400 | | 14 | | 1 | | 2.230 | 35.752 | 4.428 |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 8.100 | | 14 | | 1 | | 1.102 | 17.658 | 2.187 |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 2.800 | | 14 | | 1 | | 0.381 | 6.104 | 0.756 |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 11.400 | | 0 | | 1 | | 1.550 | 24.852 | 3.078 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 11.400 | | 14 | | 1 | | 1.550 | 24.852 | 3.078 |
| 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 | 1.600 | | 0 | | 1 | | 0.218 | 3.488 | 0.432 |
| 18:2 undifferentiated.....g | 1.600 | | 14 | | 1 | | 0.218 | 3.488 | 0.432 |
| 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 | 95 | 0.000 | 14 | | 1 | | 13 | 207 | 26 |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Threonine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Isoleucine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Leucine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Lysine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Methionine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Cystine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Phenylalanine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Tyrosine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Valine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Arginine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Histidine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Alanine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Glycine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Proline.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Serine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 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. 04513

Vegetable oil, palm kernel

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 27g: 2 tbsp (1/8 cup)

Calories Factors: Protein

Fat 8.62

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04531
Vegetable oil, soybean lecithin

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 | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | 0.00 |
| Energy.....kcal | 763 | | 0 | NC | 4 | | 104 | 1663 | 34 |
| Energy.....kj | 3192 | | 0 | | 4 | | 434 | 6959 | 144 |
| Protein (N x 0).....g | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat).....g | 100.00 | | 1 | | 1 | | 13.60 | 218.00 | 4.50 |
| Ash.....g | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Carbohydrate, by difference.....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary.....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 0 | | 1 | | 1 | | 0 | 0 | 0 |
| Iron, Fe.....mg | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | 0.00 |
| Magnesium, Mg.....mg | 0 | | 1 | | 1 | | 0 | 0 | 0 |
| Phosphorus, P.....mg | 0 | | 1 | | 1 | | 0 | 0 | 0 |
| Potassium, K.....mg | 0 | | 1 | | 1 | | 0 | 0 | 0 |
| Sodium, Na.....mg | 0 | | 1 | | 1 | | 0 | 0 | 0 |
| Zinc, Zn.....mg | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | 0.00 |
| Copper, Cu.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Selenium, Se.....mcg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 1 | | 1 | | 0.0 | 0.0 | 0.0 |
| Thiamin.....mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| Riboflavin.....mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| Niacin.....mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid.....mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6.....mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| Folate, total.....mcg | 0 | | 1 | | 1 | | 0 | 0 | 0 |
| Folic acid.....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food.....mcg | 0 | | 1 | | 1 | | 0 | 0 | 0 |
| Folate, DFE.....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total.....mg | 350.0 | | 0 | NR | 4 | | 47.6 | 763.0 | 15.8 |
| 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 | BFZN | 4 | | 0 | 0 | 0 |
| Carotene, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Carotene, alpha.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Vitamin A, IU.....IU | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Lycopene.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol).....mg | 8.18 | | 0 | BFZN | 4 | | 1.11 | 17.83 | 0.37 |
| 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 | 183.9 | | 0 | BFZN | 4 | | 25.0 | 400.9 | 8.3 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 15.005 | | 0 | | 1 | | 2.041 | 32.711 | 0.675 |
| 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. 04531
Vegetable oil, soybean lecithin

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.101 | | 4 | | 1 | | 0.014 | 0.220 | 0.005 |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 11.984 | | 4 | | 1 | | 1.630 | 26.125 | 0.539 |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 2.920 | | 4 | | 1 | | 0.397 | 6.366 | 0.131 |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 10.977 | | 0 | | 1 | | 1.493 | 23.930 | 0.494 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.403 | | 4 | | 1 | | 0.055 | 0.879 | 0.018 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 10.574 | | 4 | | 1 | | 1.438 | 23.051 | 0.476 |
| 20:1.....g | 0.000 | | 4 | | 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 | 45.318 | | 0 | | 1 | | 6.163 | 98.793 | 2.039 |
| 18:2 undifferentiated.....g | 40.182 | | 4 | | 1 | | 5.465 | 87.597 | 1.808 |
| 18:3 undifferentiated.....g | 5.136 | | 4 | | 1 | | 0.698 | 11.196 | 0.231 |
| 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 | | | | | | | | | |
| 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:

- Measure 1 = 13.6g: 1 tablespoon
- Measure 2 = 218g: 1 cup
- Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 7.63

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 42151

Vegetable oil-butter spread, reduced calorie

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 | 44.70 | | 1 | | 1 | | 92.53 | 5.81 | |
| Energy.....kcal | 465 | | 0 | | 4 | | 963 | 60 | |
| Energy.....kj | 1946 | | 0 | | 4 | | 4027 | 253 | |
| Protein.....g | 0.00 | | 0 | | 8 | | 0.00 | 0.00 | |
| Total lipid (fat).....g | 53.00 | | 1 | | 1 | | 109.71 | 6.89 | |
| Ash.....g | 2.30 | | 0 | NC | 4 | | 4.76 | 0.30 | |
| Carbohydrate, by difference.....g | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | |
| Fiber, total dietary.....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Sugars, total.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 6 | | 0 | | 4 | | 12 | 1 | |
| Iron, Fe.....mg | 0.04 | | 0 | | 4 | | 0.08 | 0.01 | |
| Magnesium, Mg.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Phosphorus, P.....mg | 10 | | 0 | | 4 | | 21 | 1 | |
| Potassium, K.....mg | 6 | | 0 | | 4 | | 12 | 1 | |
| Sodium, Na.....mg | 581 | | 1 | | 1 | | 1203 | 76 | |
| Zinc, Zn.....mg | 0.01 | | 1 | | 1 | | 0.02 | 0.00 | |
| Copper, Cu.....mg | 0.001 | | 1 | | 1 | | 0.002 | 0.000 | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.5 | | 0 | RA | 4 | | 1.0 | 0.1 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Thiamin.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Riboflavin.....mg | 0.010 | | 0 | | 4 | | 0.021 | 0.001 | |
| Niacin.....mg | 0.010 | | 0 | | 4 | | 0.021 | 0.001 | |
| Pantothenic acid.....mg | | | | | | | | | |
| Vitamin B-6.....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Folate, total.....mcg | 1 | | 0 | | 4 | | 2 | 0 | |
| Folic acid.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Folate, food.....mcg | 1 | | 0 | | 4 | | 2 | 0 | |
| Folate, DFE.....mcg_DFE | 1 | | 0 | NC | 4 | | 2 | 0 | |
| Choline, total.....mg | 6.5 | | 0 | BFZN | 4 | | 13.5 | 0.8 | |
| 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 | 819 | | 0 | NC | 4 | | 1695 | 106 | |
| Retinol.....mcg | 768 | | 0 | BFZN | 4 | | 1590 | 100 | |
| Carotene, beta.....mcg | 610 | | 0 | BFZN | 4 | | 1263 | 79 | |
| Carotene, alpha.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Vitamin A, IU.....IU | 3577 | | 0 | NC | 4 | | 7404 | 465 | |
| Lycopene.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol).....mg | 9.20 | | 0 | NR | 4 | | 19.04 | 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 | 61.1 | | 0 | BFFN | 4 | | 126.4 | 7.9 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 17.880 | | 0 | | 4 | | 37.012 | 2.324 | |
| 4:0.....g | 0.710 | | 0 | | 4 | | 1.470 | 0.092 | |
| 6:0.....g | 0.460 | | 0 | | 4 | | 0.952 | 0.060 | |
| 8:0.....g | 0.300 | | 0 | | 4 | | 0.621 | 0.039 | |
| 10:0.....g | 0.660 | | 0 | | 4 | | 1.366 | 0.086 | |

NDB No. 42151

Vegetable oil-butter spread, reduced calorie

| 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 | | Measure 1 | Measure 2 | Measure 3 |
| | | | Deriv Code | Source Code | | | |
| 12:0.....g | 0.760 | | 0 | | 4 | 1.573 | 0.099 |
| 13:0.....g | | | | | | | |
| 14:0.....g | 2.130 | | 0 | | 4 | 4.409 | 0.277 |
| 15:0.....g | | | | | | | |
| 16:0.....g | 9.020 | | 0 | | 4 | 18.671 | 1.173 |
| 17:0.....g | | | | | | | |
| 18:0.....g | 4.000 | | 0 | | 4 | 8.280 | 0.520 |
| 20:0.....g | | | | | | | |
| 22:0.....g | | | | | | | |
| 24:0.....g | | | | | | | |
| Fatty acids, total monounsaturated.....g | 20.770 | | 0 | | 4 | 42.994 | 2.700 |
| 14:1.....g | | | | | | | |
| 15:1.....g | | | | | | | |
| 16:1 undifferentiated.....g | 0.410 | | 0 | | 4 | 0.849 | 0.053 |
| 17:1.....g | | | | | | | |
| 18:1 undifferentiated.....g | 20.160 | | 0 | | 4 | 41.731 | 2.621 |
| 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 | 11.150 | | 0 | | 4 | 23.081 | 1.450 |
| 18:2 undifferentiated.....g | 10.690 | | 0 | | 4 | 22.128 | 1.390 |
| 18:3 undifferentiated.....g | 0.460 | | 0 | | 4 | 0.952 | 0.060 |
| 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 | 54 | | 1 | | 1 | 112 | 7 |
| Phytosterols.....mg | | | | | | | |
| Others: | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | | 7 | 0.0 | 0.0 |
| Caffeine.....mg | 0 | | 0 | BFZN | 4 | 0 | 0 |
| Theobromine.....mg | 0 | | 0 | BFZN | 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 = 207g: 1 cup

Measure 2 = 13.0g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 42309

Vegetable oil-butter spread, reduced calorie, tub, salted

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 | 46.00 | | 0 | | 4 | | 6.44 | | |
| Energy.....kcal | 450 | | 0 | | 4 | | 63 | | |
| Energy.....kj | 1883 | | 0 | | 4 | | 264 | | |
| Protein.....g | 1.00 | | 0 | | 4 | | 0.14 | | |
| Total lipid (fat).....g | 50.00 | | 0 | | 4 | | 7.00 | | |
| Ash.....g | 2.00 | | 0 | NR | 4 | | 0.28 | | |
| Carbohydrate, by difference.....g | 1.00 | | 0 | | 4 | | 0.14 | | |
| Fiber, total dietary.....g | 0.0 | | 0 | | 7 | | 0.0 | | |
| Sugars, total.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 28 | | 0 | | 4 | | 4 | | |
| Iron, Fe.....mg | 0.09 | | 0 | | 4 | | 0.01 | | |
| Magnesium, Mg.....mg | 2 | | 0 | | 4 | | 0 | | |
| Phosphorus, P.....mg | 23 | | 0 | | 4 | | 3 | | |
| Potassium, K.....mg | 37 | | 0 | | 4 | | 5 | | |
| Sodium, Na.....mg | 607 | | 0 | | 4 | | 85 | | |
| Zinc, Zn.....mg | 0.02 | | 0 | | 4 | | 0.00 | | |
| Copper, Cu.....mg | 0.005 | | 0 | | 4 | | 0.001 | | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.5 | | 0 | RA | 4 | | 0.1 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.1 | | 0 | | 4 | | 0.0 | | |
| Thiamin.....mg | 0.010 | | 0 | | 4 | | 0.001 | | |
| Riboflavin.....mg | 0.040 | | 0 | | 4 | | 0.006 | | |
| Niacin.....mg | 0.030 | | 0 | | 4 | | 0.004 | | |
| Pantothenic acid.....mg | | | | | | | | | |
| Vitamin B-6.....mg | 0.010 | | 0 | | 4 | | 0.001 | | |
| Folate, total.....mcg | 2 | | 0 | | 4 | | 0 | | |
| Folic acid.....mcg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folate, food.....mcg | 2 | | 0 | | 4 | | 0 | | |
| Folate, DFE.....mcg_DFE | 2 | | 0 | NC | 4 | | 0 | | |
| Choline, total.....mg | 6.5 | | 0 | BFZN | 4 | | 0.9 | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.10 | | 0 | | 4 | | 0.01 | | |
| Vitamin B-12, added.....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE.....mcg_RAE | 819 | | 0 | NC | 4 | | 115 | | |
| Retinol.....mcg | 768 | | 0 | BFZN | 4 | | 108 | | |
| Carotene, beta.....mcg | 610 | | 0 | BFZN | 4 | | 85 | | |
| Carotene, alpha.....mcg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Vitamin A, IU.....IU | 3571 | | 0 | | 4 | | 500 | | |
| Lycopene.....mcg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol).....mg | 5.70 | | 0 | NR | 4 | | 0.80 | | |
| 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 | 57.6 | | 0 | BFFN | 4 | | 8.1 | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 16.669 | | 0 | | 4 | | 2.334 | | |
| 4:0.....g | 0.522 | | 0 | | 4 | | 0.073 | | |
| 6:0.....g | 0.309 | | 0 | | 4 | | 0.043 | | |
| 8:0.....g | 0.180 | | 0 | | 4 | | 0.025 | | |
| 10:0.....g | 0.403 | | 0 | | 4 | | 0.056 | | |

NDB No. 42309

Vegetable oil-butter spread, reduced calorie, tub, salted

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.452 | | 0 | | 4 | | 0.063 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 1.702 | | 0 | | 4 | | 0.238 | | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 8.310 | | 0 | | 4 | | 1.163 | | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 4.435 | | 0 | | 4 | | 0.621 | | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 19.722 | | 0 | | 4 | | 2.761 | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.361 | | 0 | | 4 | | 0.051 | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 19.128 | | 0 | | 4 | | 2.678 | | |
| 20:1.....g | 0.000 | | 0 | | 7 | | 0.000 | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 7 | | 0.000 | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 11.299 | | 0 | | 4 | | 1.582 | | |
| 18:2 undifferentiated.....g | 10.601 | | 0 | | 4 | | 1.484 | | |
| 18:3 undifferentiated.....g | 0.698 | | 0 | | 4 | | 0.098 | | |
| 18:4.....g | 0.000 | | 0 | | 7 | | 0.000 | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 7 | | 0.000 | | |
| 20:5 n-3.....g | 0.000 | | 0 | | 7 | | 0.000 | | |
| 22:5 n-3.....g | 0.000 | | 0 | | 7 | | 0.000 | | |
| 22:6 n-3.....g | 0.000 | | 0 | | 7 | | 0.000 | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 71 | | 0 | | 4 | | 10 | | |
| Phytosterols.....mg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | | 7 | | 0.0 | | |
| Caffeine.....mg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Theobromine.....mg | 0 | | 0 | BFZN | 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 = 14.0g: 1 tablespoon

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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

NDB No. 04600

Vegetable oil-butter spread, tub, salted

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 | 56.00 | | 0 | | 4 | | 7.84 | | |
| Energy.....kcal | 362 | | 0 | | 4 | | 51 | | |
| Energy.....kj | 1515 | | 0 | | 4 | | 212 | | |
| Protein.....g | 1.00 | | 0 | | 4 | | 0.14 | | |
| Total lipid (fat).....g | 40.00 | | 0 | | 4 | | 5.60 | | |
| Ash.....g | 2.00 | | 0 | | 4 | | 0.28 | | |
| Carbohydrate, by difference.....g | 1.00 | | 0 | | 4 | | 0.14 | | |
| Fiber, total dietary.....g | 0.0 | | 0 | | 7 | | 0.0 | | |
| Sugars, total.....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 24 | | 0 | | 4 | | 3 | | |
| Iron, Fe.....mg | 0.04 | | 0 | | 4 | | 0.01 | | |
| Magnesium, Mg.....mg | 2 | | 0 | | 4 | | 0 | | |
| Phosphorus, P.....mg | 20 | | 0 | | 4 | | 3 | | |
| Potassium, K.....mg | 36 | | 0 | | 4 | | 5 | | |
| Sodium, Na.....mg | 786 | | 0 | | 4 | | 110 | | |
| Zinc, Zn.....mg | 0.01 | | 0 | | 4 | | 0.00 | | |
| Copper, Cu.....mg | 0.002 | | 0 | | 4 | | 0.000 | | |
| Manganese, Mn.....mg | | | | | | | | | |
| Selenium, Se.....mcg | 0.5 | | 0 | RA | 4 | | 0.1 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.1 | | 0 | | 4 | | 0.0 | | |
| Thiamin.....mg | 0.010 | | 0 | | 4 | | 0.001 | | |
| Riboflavin.....mg | 0.030 | | 0 | | 4 | | 0.004 | | |
| Niacin.....mg | 0.020 | | 0 | | 4 | | 0.003 | | |
| Pantothenic acid.....mg | | | | | | | | | |
| Vitamin B-6.....mg | 0.010 | | 0 | | 4 | | 0.001 | | |
| Folate, total.....mcg | 1 | | 0 | | 4 | | 0 | | |
| Folic acid.....mcg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folate, food.....mcg | 1 | | 0 | | 4 | | 0 | | |
| Folate, DFE.....mcg_DFE | 1 | | 0 | NC | 4 | | 0 | | |
| Choline, total.....mg | 6.5 | | 0 | BFZN | 4 | | 0.9 | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....mcg | 0.09 | | 0 | | 4 | | 0.01 | | |
| Vitamin B-12, added.....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE.....mcg_RAE | 819 | | 0 | NC | 4 | | 115 | | |
| Retinol.....mcg | 768 | | 0 | BFZN | 4 | | 108 | | |
| Carotene, beta.....mcg | 610 | | 0 | BFZN | 4 | | 85 | | |
| Carotene, alpha.....mcg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Vitamin A, IU.....IU | 3571 | | 0 | ML | 5 | | 500 | | |
| Lycopene.....mcg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol).....mg | 4.47 | | 0 | NR | 4 | | 0.63 | | |
| 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 | 46.1 | | 0 | BFFN | 4 | | 6.5 | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 7.238 | | 0 | | 4 | | 1.013 | | |
| 4:0.....g | 0.026 | | 0 | | 4 | | 0.004 | | |
| 6:0.....g | 0.015 | | 0 | | 4 | | 0.002 | | |
| 8:0.....g | 0.009 | | 0 | | 4 | | 0.001 | | |
| 10:0.....g | 0.020 | | 0 | | 4 | | 0.003 | | |

NDB No. 04600

Vegetable oil-butter spread, tub, salted

| 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 |
| | | | | | | | | | |
| 12:0.....g | 0.023 | | 0 | | 4 | | 0.003 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.130 | | 0 | | 4 | | 0.018 | | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 4.458 | | 0 | | 4 | | 0.624 | | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 2.538 | | 0 | | 4 | | 0.355 | | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 18.438 | | 0 | | 4 | | 2.581 | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.018 | | 0 | | 4 | | 0.003 | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 18.408 | | 0 | | 4 | | 2.577 | | |
| 20:1.....g | 0.000 | | 0 | | 7 | | 0.000 | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 7 | | 0.000 | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 12.573 | | 0 | | 4 | | 1.760 | | |
| 18:2 undifferentiated.....g | 12.025 | | 0 | | 4 | | 1.684 | | |
| 18:3 undifferentiated.....g | 0.549 | | 0 | | 4 | | 0.077 | | |
| 18:4.....g | 0.000 | | 0 | | 7 | | 0.000 | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 7 | | 0.000 | | |
| 20:5 n-3.....g | 0.000 | | 0 | | 7 | | 0.000 | | |
| 22:5 n-3.....g | 0.000 | | 0 | | 7 | | 0.000 | | |
| 22:6 n-3.....g | 0.000 | | 0 | | 7 | | 0.000 | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 0 | | 4 | | 0 | | |
| Phytosterols.....mg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | | 7 | | 0.0 | | |
| Caffeine.....mg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Theobromine.....mg | 0 | | 0 | BFZN | 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 = 14.0g: 1 tablespoon

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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