

# USDA National Nutrient Database for Standard Reference, Release 20

## Fatty acids, total saturated ( g ) Content of Selected Foods per Common Measure, sorted by nutrient content

| NDB_No | Description  | Weight (g) | Common Measure  | Content per Measure |
|--------|--|------------|-----------------|---------------------|
| 19087  | Candies, white chocolate   | 170        | 1 cup           | 33.000              |
| 19080  | Candies, semisweet chocolate   | 168        | 1 cup           | 29.820              |
| 12179  | Nuts, coconut meat, dried (desiccated), sweetened, shredded  | 93         | 1 cup           | 29.265              |
| 01036  | Cheese, ricotta, whole milk  | 246        | 1 cup           | 20.406              |
| 01164  | Cheese sauce, prepared from recipe   | 243        | 1 cup           | 19.523              |
| 21082  | Fast foods, taco   | 263        | 1 large         | 17.484              |
| 01095  | Milk, canned, condensed, sweetened   | 306        | 1 cup           | 16.787              |
| 18336  | Pie crust, standard-type, prepared from recipe, baked  | 180        | 1 pie shell     | 15.520              |
| 21012  | Fast foods, croissant, with egg, cheese, and bacon   | 129        | 1 croissant     | 15.432              |
| 12104  | Nuts, coconut meat, raw  | 45         | 1 piece         | 13.364              |
| 18335  | Pie crust, standard-type, frozen, ready-to-bake, baked   | 126        | 1 pie shell     | 13.335              |
| 14347  | Shake, fast food, vanilla  | 333        | 16 fl oz        | 13.193              |
| 18330  | Pie crust, cookie-type, prepared from recipe, graham cracker, baked                                    | 239        | 1 pie shell     | 12.418              |
| 01037  | Cheese, ricotta, part skim milk  | 246        | 1 cup           | 12.120              |
| 21111  | Fast foods, hamburger; double, regular patty; with condiments  | 215        | 1 sandwich      | 12.001              |
| 21097  | Fast foods, cheeseburger; single, large patty; with condiments and bacon                               | 195        | 1 sandwich      | 11.946              |
| 19061  | Snacks, trail mix, tropical  | 140        | 1 cup           | 11.872              |
| 21005  | Fast Foods, biscuit, with egg and sausage  | 180        | 1 biscuit       | 11.608              |
| 11373  | Potatoes, au gratin, home-prepared from recipe using butter  | 245        | 1 cup           | 11.596              |
| 01096  | Milk, canned, evaporated, without added vitamin A  | 252        | 1 cup           | 11.569              |
| 21086  | Fast foods, tostada, with beans, beef, and cheese  | 225        | 1 tostada       | 11.475              |
| 21082  | Fast foods, taco   | 171        | 1 small         | 11.368              |
| 01057  | Eggnog   | 254        | 1 cup           | 11.285              |
| 21092  | Fast foods, cheeseburger; double, regular patty; plain   | 155        | 1 sandwich      | 10.974              |
| 17031  | Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted              | 85         | 3 oz            | 10.855              |
| 21074  | Fast foods, enchilada, with cheese   | 163        | 1 enchilada     | 10.588              |
| 21114  | Fast foods, hamburger; double, large patty; with condiments and vegetables                             | 226        | 1 sandwich      | 10.518              |
| 21113  | Fast foods, hamburger; single, large patty; with condiments and vegetables                             | 218        | 1 sandwich      | 10.420              |
| 13073  | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted | 85         | 3 oz            | 9.945               |
| 22906  | Chicken pot pie, frozen entree   | 217        | 1 small pie     | 9.667               |
| 10089  | Pork, fresh, spareribs, separable lean and fat, cooked, braised  | 85         | 3 oz            | 9.452               |
| 10193  | Pork, fresh, backribs, separable lean and fat, cooked, roasted   | 85         | 3 oz            | 9.342               |
| 13818  | Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised         | 85         | 3 oz            | 9.231               |
| 05142  | Duck, domesticated, meat only, cooked, roasted   | 221        | 1/2 duck        | 9.216               |
| 19078  | Baking chocolate, unsweetened, squares   | 28.35      | 1 square        | 9.172               |
| 19120  | Candies, milk chocolate  | 44         | 1 bar (1.55 oz) | 9.143               |
| 19062  | Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds                                | 146        | 1 cup           | 8.906               |
| 21093  | Fast foods, cheeseburger; double, regular patty, with condiments and vegetables                        | 166        | 1 sandwich      | 8.717               |
| 21102  | Fast foods, chicken fillet sandwich, plain   | 182        | 1 sandwich      | 8.527               |
| 21098  | Fast foods, cheeseburger; single, large patty; with condiments and vegetables                          | 219        | 1 sandwich      | 8.526               |
| 21070  | Fast foods, chimichanga, with beef   | 174        | 1 chimichanga   | 8.505               |
| 21094  | Fast foods, cheeseburger, regular, double patty and bun, plain   | 160        | 1 sandwich      | 8.392               |
| 17044  | Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised    | 85         | 3 oz            | 8.390               |
| 17024  | Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled             | 85         | 3 oz            | 8.356               |

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| NDB_No | Description  | Weight (g) | Common Measure      | Content per Measure |
|--------|--|------------|---------------------|---------------------|
| 11658  | Spinach souffle  | 136        | 1 cup               | 8.284               |
| 19071  | Candies, carob, unsweetened  | 28.35      | 1 oz                | 8.227               |
| 21106  | Fast foods, fish sandwich, with tartar sauce and cheese  | 183        | 1 sandwich          | 8.140               |
| 18147  | Cheesecake commercially prepared   | 80         | 1 piece             | 7.937               |
| 21078  | Fast foods, nachos, with cheese  | 113        | 6-8 nachos          | 7.780               |
| 21023  | Fast foods, french toast with butter   | 135        | 2 slices            | 7.749               |
| 14346  | Shake, fast food, chocolate  | 333        | 16 fl oz            | 7.702               |
| 19089  | Ice creams, vanilla, rich  | 74         | 1/2 cup             | 7.643               |
| 19109  | Candies, KIT KAT Wafer Bar   | 42         | 1 bar (1.5 oz)      | 7.540               |
| 35142  | Frybread, made with lard (Navajo)  | 160        | 10-1/2" bread       | 7.394               |
| 19135  | Candies, MASTERFOODS USA, MILKY WAY Bar  | 61         | 1 bar (2.15 oz)     | 7.330               |
| 01145  | Butter, without salt   | 14.2       | 1 tbsp              | 7.294               |
| 01001  | Butter, salted   | 14.2       | 1 tbsp              | 7.294               |
| 19132  | Candies, milk chocolate, with almonds  | 41         | 1 bar (1.45 oz)     | 7.257               |
| 10075  | Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised   | 85         | 3 oz                | 7.217               |
| 19077  | Baking chocolate, unsweetened, liquid  | 28.35      | 1 oz                | 7.170               |
| 06166  | Sauce, homemade, white, medium   | 250        | 1 cup               | 7.135               |
| 21125  | Fast foods, submarine sandwich, with roast beef  | 216        | 1 sandwich, 6" roll | 7.087               |
| 19145  | Candies, NESTLE, CRUNCH Bar and Dessert Topping  | 44         | 1 bar (1.55 oz)     | 7.040               |
| 21130  | Fast foods, onion rings, breaded and fried   | 83         | 8-9 rings           | 6.953               |
| 19143  | Candies, MR. GOODBAR Chocolate Bar   | 49         | 1 bar (1.75 oz)     | 6.924               |
| 21083  | Fast foods, taco salad   | 198        | 1-1/2 cups          | 6.823               |
| 21124  | Fast foods, submarine sandwich, with cold cuts   | 228        | 1 sandwich, 6" roll | 6.808               |
| 11379  | Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added                         | 210        | 1 cup               | 6.701               |
| 21138  | Fast foods, potato, french fried in vegetable oil  | 169        | 1 large             | 6.701               |
| 18239  | Croissants, butter   | 57         | 1 croissant         | 6.646               |
| 21043  | Fast foods, clams, breaded and fried   | 115        | 3/4 cup             | 6.603               |
| 21090  | Fast foods, cheeseburger; single, regular patty, with condiments   | 113        | 1 sandwich          | 6.551               |
| 11387  | Potatoes, scalloped, dry mix, prepared with water, whole milk and butter   | 245        | 1 cup               | 6.451               |
| 19090  | Ice creams, french vanilla, soft-serve   | 86         | 1/2 cup             | 6.433               |
| 11385  | Potatoes, au gratin, dry mix, prepared with water, whole milk and butter   | 245        | 1 cup               | 6.336               |
| 23578  | Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled  | 85         | 3 oz                | 6.152               |
| 16008  | Beans, baked, canned, with franks  | 259        | 1 cup               | 6.092               |
| 18316  | Pie, coconut custard, commercially prepared  | 104        | 1 piece             | 6.088               |
| 01012  | Cheese, cottage, creamed, large or small curd  | 210        | 1 cup               | 5.991               |
| 01009  | Cheese, cheddar  | 28.35      | 1 oz                | 5.980               |
| 01111  | Milk shakes, thick vanilla   | 313        | 11 fl oz            | 5.903               |
| 17012  | Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted | 85         | 3 oz                | 5.857               |
| 21025  | Fast foods, pancakes with butter and syrup   | 232        | 2 pancakes          | 5.851               |
| 19126  | Candies, milk chocolate coated peanuts   | 40         | 10 pieces           | 5.840               |
| 01007  | Cheese, camembert  | 38         | 1 wedge             | 5.798               |
| 23573  | Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled  | 85         | 3 oz                | 5.744               |
| 05172  | Turkey, all classes, giblets, cooked, simmered, some giblet fat  | 145        | 1 cup               | 5.688               |
| 21024  | Fast foods, french toast sticks  | 141        | 5 sticks            | 5.624               |
| 18310  | Pie, chocolate creme, commercially prepared  | 113        | 1 piece             | 5.614               |
| 01042  | Cheese, pasteurized process, american, with di sodium phosphate  | 28.35      | 1 oz                | 5.583               |

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|--------|--|------------|------------------------|---------------------|
| 11372  | Potatoes, scalloped, home-prepared with butter   | 245        | 1 cup                  | 5.525               |
| 10009  | Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted                     | 85         | 3 oz                   | 5.500               |
| 01030  | Cheese, muenster   | 28.35      | 1 oz                   | 5.419               |
| 21059  | Fast foods, shrimp, breaded and fried  | 164        | 6-8 shrimp             | 5.379               |
| 18309  | Pie, cherry, prepared from recipe  | 180        | 1 piece                | 5.373               |
| 10205  | Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised             | 85         | 3 oz                   | 5.357               |
| 21089  | Fast foods, cheeseburger; single, regular patty; plain                                     | 102        | 1 sandwich             | 5.350               |
| 21126  | Fast foods, submarine sandwich, with tuna salad  | 256        | 1 sandwich, 6" roll    | 5.330               |
| 21138  | Fast foods, potato, french fried in vegetable oil  | 134        | 1 medium               | 5.313               |
| 01004  | Cheese, blue   | 28.35      | 1 oz                   | 5.293               |
| 07069  | Salami, cooked, beef and pork  | 56.7       | 2 slices               | 5.282               |
| 07014  | Braunschweiger (a liver sausage), pork   | 56.7       | 2 slices               | 5.277               |
| 07008  | Bologna, beef and pork   | 56.7       | 2 slices               | 5.274               |
| 01102  | Milk, chocolate, fluid, commercial, whole  | 250        | 1 cup                  | 5.260               |
| 07022  | Frankfurter, beef  | 45         | 1 frank                | 5.260               |
| 13348  | Beef, cured, corned beef, canned   | 85.05      | 3 oz                   | 5.256               |
| 01013  | Cheese, cottage, creamed, with fruit   | 226        | 1 cup                  | 5.223               |
| 19155  | Candies, MASTERFOODS USA, SNICKERS Bar   | 57         | 1 bar (2 oz)           | 5.169               |
| 21302  | Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust                        | 106        | 1 slice                | 5.162               |
| 21120  | Fast foods, hotdog, with corn flour coating (corndog)                                      | 175        | 1 corn dog             | 5.161               |
| 18101  | Cake, chocolate, prepared from recipe without frosting                                     | 95         | 1 piece                | 5.159               |
| 11296  | Onion rings, breaded, par fried, frozen, prepared, heated in oven                          | 60         | 10 rings               | 5.151               |
| 22905  | Beef stew, canned entree   | 232        | 1 cup                  | 5.150               |
| 21015  | Fast foods, danish pastry, cheese  | 91         | 1 pastry               | 5.123               |
| 21118  | Fast foods, hotdog, plain  | 98         | 1 sandwich             | 5.109               |
| 10179  | Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried | 85         | 3 oz                   | 5.109               |
| 10151  | Pork, cured, ham, whole, separable lean and fat, roasted                                   | 85         | 3 oz                   | 5.083               |
| 21021  | Fast foods, english muffin, with egg, cheese, and canadian bacon                           | 137        | 1 muffin               | 5.051               |
| 01110  | Milk shakes, thick chocolate   | 300        | 10.6 fl oz             | 5.043               |
| 01040  | Cheese, swiss  | 28.35      | 1 oz                   | 5.040               |
| 10047  | Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted   | 85         | 3 oz                   | 5.032               |
| 21033  | Fast foods, sundae, hot fudge  | 158        | 1 sundae               | 5.023               |
| 04002  | Lard   | 12.8       | 1 tbsp                 | 5.018               |
| 23568  | Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled                              | 85         | 3 oz                   | 5.004               |
| 14316  | Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk        | 265        | 1 cup                  | 4.950               |
| 14177  | Chocolate-flavor beverage mix, powder, prepared with whole milk                            | 266        | 1 cup                  | 4.948               |
| 21088  | Tostada with guacamole   | 130.5      | 1 tostada              | 4.933               |
| 05058  | Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter                  | 140        | 1/2 breast             | 4.928               |
| 18327  | Pie, pumpkin, prepared from recipe   | 155        | 1 piece                | 4.915               |
| 18325  | Pie, pecan, prepared from recipe   | 122        | 1 piece                | 4.867               |
| 21119  | Fast foods, hotdog, with chili   | 114        | 1 sandwich             | 4.854               |
| 14310  | Malted drink mix, natural, with added nutrients, powder, prepared with whole milk          | 265        | 1 cup                  | 4.850               |
| 07023  | Frankfurter, beef and pork   | 45         | 1 frank                | 4.847               |
| 01035  | Cheese, provolone  | 28.35      | 1 oz                   | 4.842               |
| 19150  | Candies, REESE'S Peanut Butter Cups  | 45         | 1 package (contains 2) | 4.829               |
| 18245  | Danish pastry, cheese  | 71         | 1 danish               | 4.824               |

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|--------|---|------------|-----------------|---------------------|
| 19026  | Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter                           | 28.35      | 1 bar           | 4.822               |
| 13930  | Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled         | 85         | 3 oz            | 4.763               |
| 01116  | Yogurt, plain, whole milk, 8 grams protein per 8 ounce  | 227        | 8-oz container  | 4.758               |
| 18302  | Pie, apple, prepared from recipe  | 155        | 1 piece         | 4.728               |
| 06216  | Soup, cream of chicken, canned, prepared with equal volume milk                                     | 248        | 1 cup           | 4.638               |
| 17112  | Veal, rib, separable lean and fat, cooked, roasted  | 85         | 3 oz            | 4.599               |
| 01077  | Milk, whole, 3.25% milkfat  | 244        | 1 cup           | 4.551               |
| 01044  | Cheese, pasteurized process, swiss, with di sodium phosphate  | 28.35      | 1 oz            | 4.549               |
| 19270  | Ice creams, chocolate   | 66         | 1/2 cup         | 4.488               |
| 19095  | Ice creams, vanilla   | 66         | 1/2 cup         | 4.481               |
| 18301  | Pie, apple, commercially prepared, enriched flour   | 117        | 1 piece         | 4.442               |
| 18016  | Biscuits, plain or buttermilk, prepared from recipe   | 101        | 4" biscuit      | 4.367               |
| 18102  | Cake, white, prepared from recipe with coconut frosting   | 112        | 1 piece         | 4.365               |
| 05126  | Chicken, stewing, meat only, cooked, stewed   | 140        | 1 cup           | 4.340               |
| 13058  | Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised     | 85         | 3 oz            | 4.318               |
| 12078  | Nuts, brazilnuts, dried, unblanched   | 28.35      | 1 oz (6-8 nuts) | 4.291               |
| 18306  | Pie, blueberry, prepared from recipe  | 147        | 1 piece         | 4.279               |
| 17048  | Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised    | 85         | 3 oz            | 4.276               |
| 21229  | Fast foods, chicken, breaded and fried, boneless pieces, plain                                      | 106        | 6 pieces        | 4.263               |
| 21108  | Fast foods, hamburger; single, regular patty; with condiments                                       | 106        | 1 sandwich      | 4.240               |
| 01019  | Cheese, feta  | 28.35      | 1 oz            | 4.237               |
| 13085  | Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted | 85         | 3 oz            | 4.233               |
| 01046  | Cheese food, pasteurized process, american, without di sodium phosphate                             | 28.35      | 1 oz            | 4.223               |
| 01031  | Cheese, neufchatel  | 28.35      | 1 oz            | 4.195               |
| 35142  | Frybread, made with lard (Navajo)   | 90         | 5" bread        | 4.159               |
| 21063  | Fast foods, burrito, with beans and meat  | 115.5      | 1 burrito       | 4.158               |
| 18257  | Eclairs, custard-filled with chocolate glaze, prepared from recipe                                  | 100        | 1 éclair        | 4.119               |
| 21077  | Fast foods, frijoles with cheese  | 167        | 1 cup           | 4.075               |
| 17034  | Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted              | 85         | 3 oz            | 4.046               |
| 18321  | Pie, lemon meringue, prepared from recipe   | 127        | 1 piece         | 4.045               |
| 22907  | Pasta with meatballs in tomato sauce, canned entree   | 252        | 1 cup           | 4.007               |
| 18324  | Pie, pecan, commercially prepared   | 113        | 1 piece         | 4.006               |
| 22904  | Chili con carne with beans, canned entree   | 222        | 1 cup           | 3.863               |
| 13869  | Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised | 85         | 3 oz            | 3.830               |
| 05092  | Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter                            | 86         | 1 thigh         | 3.793               |
| 21226  | Pizza, meat and vegetable topping, regular crust, frozen, cooked                                    | 79         | 1 serving       | 3.792               |
| 06930  | Sauce, cheese, ready-to-serve   | 63         | 1/4 cup         | 3.786               |
| 01048  | Cheese spread, pasteurized process, american, without di sodium phosphate                           | 28.35      | 1 oz            | 3.778               |
| 01026  | Cheese, mozzarella, whole milk  | 28.35      | 1 oz            | 3.729               |
| 05180  | Turkey, all classes, neck, meat only, cooked, simmered  | 152        | 1 neck          | 3.709               |
| 10051  | Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted               | 85         | 3 oz            | 3.698               |
| 18104  | Coffeecake, cinnamon with crumb topping, commercially prepared, enriched                            | 63         | 1 piece         | 3.652               |
| 21121  | Fast foods, roast beef sandwich, plain  | 139        | 1 sandwich      | 3.606               |

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| 01029  | Cheese, mozzarella, part skim milk, low moisture  | 28.35      | 1 oz              | 3.592               |
| 11414  | Potato salad, home-prepared   | 250        | 1 cup             | 3.573               |
| 21026  | Fast foods, potatoes, hashed brown  | 72         | 1/2 cup           | 3.562               |
| 08218  | Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins              | 51         | 1/2 cup           | 3.555               |
| 10078  | Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised                             | 85         | 3 oz              | 3.536               |
| 21028  | Fast foods, ice milk, vanilla, soft-serve, with cone  | 103        | 1 cone            | 3.532               |
| 01053  | Cream, fluid, heavy whipping  | 15         | 1 tbsp            | 3.455               |
| 18246  | Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)     | 71         | 1 danish          | 3.451               |
| 21042  | Fast foods, chili con carne   | 253        | 1 cup             | 3.431               |
| 21061  | Fast foods, burrito, with beans and cheese  | 93         | 1 burrito         | 3.424               |
| 12632  | Nuts, macadamia nuts, dry roasted, with salt added  | 28.35      | 1 oz (10-12 nuts) | 3.387               |
| 21138  | Fast foods, potato, french fried in vegetable oil   | 85         | 1 small           | 3.370               |
| 07065  | Pork and beef sausage, fresh, cooked  | 26         | 2 links           | 3.370               |
| 18119  | Cake, pineapple upside-down, prepared from recipe   | 115        | 1 piece           | 3.352               |
| 18248  | Doughnuts, cake-type, plain (includes unsugared, old-fashioned)                                     | 47         | 1 medium          | 3.350               |
| 06007  | Soup, bean with ham, canned, chunky, ready-to-serve, commercial                                     | 243        | 1 cup             | 3.329               |
| 21017  | Fast foods, danish pastry, fruit  | 94         | 1 pastry          | 3.315               |
| 06243  | Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk                       | 248        | 1 cup             | 3.266               |
| 18255  | Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)                                   | 60         | 1 medium          | 3.264               |
| 18120  | Cake, pound, commercially prepared, butter  | 28         | 1 piece           | 3.237               |
| 19041  | Snacks, pork skins, plain   | 28.35      | 1 oz              | 3.223               |
| 04031  | Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)                             | 12.8       | 1 tbsp            | 3.200               |
| 01017  | Cheese, cream   | 14.5       | 1 tbsp            | 3.185               |
| 15128  | Fish, tuna salad  | 205        | 1 cup             | 3.165               |
| 18319  | Pie, fried pies, fruit  | 128        | 1 pie             | 3.145               |
| 18444  | Pie, fried pies, cherry   | 128        | 1 pie             | 3.145               |
| 05277  | Chicken, canned, meat only, with broth  | 142        | 5 oz              | 3.124               |
| 13878  | Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted | 85         | 3 oz              | 3.114               |
| 19811  | Snacks, potato chips, plain, unsalted   | 28.35      | 1 oz              | 3.107               |
| 19411  | Snacks, potato chips, plain, salted   | 28.35      | 1 oz              | 3.107               |
| 10176  | Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried             | 85         | 3 oz              | 3.094               |
| 01079  | Milk, reduced fat, fluid, 2% milkfat, with added vitamin A  | 244        | 1 cup             | 3.067               |
| 18096  | Cake, chocolate, commercially prepared with chocolate frosting                                      | 64         | 1 piece           | 3.053               |
| 18116  | Cake, gingerbread, prepared from recipe   | 74         | 1 piece           | 3.050               |
| 05292  | Turkey patties, breaded, battered, fried  | 64         | 1 patty           | 3.002               |
| 18308  | Pie, cherry, commercially prepared  | 117        | 1 piece           | 2.998               |
| 10038  | Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled            | 85         | 3 oz              | 2.990               |
| 05067  | Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter                        | 72         | 1 drumstick       | 2.981               |
| 18140  | Cake, yellow, commercially prepared, with chocolate frosting  | 64         | 1 piece           | 2.980               |
| 21053  | Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg                         | 217        | 1-1/2 cups        | 2.975               |
| 15086  | Fish, salmon, sockeye, cooked, dry heat   | 155        | 1/2 fillet        | 2.971               |
| 17027  | Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled             | 85         | 3 oz              | 2.958               |
| 01103  | Milk, chocolate, fluid, commercial, reduced fat   | 250        | 1 cup             | 2.943               |
| 11370  | Potatoes, hashed brown, home-prepared   | 156        | 1 cup             | 2.941               |

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## Fatty acids, total saturated ( g ) Content of Selected Foods per Common Measure, sorted by nutrient content

| NDB_No | Description   | Weight (g) | Common Measure   | Content per Measure |
|--------|---|------------|------------------|---------------------|
| 01052  | Cream, fluid, light whipping  | 15         | 1 tbsp           | 2.901               |
| 05101  | Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter   | 49         | 1 wing           | 2.857               |
| 10011  | Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted   | 85         | 3 oz             | 2.805               |
| 15011  | Fish, catfish, channel, cooked, breaded and fried   | 85         | 3 oz             | 2.795               |
| 05306  | Poultry food products, ground turkey, cooked  | 82         | 1 patty          | 2.780               |
| 01015  | Cheese, cottage, lowfat, 2% milkfat   | 226        | 1 cup            | 2.759               |
| 15168  | Mollusks, oyster, eastern, cooked, breaded and fried  | 85         | 3 oz             | 2.717               |
| 19022  | Snacks, granola bars, soft, uncoated, raisin  | 28.35      | 1 bar            | 2.713               |
| 21224  | Pizza, cheese topping, regular crust, frozen, cooked  | 63         | 1 serving        | 2.691               |
| 21129  | Fast foods, hush puppies  | 78         | 5 pieces         | 2.686               |
| 19046  | Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor                                       | 28.35      | 1 oz             | 2.685               |
| 19410  | Snacks, potato chips, made from dried potatoes, plain   | 28.35      | 1 oz             | 2.679               |
| 05044  | Chicken, broilers or fryers, dark meat, meat only, cooked, fried  | 84         | 3 oz             | 2.621               |
| 19393  | Frozen yogurts, chocolate, soft-serve   | 72         | 1/2 cup          | 2.614               |
| 10124  | Pork, cured, bacon, cooked, broiled, pan-fried or roasted   | 19         | 3 medium slices  | 2.610               |
| 12585  | Nuts, cashew nuts, dry roasted, with salt added   | 28.35      | 1 oz             | 2.596               |
| 18016  | Biscuits, plain or buttermilk, prepared from recipe   | 60         | 2-1/2" biscuit   | 2.594               |
| 21047  | Entrees, fish fillet, battered or breaded, and fried  | 91         | 1 fillet         | 2.566               |
| 19043  | Snacks, potato chips, sour-cream-and-onion-flavor   | 28.35      | 1 oz             | 2.520               |
| 15173  | Mollusks, scallop, mixed species, cooked, breaded and fried   | 93         | 6 large          | 2.482               |
| 12637  | Nuts, mixed nuts, with peanuts, oil roasted, with salt added  | 28.35      | 1 oz             | 2.474               |
| 07064  | Pork sausage, fresh, cooked   | 27         | 1 patty          | 2.465               |
| 16089  | Peanuts, all types, oil-roasted, with salt  | 28.35      | 1 oz             | 2.462               |
| 19293  | Frozen yogurts, vanilla, soft-serve   | 72         | 1/2 cup          | 2.462               |
| 18126  | Cake, shortcake, biscuit-type, prepared from recipe   | 65         | 1 shortcake      | 2.452               |
| 04543  | Oil, soybean, salad or cooking, (hydrogenated) and cottonseed   | 13.6       | 1 tbsp           | 2.448               |
| 18127  | Cake, snack cakes, creme-filled, chocolate with frosting  | 50         | 1 cupcake        | 2.442               |
| 18139  | Cake, white, prepared from recipe without frosting  | 74         | 1 piece          | 2.419               |
| 12586  | Nuts, cashew nuts, oil roasted, with salt added   | 28.35      | 1 oz (18 nuts)   | 2.404               |
| 05059  | Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour  | 98         | 1/2 breast       | 2.401               |
| 10185  | Pork, cured, ham, extra lean and regular, canned, roasted   | 85         | 3 oz             | 2.389               |
| 07064  | Pork sausage, fresh, cooked   | 26         | 2 links          | 2.374               |
| 18151  | Cookies, brownies, commercially prepared  | 56         | 1 brownie        | 2.372               |
| 17014  | Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted | 85         | 3 oz             | 2.346               |
| 14017  | Alcoholic beverage, pina colada, prepared-from-recipe   | 141        | 4.5 fl oz        | 2.307               |
| 05168  | Turkey, all classes, meat only, cooked, roasted   | 140        | 1 cup            | 2.296               |
| 19042  | Snacks, potato chips, barbecue-flavor   | 28.35      | 1 oz             | 2.282               |
| 04042  | Oil, peanut, salad or cooking   | 13.5       | 1 tbsp           | 2.282               |
| 01117  | Yogurt, plain, low fat, 12 grams protein per 8 ounce  | 227        | 8-oz container   | 2.270               |
| 23605  | Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised                  | 85         | 3 oz             | 2.264               |
| 12516  | Seeds, pumpkin and squash seed kernels, roasted, with salt added  | 28.35      | 1 oz (142 seeds) | 2.259               |
| 18090  | Cake, boston cream pie, commercially prepared   | 92         | 1 piece          | 2.249               |
| 01132  | Egg, whole, cooked, scrambled   | 61         | 1 large          | 2.244               |
| 16109  | Soybeans, mature cooked, boiled, without salt   | 172        | 1 cup            | 2.231               |
| 22247  | Macaroni and Cheese, canned entree  | 252        | 1 cup            | 2.220               |
| 19135  | Candies, MASTERFOODS USA, MILKY WAY Bar   | 18         | 1 fun size bar   | 2.163               |
| 17095  | Veal, leg (top round), separable lean and fat, cooked, braised  | 85         | 3 oz             | 2.151               |

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| 18367  | Waffles, plain, prepared from recipe   | 75         | 1 waffle         | 2.150               |
| 19002  | Snacks, beef jerky, chopped and formed   | 19.8       | 1 large piece    | 2.148               |
| 04132  | Margarine, regular, unspecified oils, with salt added                                    | 14.1       | 1 tbsp           | 2.142               |
| 07072  | Salami, dry or hard, pork, beef  | 20         | 2 slices         | 2.122               |
| 19226  | Frostings, chocolate, creamy, ready-to-eat   | 38         | 1/12 package     | 2.100               |
| 18243  | Croutons, seasoned   | 40         | 1 cup            | 2.099               |
| 06230  | Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk    | 248        | 1 cup            | 2.091               |
| 06416  | Soup, cream of chicken, canned, prepared with equal volume water                         | 244        | 1 cup            | 2.074               |
| 11371  | Potatoes, mashed, home-prepared, whole milk and margarine added                          | 210        | 1 cup            | 2.043               |
| 19140  | Candies, MASTERFOODS USA, M&M's Peanut Chocolate Candies                                 | 20         | 10 pieces        | 2.034               |
| 05188  | Turkey, all classes, dark meat, cooked, roasted  | 84         | 3 oz             | 2.033               |
| 04034  | Oil, soybean, salad or cooking, (hydrogenated)   | 13.6       | 1 tbsp           | 2.026               |
| 15041  | Fish, herring, Atlantic, pickled   | 85.05      | 3 oz             | 2.025               |
| 18274  | Muffins, blueberry, commercially prepared (Includes mini-muffins)                        | 57         | 1 muffin         | 2.023               |
| 04611  | Margarine, regular, tub, composite, 80% fat, with salt                                   | 14.2       | 1 tbsp           | 2.020               |
| 18164  | Cookies, chocolate chip, refrigerated dough, baked                                       | 26         | 1 cookie         | 2.017               |
| 04585  | Margarine-butter blend, soybean oil and butter   | 14.2       | 1 tbsp           | 2.016               |
| 19193  | Puddings, rice, ready-to-eat   | 113.4      | 4 oz             | 2.000               |
| 18320  | Pie, lemon meringue, commercially prepared   | 113        | 1 piece          | 1.996               |
| 01128  | Egg, whole, cooked, fried  | 46         | 1 large          | 1.975               |
| 20113  | Noodles, chinese, chow mein  | 45         | 1 cup            | 1.973               |
| 18305  | Pie, blueberry, commercially prepared  | 117        | 1 piece          | 1.964               |
| 12635  | Nuts, mixed nuts, dry roasted, with peanuts, with salt added                             | 28.35      | 1 oz             | 1.956               |
| 16090  | Peanuts, all types, dry-roasted, with salt   | 28.35      | 1 oz (approx 28) | 1.954               |
| 16390  | Peanuts, all types, dry-roasted, without salt  | 28.35      | 1 oz (approx 28) | 1.954               |
| 18326  | Pie, pumpkin, commercially prepared  | 109        | 1 piece          | 1.946               |
| 19088  | Ice creams, vanilla, light   | 66         | 1/2 cup          | 1.932               |
| 04058  | Oil, sesame, salad or cooking  | 13.6       | 1 tbsp           | 1.931               |
| 05022  | Chicken, broilers or fryers, giblets, cooked, simmered                                   | 145        | 1 cup            | 1.917               |
| 11672  | Potato pancakes  | 76         | 1 pancake        | 1.895               |
| 23610  | Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled | 85         | 3 oz             | 1.890               |
| 04053  | Oil, olive, salad or cooking   | 13.5       | 1 tbsp           | 1.864               |
| 18356  | Sweet rolls, cinnamon, commercially prepared with raisins                                | 60         | 1 roll           | 1.847               |
| 10042  | Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled    | 85         | 3 oz             | 1.833               |
| 18361  | Toaster pastries, brown-sugar-cinnamon   | 50         | 1 pastry         | 1.820               |
| 01050  | Cream, fluid, light (coffee cream or table cream)  | 15         | 1 tbsp           | 1.803               |
| 06359  | Soup, tomato, canned, prepared with equal volume low fat (2%) milk                       | 248        | 1 cup            | 1.800               |
| 01123  | Egg, whole, raw, fresh   | 58         | 1 extra large    | 1.797               |
| 05068  | Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour              | 49         | 1 drumstick      | 1.793               |
| 15241  | Fish, trout, rainbow, farmed, cooked, dry heat   | 85         | 3 oz             | 1.789               |
| 15150  | Crustaceans, shrimp, mixed species, cooked, breaded and fried                            | 85         | 3 oz             | 1.774               |
| 18269  | French toast, prepared from recipe, made with low fat (2%) milk                          | 65         | 1 slice          | 1.770               |
| 04133  | Salad dressing, french, home recipe  | 14         | 1 tbsp           | 1.764               |
| 04518  | Oil, vegetable, corn, industrial and retail, all purpose salad or cooking                | 13.6       | 1 tbsp           | 1.761               |
| 19008  | Snacks, corn-based, extruded, puffs or twists, cheese-flavor                             | 28.35      | 1 oz             | 1.753               |
| 12142  | Nuts, pecans   | 28.35      | 1 oz (20 halves) | 1.752               |
| 06931  | Sauce, pasta, spaghetti/marinara, ready-to-serve   | 250        | 1 cup            | 1.748               |

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|--------|--|------------|----------------------------|---------------------|
| 12155  | Nuts, walnuts, english   | 28.35      | 1 oz (14 halves)           | 1.737               |
| 07024  | Frankfurter, chicken   | 45         | 1 frank                    | 1.735               |
| 18082  | Bread stuffing, bread, dry mix, prepared   | 100        | 1/2 cup                    | 1.734               |
| 19404  | Snacks, granola bars, soft, uncoated, chocolate chip   | 28.35      | 1 bar                      | 1.718               |
| 19190  | Puddings, chocolate, dry mix, regular, prepared with 2% milk                                     | 142        | 1/2 cup                    | 1.688               |
| 16098  | Peanut butter, smooth style, with salt   | 16         | 1 tbsp                     | 1.682               |
| 12537  | Seeds, sunflower seed kernels, dry roasted, with salt added                                      | 32         | 1/4 cup                    | 1.670               |
| 18376  | Bread crumbs, dry, grated, seasoned  | 120        | 1 cup                      | 1.669               |
| 07029  | Ham, sliced, regular (approximately 11% fat)   | 56.7       | 2 slices                   | 1.665               |
| 06443  | Soup, cream of mushroom, canned, prepared with equal volume water                                | 244        | 1 cup                      | 1.649               |
| 18023  | Bread, cornbread, dry mix, prepared  | 60         | 1 piece                    | 1.643               |
| 04025  | Salad dressing, mayonnaise, soybean oil, with salt   | 13.8       | 1 tbsp                     | 1.640               |
| 01129  | Egg, whole, cooked, hard-boiled  | 50         | 1 large                    | 1.634               |
| 15086  | Fish, salmon, sockeye, cooked, dry heat  | 85         | 3 oz                       | 1.629               |
| 05296  | Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted                           | 85.05      | 3 oz                       | 1.616               |
| 21127  | Fast foods, coleslaw   | 99         | 3/4 cup                    | 1.606               |
| 01058  | Sour dressing, non-butterfat, cultured, filled cream-type  | 12         | 1 tbsp                     | 1.593               |
| 01125  | Egg, yolk, raw, fresh  | 16.6       | 1 large                    | 1.585               |
| 01121  | Yogurt, fruit, low fat, 10 grams protein per 8 ounce   | 227        | 8-oz container             | 1.582               |
| 05098  | Chicken, broilers or fryers, thigh, meat only, cooked, roasted                                   | 52         | 1 thigh                    | 1.576               |
| 12652  | Nuts, pistachio nuts, dry roasted, with salt added   | 28.35      | 1 oz (47 nuts)             | 1.575               |
| 15027  | Fish, fish portions and sticks, frozen, preheated  | 57         | 1 portion (4" x 2" x 1/2") | 1.572               |
| 19033  | Snacks, CHEX mix   | 28.35      | 1 oz (about 2/3 cup)       | 1.568               |
| 01056  | Cream, sour, cultured  | 12         | 1 tbsp                     | 1.566               |
| 19123  | Puddings, chocolate, dry mix, instant, prepared with 2% milk                                     | 147        | 1/2 cup                    | 1.564               |
| 10153  | Pork, cured, ham, whole, separable lean only, roasted  | 85         | 3 oz                       | 1.564               |
| 04612  | Margarine, vegetable oil spread, 60% fat, stick  | 14.3       | 1 tbsp                     | 1.556               |
| 01123  | Egg, whole, raw, fresh   | 50         | 1 large                    | 1.550               |
| 01082  | Milk, lowfat, fluid, 1% milkfat, with added vitamin A  | 244        | 1 cup                      | 1.545               |
| 01131  | Egg, whole, cooked, poached  | 50         | 1 large                    | 1.544               |
| 01104  | Milk, chocolate, fluid, commercial, lowfat   | 250        | 1 cup                      | 1.540               |
| 18141  | Cake, yellow, commercially prepared, with vanilla frosting                                       | 64         | 1 piece                    | 1.517               |
| 04539  | Salad dressing, blue or roquefort cheese dressing, commercial, regular                           | 15.3       | 1 tbsp                     | 1.515               |
| 15111  | Fish, swordfish, cooked, dry heat  | 106        | 1 piece                    | 1.490               |
| 12537  | Seeds, sunflower seed kernels, dry roasted, with salt added                                      | 28.35      | 1 oz                       | 1.480               |
| 01016  | Cheese, cottage, lowfat, 1% milkfat  | 226        | 1 cup                      | 1.458               |
| 19045  | Snacks, potato chips, made from dried potatoes, light  | 28.35      | 1 oz                       | 1.454               |
| 11399  | Potato puffs, frozen, oven-heated  | 79         | 10 puffs                   | 1.440               |
| 06024  | Soup, chicken vegetable, chunky, canned, ready-to-serve  | 240        | 1 cup                      | 1.440               |
| 19183  | Puddings, chocolate, ready-to-eat  | 113        | 4 oz                       | 1.427               |
| 19212  | Puddings, vanilla, dry mix, regular, prepared with 2% milk                                       | 140        | 1/2 cup                    | 1.424               |
| 04135  | Salad dressing, home recipe, vinegar and oil   | 15.6       | 1 tbsp                     | 1.420               |
| 11659  | Sweet potato, cooked, candied, home-prepared   | 105        | 1 piece                    | 1.418               |
| 06404  | Soup, bean with pork, canned, prepared with equal volume water                                   | 253        | 1 cup                      | 1.412               |
| 04506  | Oil, vegetable, sunflower, linoleic, (approx. 65%)   | 13.6       | 1 tbsp                     | 1.401               |
| 18280  | Muffins, corn, dry mix, prepared   | 50         | 1 muffin                   | 1.399               |
| 12147  | Nuts, pine nuts, dried   | 28.35      | 1 oz                       | 1.389               |
| 23598  | Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted | 85         | 3 oz                       | 1.380               |



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| 01123  | Egg, whole, raw, fresh  | 44         | 1 medium             | 1.364               |
| 18362  | Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)           | 52         | 1 pastry             | 1.361               |
| 01088  | Milk, buttermilk, fluid, cultured, lowfat   | 245        | 1 cup                | 1.343               |
| 18019  | Bread, banana, prepared from recipe, made with margarine                          | 60         | 1 slice              | 1.342               |
| 11451  | Soybeans, green, cooked, boiled, drained, without salt                            | 180        | 1 cup                | 1.332               |
| 10131  | Pork, cured, canadian-style bacon, grilled  | 46.5       | 2 slices             | 1.321               |
| 06449  | Soup, pea, green, canned, prepared with equal volume water                        | 250        | 1 cup                | 1.310               |
| 15084  | Fish, salmon, pink, canned, solids with bone and liquid                           | 85         | 3 oz                 | 1.305               |
| 15119  | Fish, tuna, light, canned in oil, drained solids                                  | 85.05      | 3 oz                 | 1.305               |
| 11391  | Potatoes, hashed brown, frozen, plain, prepared                                   | 29         | 1 patty              | 1.303               |
| 15088  | Fish, sardine, Atlantic, canned in oil, drained solids with bone                  | 85.05      | 3 oz                 | 1.300               |
| 16097  | Peanut butter, chunk style, with salt   | 16         | 1 tbsp               | 1.293               |
| 18165  | Cookies, chocolate chip, prepared from recipe, made with margarine                | 16         | 1 cookie             | 1.292               |
| 08220  | Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins           | 50         | 1/2 cup              | 1.285               |
| 05040  | Chicken, broilers or fryers, light meat, meat only, cooked, fried                 | 84         | 3 oz                 | 1.277               |
| 18173  | Cookies, graham crackers, plain or honey (includes cinnamon)                      | 84         | 1 cup                | 1.276               |
| 19039  | Snacks, popcorn, caramel-coated, without peanuts                                  | 35.2       | 1 cup                | 1.271               |
| 13327  | Beef, variety meats and by-products, liver, cooked, pan-fried                     | 85         | 3 oz                 | 1.269               |
| 12120  | Nuts, hazelnuts or filberts   | 28.35      | 1 oz                 | 1.266               |
| 19004  | Snacks, corn-based, extruded, chips, barbecue-flavor                              | 28.35      | 1 oz                 | 1.264               |
| 20033  | Oat bran, raw   | 94         | 1 cup                | 1.248               |
| 16010  | Beans, baked, canned, with pork and sweet sauce                                   | 253        | 1 cup                | 1.242               |
| 19101  | Candies, fudge, chocolate, with nuts, prepared-from-recipe                        | 19         | 1 piece              | 1.233               |
| 01168  | Cheese, low fat, cheddar or colby   | 28.35      | 1 oz                 | 1.231               |
| 05286  | Turkey and gravy, frozen  | 142        | 5-oz package         | 1.207               |
| 15111  | Fish, swordfish, cooked, dry heat   | 85         | 3 oz                 | 1.195               |
| 16103  | Refried beans, canned (includes USDA commodity)                                   | 252        | 1 cup                | 1.194               |
| 19422  | Snacks, potato chips, reduced fat   | 28.35      | 1 oz                 | 1.179               |
| 18278  | Muffins, blueberry, prepared from recipe, made with low fat (2%) milk             | 57         | 1 muffin             | 1.157               |
| 18193  | Cookies, shortbread, commercially prepared, pecan                                 | 14         | 1 cookie             | 1.149               |
| 19201  | Puddings, vanilla, ready-to-eat   | 113        | 4 oz                 | 1.148               |
| 07083  | Sausage, Vienna, canned, chicken, beef, pork                                      | 16         | 1 sausage            | 1.140               |
| 08010  | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH  | 27         | 3/4 cup              | 1.134               |
| 19230  | Frostings, vanilla, creamy, ready-to-eat  | 38         | 1/12 package         | 1.130               |
| 18178  | Cookies, oatmeal, commercially prepared, regular                                  | 25         | 1 cookie             | 1.130               |
| 12166  | Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type) | 15         | 1 tbsp               | 1.129               |
| 18197  | Cookies, brownies, dry mix, special dietary, prepared                             | 22         | 1 brownie            | 1.121               |
| 01055  | Cream, sour, reduced fat, cultured  | 15         | 1 tbsp               | 1.121               |
| 19057  | Snacks, tortilla chips, nacho cheese  | 28.35      | 1 oz                 | 1.116               |
| 06409  | Soup, beef noodle, canned, prepared with equal volume water                       | 244        | 1 cup                | 1.110               |
| 19100  | Candies, fudge, chocolate, prepared-from-recipe                                   | 17         | 1 piece              | 1.096               |
| 18128  | Cake, snack cakes, creme-filled, sponge   | 42.5       | 1 cake               | 1.088               |
| 19218  | Puddings, tapioca, ready-to-eat   | 113        | 4 oz                 | 1.087               |
| 08012  | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH                 | 27         | 3/4 cup              | 1.083               |
| 01049  | Cream, fluid, half and half   | 15         | 1 tbsp               | 1.074               |
| 19031  | Snacks, oriental mix, rice-based  | 28.35      | 1 oz (about 1/4 cup) | 1.073               |
| 12061  | Nuts, almonds   | 28.35      | 1 oz (24 nuts)       | 1.058               |

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| 18015  | Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked   | 27         | 2-1/2" biscuit                | 1.032               |
| 04582  | Oil, vegetable, canola   | 14         | 1 tbsp                        | 1.031               |
| 18177  | Cookies, molasses  | 32         | 1 cookie, large (3-1/2" to 4" | 1.028               |
| 19127  | Candies, milk chocolate coated raisins   | 10         | 10 pieces                     | 1.027               |
| 19003  | Snacks, corn-based, extruded, chips, plain   | 28.35      | 1 oz                          | 1.024               |
| 08011  | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES  | 26         | 3/4 cup                       | 1.017               |
| 18024  | Bread, cornbread, prepared from recipe, made with low fat (2%) milk  | 65         | 1 piece                       | 1.011               |
| 16011  | Beans, baked, canned, with pork and tomato sauce   | 253        | 1 cup                         | 1.004               |
| 18358  | Sweet rolls, cinnamon, refrigerated dough with frosting, baked   | 30         | 1 roll                        | 1.004               |
| 18248  | Doughnuts, cake-type, plain (includes unsugared, old-fashioned)  | 14         | 1 hole                        | 0.998               |
| 22401  | Spaghetti with meat sauce, frozen entree   | 283        | 1 package                     | 0.991               |
| 18482  | Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge  | 52         | 1 pastry                      | 0.988               |
| 06018  | Soup, chunky chicken noodle, canned, ready-to-serve  | 240        | 1 cup                         | 0.979               |
| 15150  | Crustaceans, shrimp, mixed species, cooked, breaded and fried  | 45         | 6 large                       | 0.939               |
| 18214  | Crackers, cheese, regular  | 10         | 10 crackers                   | 0.937               |
| 19141  | Candies, MASTERFOODS USA, M&M's Milk Chocolate Candies   | 7          | 10 pieces                     | 0.916               |
| 18268  | French toast, frozen, ready-to-heat  | 59         | 1 slice                       | 0.904               |
| 07073  | Sandwich spread, pork, beef  | 15         | 1 tbsp                        | 0.897               |
| 15142  | Crustaceans, crab, blue, crab cakes  | 60         | 1 cake                        | 0.890               |
| 18189  | Cookies, peanut butter, prepared from recipe   | 20         | 1 cookie                      | 0.888               |
| 18206  | Cookies, sugar, refrigerated dough, baked  | 15         | 1 cookie                      | 0.886               |
| 04120  | Salad dressing, french dressing, commercial, regular   | 15.6       | 1 tbsp                        | 0.881               |
| 01073  | Dessert topping, semi solid, frozen  | 4          | 1 tbsp                        | 0.871               |
| 05064  | Chicken, broilers or fryers, breast, meat only, cooked, roasted  | 86         | 1/2 breast                    | 0.869               |
| 05186  | Turkey, all classes, light meat, cooked, roasted   | 84         | 3 oz                          | 0.865               |
| 01032  | Cheese, parmesan, grated   | 5          | 1 tbsp                        | 0.865               |
| 19097  | Sherbet, orange  | 74         | 1/2 cup                       | 0.858               |
| 04511  | Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)                              | 13.6       | 1 tbsp                        | 0.844               |
| 06119  | Gravy, chicken, canned, ready-to-serve   | 59.5       | 1/4 cup                       | 0.839               |
| 06471  | Soup, vegetable beef, canned, prepared with equal volume water   | 244        | 1 cup                         | 0.830               |
| 19424  | Snacks, tortilla chips, nacho-flavor, reduced fat  | 28.35      | 1 oz                          | 0.825               |
| 18134  | Cake, sponge, prepared from recipe   | 63         | 1 piece                       | 0.820               |
| 18204  | Cookies, sugar, commercially prepared, regular (includes vanilla)  | 15         | 1 cookie                      | 0.815               |
| 20011  | Buckwheat flour, whole-groat   | 120        | 1 cup                         | 0.812               |
| 19056  | Snacks, tortilla chips, plain, white corn  | 28.35      | 1 oz                          | 0.801               |
| 04017  | Salad dressing, thousand island, commercial, regular   | 15.6       | 1 tbsp                        | 0.794               |
| 15077  | Fish, salmon, chinook, smoked  | 85.05      | 3 oz                          | 0.790               |
| 18159  | Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched  | 10         | 1 cookie                      | 0.784               |
| 16112  | Miso   | 68.75      | 1 cup                         | 0.783               |
| 18292  | Pancakes, plain, dry mix, incomplete, prepared   | 38         | 1 pancake                     | 0.777               |
| 15027  | Fish, fish portions and sticks, frozen, preheated  | 28         | 1 stick (4" x 1" x 1/2")      | 0.772               |
| 18279  | Muffins, corn, commercially prepared   | 57         | 1 muffin                      | 0.772               |
| 01072  | Dessert topping, pressurized   | 4          | 1 tbsp                        | 0.756               |
| 19348  | Syrups, chocolate, fudge-type  | 19         | 1 tbsp                        | 0.756               |
| 19035  | Snacks, popcorn, oil-popped, microwave, regular flavor   | 11         | 1 cup                         | 0.750               |
| 08121  | Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), without salt | 234        | 1 cup                         | 0.725               |

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## Fatty acids, total saturated ( g ) Content of Selected Foods per Common Measure, sorted by nutrient content

| NDB_No | Description   | Weight (g) | Common Measure | Content per Measure |
|--------|---|------------|----------------|---------------------|
| 12201  | Seeds, sesame seed kernels, dried (decorticated)                          | 8          | 1 tbsp         | 0.724               |
| 07027  | Ham, chopped, not canned  | 21         | 2 slices       | 0.719               |
| 18255  | Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)         | 13         | 1 hole         | 0.707               |
| 15071  | Fish, rockfish, Pacific, mixed species, cooked, dry heat                  | 149        | 1 fillet       | 0.706               |
| 19040  | Snacks, popcorn, cheese-flavor  | 11         | 1 cup          | 0.705               |
| 16126  | Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari) | 81         | 1/4 block      | 0.699               |
| 14194  | Cocoa mix, powder, prepared with water                                    | 206        | 1 serving      | 0.676               |
| 14192  | Cocoa mix, powder   | 28.35      | 3 heaping tsp  | 0.674               |
| 15126  | Fish, tuna, white, canned in water, drained solids                        | 85         | 3 oz           | 0.673               |
| 18185  | Cookies, peanut butter, commercially prepared, regular                    | 15         | 1 cookie       | 0.673               |
| 22402  | Beef Macaroni, frozen entree  | 240        | 1 package      | 0.672               |
| 19015  | Snacks, granola bars, hard, plain   | 28.35      | 1 bar          | 0.672               |
| 06116  | Gravy, beef, canned, ready-to-serve                                       | 58.25      | 1/4 cup        | 0.672               |
| 20110  | Noodles, egg, cooked, enriched  | 160        | 1 cup          | 0.670               |
| 19069  | Candies, NESTLE, BUTTERFINGER Bar   | 7          | 1 fun size bar | 0.665               |
| 15037  | Fish, halibut, Atlantic and Pacific, cooked, dry heat                     | 159        | 1/2 fillet     | 0.663               |
| 04114  | Salad dressing, italian dressing, commercial, regular                     | 14.7       | 1 tbsp         | 0.658               |
| 18208  | Cookies, sugar, prepared from recipe, made with margarine                 | 14         | 1 cookie       | 0.657               |
| 05073  | Chicken, broilers or fryers, drumstick, meat only, cooked, roasted        | 44         | 1 drumstick    | 0.651               |
| 01069  | Cream substitute, powdered  | 2          | 1 tsp          | 0.651               |
| 15167  | Mollusks, oyster, eastern, wild, raw                                      | 84         | 6 medium       | 0.648               |
| 16127  | Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari) | 120        | 1 piece        | 0.640               |
| 22120  | WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles                    | 110        | 1 cup          | 0.638               |
| 18027  | Bread, egg  | 40         | 1/2" slice     | 0.637               |
| 06419  | Soup, chicken noodle, canned, prepared with equal volume water            | 241        | 1 cup          | 0.631               |
| 04015  | Salad dressing, russian dressing  | 15.3       | 1 tbsp         | 0.631               |
| 18283  | Muffins, oat bran   | 57         | 1 muffin       | 0.620               |
| 08014  | Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES                   | 31         | 3/4 cup        | 0.617               |
| 20020  | Cornmeal, whole-grain, yellow   | 122        | 1 cup          | 0.616               |
| 08219  | Cereals ready-to-eat, QUAKER, QUAKER toasted Oatmeal Cereal, Honey Nut    | 49         | 1 cup          | 0.613               |
| 18364  | Tortillas, ready-to-bake or -fry, flour                                   | 32         | 1 tortilla     | 0.604               |
| 09038  | Avocados, raw, California   | 28.35      | 1 oz           | 0.603               |
| 12167  | Nuts, chestnuts, european, roasted  | 143        | 1 cup          | 0.592               |
| 18360  | Taco shells, baked  | 13.3       | 1 medium       | 0.581               |
| 04613  | Margarine, margarine-like vegetable oil spread, 60% fat, tub              | 4.8        | 1 tsp          | 0.580               |
| 21054  | Fast foods, salad, vegetable, tossed, without dressing, with chicken      | 218        | 1-1/2 cups     | 0.578               |
| 20112  | Noodles, egg, spinach, cooked, enriched                                   | 160        | 1 cup          | 0.578               |
| 19104  | Candies, fudge, vanilla with nuts   | 15         | 1 piece        | 0.574               |
| 09039  | Avocados, raw, Florida  | 28.35      | 1 oz           | 0.556               |
| 06440  | Soup, minestrone, canned, prepared with equal volume water                | 241        | 1 cup          | 0.554               |
| 18155  | Cookies, butter, commercially prepared, enriched                          | 5          | 1 cookie       | 0.553               |
| 06067  | Soup, chunky vegetable, canned, ready-to-serve                            | 240        | 1 cup          | 0.552               |
| 18179  | Cookies, oatmeal, commercially prepared, soft-type                        | 15         | 1 cookie       | 0.545               |
| 20046  | Rice, white, long-grain, parboiled, enriched, dry                         | 185        | 1 cup          | 0.544               |
| 18235  | Crackers, whole-wheat   | 16         | 4 crackers     | 0.543               |
| 19103  | Candies, fudge, vanilla, prepared-from-recipe                             | 16         | 1 piece        | 0.541               |
| 18403  | Waffles, plain, frozen, ready -to-heat, toasted                           | 33         | 1 waffle       | 0.541               |

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## Fatty acids, total saturated ( g ) Content of Selected Foods per Common Measure, sorted by nutrient content

| NDB_No | Description   | Weight (g) | Common Measure   | Content per Measure |
|--------|---|------------|------------------|---------------------|
| 11657  | Potatoes, mashed, home-prepared, whole milk added   | 210        | 1 cup            | 0.531               |
| 04612  | Margarine, vegetable oil spread, 60% fat, stick   | 4.8        | 1 tsp            | 0.522               |
| 11403  | Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated   | 50         | 10 strips        | 0.515               |
| 18388  | Muffins, wheat bran, toaster-type with raisins, toasted   | 34         | 1 muffin         | 0.510               |
| 16120  | Soymilk, original and vanilla, unfortified  | 245        | 1 cup            | 0.502               |
| 08194  | Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS  | 30         | 3/4 cup          | 0.501               |
| 08261  | Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN  | 55         | 1 cup            | 0.501               |
| 08262  | Cereals ready-to-eat, GENERAL MILLS, BASIC 4  | 55         | 1 cup            | 0.501               |
| 18192  | Cookies, shortbread, commercially prepared, plain   | 8          | 1 cookie         | 0.488               |
| 20005  | Barley, pearled, raw  | 200        | 1 cup            | 0.488               |
| 18184  | Cookies, oatmeal, prepared from recipe, with raisins  | 15         | 1 cookie         | 0.485               |
| 18177  | Cookies, molasses   | 15         | 1 cookie, medium | 0.482               |
| 06174  | Soup, stock, fish, home-prepared  | 233        | 1 cup            | 0.473               |
| 08123  | Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved) | 177        | 1 packet         | 0.473               |
| 18350  | Rolls, hamburger or hotdog, plain   | 43         | 1 roll           | 0.470               |
| 18452  | Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat                                    | 43         | 1 cupcake        | 0.466               |
| 04134  | Salad dressing, home recipe, cooked   | 16         | 1 tbsp           | 0.464               |
| 11159  | Coleslaw, home-prepared   | 120        | 1 cup            | 0.462               |
| 15029  | Fish, flatfish (flounder and sole species), cooked, dry heat                                      | 127        | 1 fillet         | 0.461               |
| 18229  | Crackers, standard snack-type, regular  | 12         | 4 crackers       | 0.453               |
| 18110  | Cake, fruitcake, commercially prepared  | 43         | 1 piece          | 0.451               |
| 18210  | Cookies, vanilla sandwich with creme filling  | 15         | 1 cookie         | 0.447               |
| 06423  | Soup, chicken with rice, canned, prepared with equal volume water                                 | 241        | 1 cup            | 0.446               |
| 16057  | Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt               | 164        | 1 cup            | 0.441               |
| 19038  | Snacks, popcorn, caramel-coated, with peanuts   | 42         | 1 cup            | 0.437               |
| 19165  | Cocoa, dry powder, unsweetened  | 5.4        | 1 tbsp           | 0.436               |
| 18230  | Crackers, standard snack-type, sandwich, with cheese filling                                      | 7          | 1 sandwich       | 0.429               |
| 01071  | Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk                                   | 4          | 1 tbsp           | 0.427               |
| 08272  | Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH  | 30         | 3/4 cup          | 0.427               |
| 12147  | Nuts, pine nuts, dried  | 8.6        | 1 tbsp           | 0.421               |
| 18258  | English muffins, plain, enriched, with ca prop (includes sourdough)                               | 57         | 1 muffin         | 0.418               |
| 01054  | Cream, whipped, cream topping, pressurized  | 3          | 1 tbsp           | 0.415               |
| 04128  | Margarine-like spread, (approximately 37% fat), unspecified oils                                  | 4.8        | 1 tsp            | 0.415               |
| 18232  | Crackers, wheat, regular  | 8          | 4 crackers       | 0.414               |
| 01143  | Egg substitute, liquid  | 62.75      | 1/4 cup          | 0.414               |
| 14315  | Malted drink mix, chocolate, with added nutrients, powder   | 21         | 3 heaping tsp    | 0.412               |
| 05028  | Chicken, liver, all classes, cooked, simmered   | 19.6       | 1 liver          | 0.404               |
| 15071  | Fish, rockfish, Pacific, mixed species, cooked, dry heat  | 85         | 3 oz             | 0.403               |
| 22121  | WORTHINGTON FOODS, MORNINGSTAR FARMS Grillers Vegan Burgers, frozen                               | 85         | 1 patty          | 0.400               |
| 14175  | Chocolate-flavor beverage mix for milk, powder, without added nutrients                           | 21.6       | 2-3 heaping tsp  | 0.396               |
| 01014  | Cheese, cottage, nonfat, uncreamed, dry, large or small curd                                      | 145        | 1 cup            | 0.396               |
| 19156  | Candies, MASTERFOODS USA, STARBURST Fruit Chews, Original fruits                                  | 5          | 1 piece          | 0.389               |
| 20080  | Wheat flour, whole-grain  | 120        | 1 cup            | 0.386               |
| 18342  | Rolls, dinner, plain, commercially prepared (includes brown-and-serve)                            | 28         | 1 roll           | 0.385               |
| 21139  | Fast foods, potato, mashed  | 80         | 1/3 cup          | 0.383               |

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## Fatty acids, total saturated ( g ) Content of Selected Foods per Common Measure, sorted by nutrient content

| NDB_No | Description  | Weight (g) | Common Measure | Content per Measure |
|--------|--|------------|----------------|---------------------|
| 18158  | Cookies, chocolate chip, commercially prepared, regular, lower fat                   | 10         | 1 cookie       | 0.381               |
| 05090  | Chicken, broilers or fryers, neck, meat only, cooked, simmered                       | 18         | 1 neck         | 0.378               |
| 19441  | Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit-filled                     | 37         | 1 bar          | 0.376               |
| 18003  | Bagels, egg  | 89         | 4" bagel       | 0.375               |
| 07028  | Ham, sliced, extra lean  | 56.7       | 2 slices       | 0.374               |
| 06125  | Gravy, turkey, canned, ready-to-serve  | 59.6       | 1/4 cup        | 0.370               |
| 18166  | Cookies, chocolate sandwich, with creme filling, regular                             | 10         | 1 cookie       | 0.368               |
| 06428  | Soup, clam chowder, manhattan, canned, prepared with equal volume water              | 244        | 1 cup          | 0.364               |
| 11424  | Pumpkin, canned, without salt  | 245        | 1 cup          | 0.358               |
| 20034  | Oat bran, cooked   | 219        | 1 cup          | 0.357               |
| 15037  | Fish, halibut, Atlantic and Pacific, cooked, dry heat                                | 85         | 3 oz           | 0.354               |
| 08030  | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS                                 | 30         | 1 cup          | 0.353               |
| 07017  | Chicken roll, light meat   | 56.7       | 2 slices       | 0.352               |
| 20037  | Rice, brown, long-grain, cooked  | 195        | 1 cup          | 0.351               |
| 18001  | Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)     | 89         | 4" bagel       | 0.350               |
| 16064  | Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain          | 240        | 1 cup          | 0.346               |
| 18353  | Rolls, hard (includes kaiser)  | 57         | 1 roll         | 0.345               |
| 08131  | Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water | 155        | 1 packet       | 0.344               |
| 18079  | Bread crumbs, dry, grated, plain   | 28.35      | 1 oz           | 0.341               |
| 15141  | Crustaceans, crab, blue, canned  | 135        | 1 cup          | 0.340               |
| 20083  | Wheat flour, white, bread, enriched  | 137        | 1 cup          | 0.334               |
| 20044  | Rice, white, long-grain, regular, raw, enriched                                      | 185        | 1 cup          | 0.333               |
| 20012  | Bulgur, dry  | 140        | 1 cup          | 0.325               |
| 20025  | Cornmeal, self-rising, degermed, enriched, yellow                                    | 138        | 1 cup          | 0.323               |
| 18069  | Bread, white, commercially prepared (includes soft bread crumbs)                     | 45         | 1 cup          | 0.323               |
| 18505  | KELLOGG'S Eggo Lowfat Homestyle Waffles  | 35         | 1 waffle       | 0.315               |
| 09193  | Olives, ripe, canned (small-extra large)   | 22         | 5 large        | 0.311               |
| 01097  | Milk, canned, evaporated, nonfat   | 256        | 1 cup          | 0.310               |
| 15029  | Fish, flatfish (flounder and sole species), cooked, dry heat                         | 85         | 3 oz           | 0.309               |
| 18215  | Crackers, cheese, sandwich-type with peanut butter filling                           | 7          | 1 sandwich     | 0.308               |
| 19438  | Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares                              | 22         | 1 bar          | 0.308               |
| 06528  | Soup, chicken noodle, dry, mix, prepared with water                                  | 252.3      | 1 cup          | 0.308               |
| 19047  | Snacks, pretzels, hard, plain, salted  | 60         | 10 pretzels    | 0.301               |
| 18003  | Bagels, egg  | 71         | 3-1/2" bagel   | 0.299               |
| 11464  | Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt              | 190        | 1 cup          | 0.298               |
| 18210  | Cookies, vanilla sandwich with creme filling   | 10         | 1 cookie       | 0.298               |
| 11196  | Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt   | 170        | 1 cup          | 0.298               |
| 18288  | Pancakes plain, frozen, ready-to-heat (includes buttermilk)                          | 36         | 1 pancake      | 0.292               |
| 01067  | Cream substitute, liquid, with hydrogenated vegetable oil and soy protein            | 15         | 1 tbsp         | 0.291               |
| 06468  | Soup, vegetarian vegetable, canned, prepared with equal volume water                 | 241        | 1 cup          | 0.289               |
| 08013  | Cereals ready-to-eat, GENERAL MILLS, CHEERIOS  | 30         | 1 cup          | 0.286               |
| 16058  | Chickpeas (garbanzo beans, bengal gram), mature seeds, canned                        | 240        | 1 cup          | 0.283               |
| 18048  | Bread, raisin, toasted, enriched   | 24         | 1 slice        | 0.282               |
| 18047  | Bread, raisin, enriched  | 26         | 1 slice        | 0.281               |
| 18001  | Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)     | 71         | 3-1/2" bagel   | 0.279               |

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| NDB_No | Description  | Weight (g) | Common Measure  | Content per Measure |
|--------|--|------------|-----------------|---------------------|
| 18259  | English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)    | 52         | 1 muffin        | 0.277               |
| 18013  | Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked                        | 21         | 2-1/4" biscuit  | 0.272               |
| 08288  | Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal                       | 30         | 3/4 cup         | 0.270               |
| 13350  | Beef, cured, dried   | 28.35      | 1 oz            | 0.269               |
| 20022  | Cornmeal, degermed, enriched, yellow   | 138        | 1 cup           | 0.268               |
| 14390  | Cocoa mix, with aspartame, powder, prepared with water                                     | 192        | 1 serving       | 0.267               |
| 14196  | Cocoa mix, no sugar added, powder  | 15         | 1/2 oz envelope | 0.267               |
| 15058  | Fish, ocean perch, Atlantic, cooked, dry heat  | 85         | 3 oz            | 0.266               |
| 01118  | Yogurt, plain, skim milk, 13 grams protein per 8 ounce                                     | 227        | 8-oz container  | 0.263               |
| 08049  | Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain                                       | 32         | 3/4 cup         | 0.262               |
| 11546  | Tomato products, canned, paste, without salt added   | 262        | 1 cup           | 0.262               |
| 06075  | Soup, beef broth or bouillon, powder, dry  | 6          | 1 packet        | 0.259               |
| 14153  | Carbonated beverage, pepper-type, contains caffeine  | 368        | 12 fl oz        | 0.258               |
| 09277  | Plantains, raw   | 179        | 1 medium        | 0.256               |
| 15221  | Fish, tuna, yellowfin, fresh, cooked, dry heat   | 85         | 3 oz            | 0.256               |
| 15034  | Fish, haddock, cooked, dry heat  | 150        | 1 fillet        | 0.251               |
| 19074  | Candies, caramels  | 10.1       | 1 piece         | 0.250               |
| 08125  | Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water         | 149        | 1 packet        | 0.249               |
| 16025  | Beans, great northern, mature seeds, cooked, boiled, without salt                          | 177        | 1 cup           | 0.248               |
| 20121  | Spaghetti, cooked, enriched, without added salt  | 140        | 1 cup           | 0.246               |
| 20100  | Macaroni, cooked, enriched   | 140        | 1 cup           | 0.246               |
| 18005  | Bagels, cinnamon-raisin  | 89         | 4" bagel        | 0.244               |
| 18133  | Cake, sponge, commercially prepared  | 30         | 1 shortcake     | 0.241               |
| 08210  | Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE                                     | 32         | 3/4 cup         | 0.240               |
| 16015  | Beans, black, mature seeds, cooked, boiled, without salt                                   | 172        | 1 cup           | 0.239               |
| 06121  | Gravy, mushroom, canned  | 59.6       | 1/4 cup         | 0.238               |
| 16063  | Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt | 172        | 1 cup           | 0.237               |
| 01094  | Milk, buttermilk, dried  | 6.5        | 1 tbsp          | 0.234               |
| 16043  | Beans, pinto, mature seeds, cooked, boiled, without salt                                   | 171        | 1 cup           | 0.233               |
| 18076  | Bread, whole-wheat, commercially prepared, toasted   | 25         | 1 slice         | 0.231               |
| 18025  | Bread, cracked-wheat   | 25         | 1 slice         | 0.229               |
| 18036  | Bread, Multi-Grain, toasted (includes whole-grain)   | 24         | 1 slice         | 0.228               |
| 18065  | Bread, wheat, toasted  | 23         | 1 slice         | 0.227               |
| 18035  | Bread, Multi-Grain (includes whole-grain)  | 26         | 1 slice         | 0.227               |
| 20010  | Buckwheat groats, roasted, cooked  | 168        | 1 cup           | 0.225               |
| 09136  | Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C                | 216        | 6-fl-oz can     | 0.222               |
| 16034  | Beans, kidney, red, mature seeds, canned   | 256        | 1 cup           | 0.218               |
| 08060  | Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN                                       | 61         | 1 cup           | 0.215               |
| 18173  | Cookies, graham crackers, plain or honey (includes cinnamon)                               | 14         | 2 squares       | 0.213               |
| 18075  | Bread, whole-wheat, commercially prepared  | 28         | 1 slice         | 0.209               |
| 08147  | Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free                          | 46         | 2 biscuits      | 0.207               |
| 20028  | Couscous, dry  | 173        | 1 cup           | 0.202               |
| 16158  | Hummus, commercial   | 14         | 1 tbsp          | 0.201               |
| 08078  | Cereals ready-to-eat, GENERAL MILLS, TRIX  | 30         | 1 cup           | 0.201               |
| 18064  | Bread, wheat   | 25         | 1 slice         | 0.201               |
| 18060  | Bread, rye   | 32         | 1 slice         | 0.200               |

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| NDB_No | Description   | Weight (g) | Common Measure | Content per Measure |
|--------|---|------------|----------------|---------------------|
| 16051  | Beans, white, mature seeds, canned  | 262        | 1 cup          | 0.199               |
| 15121  | Fish, tuna, light, canned in water, drained solids                              | 85         | 3 oz           | 0.199               |
| 18228  | Crackers, saltines (includes oyster, soda, soup)                                | 12         | 4 crackers     | 0.199               |
| 08319  | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size         | 55         | 1 cup          | 0.198               |
| 15067  | Fish, pollock, walleye, cooked, dry heat  | 85         | 3 oz           | 0.196               |
| 18005  | Bagels, cinnamon-raisin   | 71         | 3-1/2" bagel   | 0.195               |
| 15140  | Crustaceans, crab, blue, cooked, moist heat                                     | 85         | 3 oz           | 0.194               |
| 20081  | Wheat flour, white, all-purpose, enriched, bleached                             | 125        | 1 cup          | 0.194               |
| 18290  | Pancakes, plain, dry mix, complete, prepared                                    | 38         | 1 pancake      | 0.193               |
| 20082  | Wheat flour, white, all-purpose, self-rising, enriched                          | 125        | 1 cup          | 0.193               |
| 18040  | Bread, oatmeal, toasted   | 25         | 1 slice        | 0.191               |
| 18039  | Bread, oatmeal  | 27         | 1 slice        | 0.190               |
| 08001  | Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original                      | 30         | 1/2 cup        | 0.189               |
| 06559  | Soup, tomato, canned, prepared with equal volume water, commercial              | 244        | 1 cup          | 0.185               |
| 19013  | Snacks, fruit leather, pieces   | 28.35      | 1 oz           | 0.184               |
| 08031  | Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original                   | 51         | 1 cup          | 0.184               |
| 08143  | Cereals, WHEATENA, cooked with water  | 243        | 1 cup          | 0.182               |
| 08050  | Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS                               | 30         | 1 cup          | 0.181               |
| 16006  | Beans, baked, canned, plain or vegetarian                                       | 254        | 1 cup          | 0.180               |
| 18170  | Cookies, fig bars   | 16         | 1 cookie       | 0.180               |
| 18069  | Bread, white, commercially prepared (includes soft bread crumbs)                | 25         | 1 slice        | 0.179               |
| 04020  | Salad dressing, french dressing, reduced fat                                    | 16.3       | 1 tbsp         | 0.179               |
| 16038  | Beans, navy, mature seeds, cooked, boiled, without salt                         | 182        | 1 cup          | 0.178               |
| 11131  | Carrots, frozen, cooked, boiled, drained, without salt                          | 146        | 1 cup          | 0.175               |
| 20084  | Wheat flour, white, cake, enriched  | 137        | 1 cup          | 0.174               |
| 11461  | Spinach, canned, drained solids   | 214        | 1 cup          | 0.173               |
| 11019  | Asparagus, frozen, cooked, boiled, drained, without salt                        | 180        | 1 cup          | 0.173               |
| 08048  | Cereals ready-to-eat, GENERAL MILLS, KIX  | 30         | 1-1/3 cup      | 0.173               |
| 18033  | Bread, italian  | 20         | 1 slice        | 0.171               |
| 11179  | Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt | 164        | 1 cup          | 0.169               |
| 09040  | Bananas, raw  | 150        | 1 cup          | 0.168               |
| 16072  | Lima beans, large, mature seeds, cooked, boiled, without salt                   | 188        | 1 cup          | 0.167               |
| 11174  | Corn, sweet, yellow, canned, cream style, regular pack                          | 256        | 1 cup          | 0.166               |
| 18061  | Bread, rye, toasted   | 24         | 1 slice        | 0.165               |
| 08247  | Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran                          | 55         | 1 cup          | 0.163               |
| 11575  | Turnip greens, frozen, cooked, boiled, drained, without salt                    | 164        | 1 cup          | 0.162               |
| 11176  | Corn, sweet, yellow, canned, vacuum pack, regular pack                          | 210        | 1 cup          | 0.162               |
| 15152  | Crustaceans, shrimp, mixed species, canned                                      | 85.05      | 3 oz           | 0.160               |
| 15160  | Mollusks, clam, mixed species, canned, drained solids                           | 85         | 3 oz           | 0.160               |
| 11099  | Brussels sprouts, cooked, boiled, drained, without salt                         | 156        | 1 cup          | 0.159               |
| 11192  | Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt      | 165        | 1 cup          | 0.158               |
| 15058  | Fish, ocean perch, Atlantic, cooked, dry heat                                   | 50         | 1 fillet       | 0.157               |
| 18212  | Cookies, vanilla wafers, lower fat  | 4          | 1 cookie       | 0.154               |
| 11208  | Dandelion greens, cooked, boiled, drained, without salt                         | 105        | 1 cup          | 0.153               |
| 11901  | Corn, sweet, white, cooked, boiled, drained, without salt                       | 77         | 1 ear          | 0.152               |
| 11168  | Corn, sweet, yellow, cooked, boiled, drained, without salt                      | 77         | 1 ear          | 0.152               |
| 15138  | Crustaceans, crab, alaska king, imitation, made from surimi                     | 85         | 3 oz           | 0.150               |

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## Fatty acids, total saturated ( g ) Content of Selected Foods per Common Measure, sorted by nutrient content

| NDB_No | Description   | Weight (g) | Common Measure  | Content per Measure |
|--------|---|------------|-----------------|---------------------|
| 11644  | Squash, winter, all varieties, cooked, baked, without salt                          | 205        | 1 cup           | 0.148               |
| 08089  | Cereals ready-to-eat, GENERAL MILLS, WHEATIES                                       | 30         | 1 cup           | 0.147               |
| 20006  | Barley, pearled, cooked   | 157        | 1 cup           | 0.146               |
| 11281  | Okra, frozen, cooked, boiled, drained, without salt                                 | 184        | 1 cup           | 0.145               |
| 14309  | Malted drink mix, natural, with added nutrients, powder                             | 21         | 4-5 heaping tsp | 0.143               |
| 15017  | Fish, cod, Atlantic, canned, solids and liquid                                      | 85         | 3 oz            | 0.142               |
| 15034  | Fish, haddock, cooked, dry heat   | 85         | 3 oz            | 0.142               |
| 19014  | Snacks, fruit leather, rolls  | 21         | 1 large         | 0.141               |
| 01186  | Cheese, cream, fat free   | 15.6       | 1 tbsp          | 0.140               |
| 18044  | Bread, pumpernickel   | 32         | 1 slice         | 0.140               |
| 18045  | Bread, pumpernickel, toasted  | 29         | 1 slice         | 0.139               |
| 20125  | Spaghetti, whole-wheat, cooked  | 140        | 1 cup           | 0.139               |
| 15067  | Fish, pollock, walleye, cooked, dry heat  | 60         | 1 fillet        | 0.139               |
| 09176  | Mangos, raw   | 207        | 1 mango         | 0.137               |
| 11008  | Artichokes, (globe or french), cooked, boiled, drained, without salt                | 168        | 1 cup           | 0.136               |
| 11647  | Sweet potato, canned, syrup pack, drained solids                                    | 196        | 1 cup           | 0.135               |
| 11038  | Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt | 170        | 1 cup           | 0.133               |
| 09125  | Grapefruit juice, white, frozen concentrate, unsweetened, undiluted                 | 207        | 6-fl-oz can     | 0.132               |
| 09040  | Bananas, raw  | 118        | 1 banana        | 0.132               |
| 09226  | Papayas, raw  | 304        | 1 papaya        | 0.131               |
| 08084  | Cereals ready-to-eat, wheat germ, toasted, plain                                    | 7.119      | 1 tbsp          | 0.130               |
| 20047  | Rice, white, long-grain, parboiled, enriched, cooked                                | 175        | 1 cup           | 0.130               |
| 16033  | Beans, kidney, red, mature seeds, cooked, boiled, without salt                      | 177        | 1 cup           | 0.127               |
| 18070  | Bread, white, commercially prepared, toasted  | 22         | 1 slice         | 0.127               |
| 18057  | Bread, reduced-calorie, white   | 23         | 1 slice         | 0.126               |
| 11101  | Brussels sprouts, frozen, cooked, boiled, drained, without salt                     | 155        | 1 cup           | 0.126               |
| 01085  | Milk, nonfat, fluid, with added vitamin A (fat free or skim)                        | 245        | 1 cup           | 0.125               |
| 18029  | Bread, french or vienna (includes sourdough)  | 25         | 1/2" slice      | 0.124               |
| 11091  | Broccoli, cooked, boiled, drained, without salt                                     | 156        | 1 cup           | 0.123               |
| 11040  | Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt     | 180        | 1 cup           | 0.122               |
| 08077  | Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL                              | 30         | 3/4 cup         | 0.122               |
| 20045  | Rice, white, long-grain, regular, cooked  | 158        | 1 cup           | 0.122               |
| 11028  | Bamboo shoots, canned, drained solids   | 131        | 1 cup           | 0.121               |
| 08246  | Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes                              | 30         | 1-1/3 cup       | 0.120               |
| 18363  | Tortillas, ready-to-bake or -fry, corn  | 26         | 1 tortilla      | 0.118               |
| 11303  | Peas, edible-podded, frozen, cooked, boiled, drained, without salt                  | 160        | 1 cup           | 0.117               |
| 08028  | Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes                 | 29         | 3/4 cup         | 0.116               |
| 11642  | Squash, summer, all varieties, cooked, boiled, drained, without salt                | 180        | 1 cup           | 0.115               |
| 08019  | Cereals ready-to-eat, GENERAL MILLS, Corn CHEX                                      | 30         | 1 cup           | 0.114               |
| 04023  | Salad dressing, thousand island dressing, reduced fat                               | 15.3       | 1 tbsp          | 0.114               |
| 15137  | Crustaceans, crab, alaska king, cooked, moist heat                                  | 85         | 3 oz            | 0.113               |
| 11205  | Cucumber, with peel, raw  | 301        | 1 large         | 0.111               |
| 09176  | Mangos, raw   | 165        | 1 cup           | 0.109               |
| 08067  | Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K                                  | 31         | 1 cup           | 0.109               |
| 08064  | Cereals ready-to-eat, GENERAL MILLS, Rice CHEX                                      | 31         | 1-1/4 cup       | 0.108               |
| 01092  | Milk, dry, nonfat, instant, with added vitamin A                                    | 23         | 1/3 cup         | 0.107               |
| 09278  | Plantains, cooked   | 154        | 1 cup           | 0.106               |



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| NDB_No | Description  | Weight (g) | Common Measure                | Content per Measure |
|--------|--|------------|-------------------------------|---------------------|
| 11015  | Asparagus, canned, drained solids                                    | 72         | 4 spears                      | 0.106               |
| 16086  | Peas, split, mature seeds, cooked, boiled, without salt              | 196        | 1 cup                         | 0.106               |
| 11308  | Peas, green, canned, regular pack, drained solids                    | 170        | 1 cup                         | 0.105               |
| 16070  | Lentils, mature seeds, cooked, boiled, without salt                  | 198        | 1 cup                         | 0.105               |
| 11512  | Sweet potato, canned, vacuum pack                                    | 255        | 1 cup                         | 0.105               |
| 11164  | Collards, frozen, chopped, cooked, boiled, drained, without salt     | 170        | 1 cup                         | 0.102               |
| 18041  | Bread, pita, white, enriched   | 60         | 6-1/2" pita                   | 0.100               |
| 08082  | Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX                      | 30         | 1 cup                         | 0.098               |
| 04022  | Salad dressing, russian dressing, low calorie                        | 16.3       | 1 tbsp                        | 0.098               |
| 14181  | Chocolate syrup  | 18.75      | 1 tbsp                        | 0.097               |
| 11008  | Artichokes, (globe or french), cooked, boiled, drained, without salt | 120        | 1 medium                      | 0.097               |
| 11252  | Lettuce, iceberg (includes crisphead types), raw                     | 539        | 1 head                        | 0.097               |
| 08035  | Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS                  | 30         | 3/4 cup                       | 0.097               |
| 16073  | Lima beans, large, mature seeds, canned                              | 241        | 1 cup                         | 0.094               |
| 08511  | Cereals, Malt-o-Meal, plain, prepared with water, without salt       | 268        | 1 serving (3 T dry cereal plu | 0.094               |
| 09153  | Lemon juice, canned or bottled                                       | 244        | 1 cup                         | 0.093               |
| 15148  | Crustaceans, lobster, northern, cooked, moist heat                   | 85         | 3 oz                          | 0.091               |
| 06175  | Sauce, hoisin, ready-to-serve  | 16         | 1 tbsp                        | 0.091               |
| 11423  | Pumpkin, cooked, boiled, drained, without salt                       | 245        | 1 cup                         | 0.091               |
| 08058  | Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19                  | 30         | 1 cup                         | 0.090               |
| 11162  | Collards, cooked, boiled, drained, without salt                      | 190        | 1 cup                         | 0.089               |
| 18220  | Crackers, melba toast, plain   | 20         | 4 pieces                      | 0.089               |
| 15192  | Fish, cod, Pacific, cooked, dry heat                                 | 85         | 3 oz                          | 0.088               |
| 11136  | Cauliflower, cooked, boiled, drained, without salt                   | 124        | 1 cup                         | 0.087               |
| 11333  | Peppers, sweet, green, raw   | 149        | 1 cup                         | 0.086               |
| 09132  | Grapes, red or green (European type, such as Thompson seedless), raw | 160        | 1 cup                         | 0.086               |
| 08103  | Cereals, CREAM OF WHEAT, regular, cooked with water, without salt    | 251        | 1 cup                         | 0.085               |
| 18053  | Bread, reduced-calorie, rye  | 23         | 1 slice                       | 0.085               |
| 09298  | Raisins, seedless  | 145        | 1 cup                         | 0.084               |
| 08057  | Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX                  | 30         | 3/4 cup                       | 0.083               |
| 11581  | Vegetables, mixed, canned, drained solids                            | 163        | 1 cup                         | 0.083               |
| 11236  | Kale, frozen, cooked, boiled, drained, without salt                  | 130        | 1 cup                         | 0.082               |
| 09181  | Melons, cantaloupe, raw  | 160        | 1 cup                         | 0.082               |
| 08105  | Cereals, CREAM OF WHEAT, quick, cooked with water, without salt      | 239        | 1 cup                         | 0.081               |
| 08071  | Cereals ready-to-eat, KELLOGG, KELLOGG'S Honey SMACKS                | 27         | 3/4 cup                       | 0.081               |
| 20089  | Wild rice, cooked  | 164        | 1 cup                         | 0.080               |
| 11439  | Sauerkraut, canned, solids and liquids                               | 236        | 1 cup                         | 0.080               |
| 15157  | Mollusks, clam, mixed species, raw                                   | 85         | 3 oz                          | 0.080               |
| 11261  | Mushrooms, cooked, boiled, drained, without salt                     | 156        | 1 cup                         | 0.080               |
| 18055  | Bread, reduced-calorie, wheat  | 23         | 1 slice                       | 0.079               |
| 11313  | Peas, green, frozen, cooked, boiled, drained, without salt           | 160        | 1 cup                         | 0.078               |
| 11299  | Parsnips, cooked, boiled, drained, without salt                      | 156        | 1 cup                         | 0.078               |
| 11053  | Beans, snap, green, cooked, boiled, drained, without salt            | 125        | 1 cup                         | 0.078               |
| 11724  | Beans, snap, yellow, cooked, boiled, drained, without salt           | 125        | 1 cup                         | 0.078               |
| 11458  | Spinach, cooked, boiled, drained, without salt                       | 180        | 1 cup                         | 0.077               |
| 02009  | Spices, chili powder   | 2.6        | 1 tsp                         | 0.077               |
| 09020  | Applesauce, canned, sweetened, without salt                          | 255        | 1 cup                         | 0.077               |
| 20013  | Bulgur, cooked   | 182        | 1 cup                         | 0.076               |

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|--------|---|------------|----------------|---------------------|
| 11569  | Turnip greens, cooked, boiled, drained, without salt  | 144        | 1 cup          | 0.076               |
| 08003  | Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS  | 30         | 1 cup          | 0.076               |
| 08259  | Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX  | 29         | 1 cup          | 0.074               |
| 18451  | Cake, pound, commercially prepared, fat-free  | 28         | 1 slice        | 0.073               |
| 11547  | Tomato products, canned, puree, without salt added  | 250        | 1 cup          | 0.073               |
| 09137  | Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C                   | 250        | 1 cup          | 0.073               |
| 11269  | Mushrooms, shiitake, cooked, without salt   | 145        | 1 cup          | 0.073               |
| 11279  | Okra, cooked, boiled, drained, without salt   | 160        | 1 cup          | 0.072               |
| 11181  | Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt                              | 63         | 1 ear          | 0.072               |
| 08065  | Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES  | 33         | 1-1/4 cup      | 0.071               |
| 11674  | Potato, baked, flesh and skin, without salt   | 202        | 1 potato       | 0.071               |
| 11301  | Peas, edible-podded, boiled, drained, without salt  | 160        | 1 cup          | 0.070               |
| 11333  | Peppers, sweet, green, raw  | 119        | 1 pepper       | 0.069               |
| 18651  | NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes   | 16         | 1 cookie       | 0.068               |
| 04021  | Salad dressing, italian dressing, reduced fat   | 15         | 1 tbsp         | 0.068               |
| 11234  | Kale, cooked, boiled, drained, without salt   | 130        | 1 cup          | 0.068               |
| 19076  | Candies, caramels, chocolate-flavor roll  | 7          | 1 piece        | 0.067               |
| 11282  | Onions, raw   | 160        | 1 cup          | 0.067               |
| 11533  | Tomatoes, red, ripe, canned, stewed   | 255        | 1 cup          | 0.066               |
| 11283  | Onions, cooked, boiled, drained, without salt   | 210        | 1 cup          | 0.065               |
| 09184  | Melons, honeydew, raw   | 170        | 1 cup          | 0.065               |
| 18217  | Crackers, matzo, plain  | 28.35      | 1 matzo        | 0.064               |
| 09161  | Lime juice, canned or bottled, unsweetened  | 246        | 1 cup          | 0.064               |
| 11655  | Carrot juice, canned  | 236        | 1 cup          | 0.064               |
| 09135  | Grape juice, canned or bottled, unsweetened, without added vitamin C  | 253        | 1 cup          | 0.063               |
| 09189  | Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened     | 250        | 1 cup          | 0.063               |
| 11549  | Tomato products, canned, sauce  | 245        | 1 cup          | 0.061               |
| 11138  | Cauliflower, frozen, cooked, boiled, drained, without salt  | 180        | 1 cup          | 0.061               |
| 09184  | Melons, honeydew, raw   | 160        | 1/8 melon      | 0.061               |
| 08091  | Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt                        | 242        | 1 cup          | 0.061               |
| 08164  | Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt                       | 242        | 1 cup          | 0.061               |
| 09226  | Papayas, raw  | 140        | 1 cup          | 0.060               |
| 11144  | Celery, cooked, boiled, drained, without salt   | 150        | 1 cup          | 0.060               |
| 09206  | Orange juice, raw   | 248        | 1 cup          | 0.060               |
| 11019  | Asparagus, frozen, cooked, boiled, drained, without salt  | 60         | 4 spears       | 0.058               |
| 09087  | Dates, deglet noor  | 178        | 1 cup          | 0.057               |
| 11956  | Tomatoes, sun-dried, packed in oil, drained   | 3          | 1 piece        | 0.057               |
| 11061  | Beans, snap, green, frozen, cooked, boiled, drained without salt  | 135        | 1 cup          | 0.057               |
| 11732  | Beans, snap, yellow, frozen, cooked, boiled, drained, without salt  | 135        | 1 cup          | 0.057               |
| 11584  | Vegetables, mixed, frozen, cooked, boiled, drained, without salt  | 182        | 1 cup          | 0.056               |
| 09064  | Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned) | 244        | 1 cup          | 0.056               |
| 08068  | Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS  | 31         | 1 cup          | 0.056               |
| 14210  | Coffee, brewed, espresso, restaurant-prepared   | 60         | 2 fl oz        | 0.055               |
| 14414  | Alcoholic beverage, liqueur, coffee, 53 proof   | 52         | 1.5 fl oz      | 0.055               |
| 09094  | Figs, dried, uncooked   | 38         | 2 figs         | 0.055               |

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|--------|---|------------|----------------|---------------------|
| 08020  | Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes                                  | 28         | 1 cup          | 0.053               |
| 11128  | Carrots, canned, regular pack, drained solids   | 146        | 1 cup          | 0.053               |
| 19051  | Snacks, rice cakes, brown rice, plain   | 9          | 1 cake         | 0.051               |
| 09214  | Orange juice, frozen concentrate, unsweetened, undiluted                              | 213        | 6-fl-oz can    | 0.051               |
| 11143  | Celery, raw   | 120        | 1 cup          | 0.050               |
| 11529  | Tomatoes, red, ripe, raw, year round average  | 180        | 1 cup          | 0.050               |
| 11641  | Squash, summer, all varieties, raw  | 113        | 1 cup          | 0.050               |
| 11508  | Sweet potato, cooked, baked in skin, without salt                                     | 146        | 1 potato       | 0.050               |
| 11436  | Rutabagas, cooked, boiled, drained, without salt                                      | 170        | 1 cup          | 0.049               |
| 11264  | Mushrooms, canned, drained solids   | 156        | 1 cup          | 0.048               |
| 11510  | Sweet potato, cooked, boiled, without skin  | 156        | 1 potato       | 0.048               |
| 08109  | Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water                        | 142        | 1 packet       | 0.048               |
| 19036  | Snacks, popcorn, cakes  | 10         | 1 cake         | 0.048               |
| 11043  | Mung beans, mature seeds, sprouted, raw   | 104        | 1 cup          | 0.048               |
| 11081  | Beets, cooked, boiled, drained  | 170        | 1 cup          | 0.048               |
| 11250  | Lettuce, butterhead (includes boston and bibb types), raw                             | 163        | 1 head         | 0.047               |
| 11954  | Tomatillos, raw   | 34         | 1 medium       | 0.047               |
| 09016  | Apple juice, canned or bottled, unsweetened, without added ascorbic acid              | 248        | 1 cup          | 0.047               |
| 09126  | Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water | 247        | 1 cup          | 0.047               |
| 11125  | Carrots, cooked, boiled, drained, without salt  | 156        | 1 cup          | 0.047               |
| 18041  | Bread, pita, white, enriched  | 28         | 4" pita        | 0.046               |
| 11282  | Onions, raw   | 110        | 1 whole        | 0.046               |
| 09326  | Watermelon, raw   | 286        | 1 wedge        | 0.046               |
| 19034  | Snacks, popcorn, air-popped   | 8          | 1 cup          | 0.046               |
| 20029  | Couscous, cooked  | 157        | 1 cup          | 0.046               |
| 09207  | Orange juice, canned, unsweetened   | 249        | 1 cup          | 0.045               |
| 02015  | Spices, curry powder  | 2          | 1 tsp          | 0.045               |
| 11087  | Beet greens, cooked, boiled, drained, without salt                                    | 144        | 1 cup          | 0.045               |
| 02028  | Spices, paprika   | 2.1        | 1 tsp          | 0.044               |
| 02007  | Spices, celery seed   | 2          | 1 tsp          | 0.044               |
| 11210  | Eggplant, cooked, boiled, drained, without salt                                       | 99         | 1 cup          | 0.044               |
| 11531  | Tomatoes, red, ripe, canned, packed in tomato juice                                   | 240        | 1 cup          | 0.043               |
| 11961  | Hearts of palm, canned  | 33         | 1 piece        | 0.043               |
| 11120  | Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt                     | 119        | 1 cup          | 0.043               |
| 18375  | Leavening agents, yeast, baker's, active dry  | 7          | 1 pkg          | 0.042               |
| 18374  | Leavening agents, yeast, baker's, compressed  | 17         | 1 cake         | 0.041               |
| 11124  | Carrots, raw  | 110        | 1 cup          | 0.041               |
| 09050  | Blueberries, raw  | 145        | 1 cup          | 0.041               |
| 11367  | Potatoes, boiled, cooked without skin, flesh, without salt                            | 156        | 1 cup          | 0.041               |
| 11363  | Potatoes, baked, flesh, without salt  | 156        | 1 potato       | 0.041               |
| 11821  | Peppers, sweet, red, raw  | 149        | 1 cup          | 0.040               |
| 02027  | Spices, oregano, dried  | 1.5        | 1 tsp          | 0.040               |
| 11823  | Peppers, sweet, red, cooked, boiled, drained, without salt                            | 136        | 1 cup          | 0.039               |
| 11334  | Peppers, sweet, green, cooked, boiled, drained, without salt                          | 136        | 1 cup          | 0.039               |
| 09003  | Apples, raw, with skin  | 138        | 1 apple        | 0.039               |
| 11205  | Cucumber, with peel, raw  | 104        | 1 cup          | 0.038               |
| 11136  | Cauliflower, cooked, boiled, drained, without salt                                    | 54         | 3 flowerets    | 0.038               |
| 11084  | Beets, canned, drained solids   | 170        | 1 cup          | 0.037               |

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|--------|---|------------|----------------|---------------------|
| 09291  | Plums, dried (prunes), uncooked   | 42         | 5 prunes       | 0.037               |
| 11206  | Cucumber, peeled, raw   | 280        | 1 large        | 0.036               |
| 11117  | Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt          | 170        | 1 cup          | 0.036               |
| 09121  | Grapefruit, sections, canned, light syrup pack, solids and liquids          | 254        | 1 cup          | 0.036               |
| 11365  | Potatoes, boiled, cooked in skin, flesh, without salt                       | 136        | 1 potato       | 0.035               |
| 09181  | Melons, cantaloupe, raw   | 69         | 1/8 melon      | 0.035               |
| 11367  | Potatoes, boiled, cooked without skin, flesh, without salt                  | 135        | 1 potato       | 0.035               |
| 09250  | Peaches, frozen, sliced, sweetened  | 250        | 1 cup          | 0.035               |
| 09209  | Orange juice, chilled, includes from concentrate                            | 249        | 1 cup          | 0.035               |
| 06094  | Soup, onion, dry, mix   | 39         | 1 packet       | 0.035               |
| 09404  | Grapefruit juice, pink, raw   | 247        | 1 cup          | 0.035               |
| 09128  | Grapefruit juice, white, raw  | 247        | 1 cup          | 0.035               |
| 18456  | Cookies, oatmeal, commercially prepared, fat-free                           | 11         | 1 cookie       | 0.035               |
| 11529  | Tomatoes, red, ripe, raw, year round average                                | 123        | 1 tomato       | 0.034               |
| 11090  | Broccoli, raw   | 88         | 1 cup          | 0.034               |
| 09191  | Nectarines, raw   | 136        | 1 nectarine    | 0.034               |
| 18086  | Cake, angelfood, commercially prepared                                      | 28         | 1 piece        | 0.034               |
| 11056  | Beans, snap, green, canned, regular pack, drained solids                    | 135        | 1 cup          | 0.034               |
| 11488  | Squash, winter, butternut, frozen, cooked, boiled, without salt             | 240        | 1 cup          | 0.034               |
| 09310  | Rhubarb, frozen, cooked, with sugar   | 240        | 1 cup          | 0.034               |
| 11093  | Broccoli, frozen, chopped, cooked, boiled, drained, without salt            | 184        | 1 cup          | 0.033               |
| 09340  | Pears, asian, raw   | 275        | 1 pear         | 0.033               |
| 09218  | Tangerines, (mandarin oranges), raw   | 84         | 1 tangerine    | 0.033               |
| 09223  | Tangerine juice, canned, sweetened  | 249        | 1 cup          | 0.032               |
| 09236  | Peaches, raw  | 170        | 1 cup          | 0.032               |
| 11821  | Peppers, sweet, red, raw  | 119        | 1 pepper       | 0.032               |
| 09123  | Grapefruit juice, white, canned, unsweetened                                | 247        | 1 cup          | 0.032               |
| 11291  | Onions, spring or scallions (includes tops and bulb), raw                   | 100        | 1 cup          | 0.032               |
| 09246  | Peaches, dried, sulfured, uncooked  | 39         | 3 halves       | 0.032               |
| 11578  | Vegetable juice cocktail, canned  | 242        | 1 cup          | 0.031               |
| 11044  | Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt   | 124        | 1 cup          | 0.031               |
| 09220  | Tangerines, (mandarin oranges), canned, light syrup pack                    | 252        | 1 cup          | 0.030               |
| 11260  | Mushrooms, white, raw   | 70         | 1 cup          | 0.030               |
| 09124  | Grapefruit juice, white, canned, sweetened                                  | 250        | 1 cup          | 0.030               |
| 11932  | Beans, snap, yellow, canned, regular pack, drained solids                   | 135        | 1 cup          | 0.030               |
| 11091  | Broccoli, cooked, boiled, drained, without salt                             | 37         | 1 spear        | 0.029               |
| 11283  | Onions, cooked, boiled, drained, without salt                               | 94         | 1 medium       | 0.029               |
| 15232  | Fish, roughy, orange, cooked, dry heat                                      | 85         | 3 oz           | 0.029               |
| 11012  | Asparagus, cooked, boiled, drained  | 60         | 4 spears       | 0.029               |
| 11247  | Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt | 104        | 1 cup          | 0.028               |
| 20049  | Rice, white, long-grain, precooked or instant, enriched, prepared           | 165        | 1 cup          | 0.028               |
| 19116  | Candies, marshmallows   | 50         | 1 cup          | 0.028               |
| 09132  | Grapes, red or green (European type, such as Thompson seedless), raw        | 50         | 10 grapes      | 0.027               |
| 09200  | Oranges, raw, all commercial varieties                                      | 180        | 1 cup          | 0.027               |
| 11124  | Carrots, raw  | 72         | 1 carrot       | 0.027               |
| 09241  | Peaches, canned, heavy syrup pack, solids and liquids                       | 262        | 1 cup          | 0.026               |
| 08093  | Cereals, QUAKER, corn grits, instant, plain, prepared with water            | 137        | 1 packet       | 0.026               |
| 09070  | Cherries, sweet, raw  | 68         | 10 cherries    | 0.026               |

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| NDB_No | Description   | Weight (g) | Common Measure      | Content per Measure |
|--------|---|------------|---------------------|---------------------|
| 09112  | Grapefruit, raw, pink and red, all areas  | 123        | 1/2 grapefruit      | 0.026               |
| 09055  | Blueberries, frozen, sweetened  | 230        | 1 cup               | 0.025               |
| 11632  | Peppers, jalapeno, canned, solids and liquids   | 26         | 1/4 cup             | 0.025               |
| 09316  | Strawberries, raw   | 166        | 1 cup               | 0.025               |
| 09292  | Plums, dried (prunes), stewed, without added sugar  | 248        | 1 cup               | 0.025               |
| 09100  | Fruit cocktail, (peach and pineapple and pear and grape and cherry),<br>canned, heavy syrup, solids and liquids | 248        | 1 cup               | 0.025               |
| 11445  | Seaweed, kelp, raw  | 10         | 2 tbsp              | 0.025               |
| 11667  | Seaweed, spirulina, dried   | 0.93       | 1 tbsp              | 0.025               |
| 09326  | Watermelon, raw   | 152        | 1 cup               | 0.024               |
| 08157  | Cereals ready-to-eat, wheat, puffed, fortified  | 12         | 1 cup               | 0.024               |
| 11213  | Endive, raw   | 50         | 1 cup               | 0.024               |
| 11109  | Cabbage, raw  | 70         | 1 cup               | 0.024               |
| 18375  | Leavening agents, yeast, baker's, active dry  | 4          | 1 tsp               | 0.024               |
| 11937  | Pickles, cucumber, dill or kosher dill  | 65         | 1 pickle            | 0.023               |
| 09302  | Raspberries, raw  | 123        | 1 cup               | 0.023               |
| 09004  | Apples, raw, without skin   | 110        | 1 cup               | 0.023               |
| 11242  | Kohlrabi, cooked, boiled, drained, without salt   | 165        | 1 cup               | 0.023               |
| 09270  | Pineapple, canned, heavy syrup pack, solids and liquids   | 254        | 1 cup               | 0.023               |
| 11001  | Alfalfa seeds, sprouted, raw  | 33         | 1 cup               | 0.023               |
| 14242  | Cranberry juice cocktail, bottled   | 253        | 8 fl oz             | 0.023               |
| 09150  | Lemons, raw, without peel   | 58         | 1 lemon             | 0.023               |
| 11590  | Waterchestnuts, chinese, canned, solids and liquids   | 140        | 1 cup               | 0.022               |
| 09148  | Kiwi fruit, (chinese gooseberries), fresh, raw  | 76         | 1 medium            | 0.022               |
| 11251  | Lettuce, cos or romaine, raw  | 56         | 1 cup               | 0.022               |
| 18088  | Cake, angelfood, dry mix, prepared  | 50         | 1 piece             | 0.022               |
| 08069  | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES   | 31         | 3/4 cup             | 0.021               |
| 14371  | Tea, instant, sweetened with sugar, lemon-flavored, without added<br>ascorbic acid, powder, prepared            | 259        | 8 fl oz             | 0.021               |
| 09284  | Plums, canned, purple, heavy syrup pack, solids and liquids   | 258        | 1 cup               | 0.021               |
| 09206  | Orange juice, raw   | 86         | juice from 1 orange | 0.021               |
| 02030  | Spices, pepper, black   | 2.1        | 1 tsp               | 0.021               |
| 09060  | Carambola, (starfruit), raw   | 108        | 1 cup               | 0.021               |
| 09042  | Blackberries, raw   | 144        | 1 cup               | 0.020               |
| 09273  | Pineapple juice, canned, unsweetened, without added ascorbic acid   | 250        | 1 cup               | 0.020               |
| 09200  | Oranges, raw, all commercial varieties  | 131        | 1 orange            | 0.020               |
| 09019  | Applesauce, canned, unsweetened, without added ascorbic acid  | 244        | 1 cup               | 0.020               |
| 11540  | Tomato juice, canned, with salt added   | 243        | 1 cup               | 0.019               |
| 11457  | Spinach, raw  | 30         | 1 cup               | 0.019               |
| 11819  | Peppers, hot chili, red, raw  | 45         | 1 pepper            | 0.019               |
| 09257  | Pears, canned, heavy syrup pack, solids and liquids   | 266        | 1 cup               | 0.019               |
| 09236  | Peaches, raw  | 98         | 1 peach             | 0.019               |
| 08156  | Cereals ready-to-eat, rice, puffed, fortified   | 14         | 1 cup               | 0.018               |
| 09320  | Strawberries, frozen, sweetened, sliced   | 255        | 1 cup               | 0.018               |
| 09215  | Orange juice, frozen concentrate, unsweetened, diluted with 3 volume<br>water                                   | 249        | 1 cup               | 0.017               |
| 09060  | Carambola, (starfruit), raw   | 91         | 1 fruit             | 0.017               |
| 11143  | Celery, raw   | 40         | 1 stalk             | 0.017               |
| 11271  | Mustard greens, cooked, boiled, drained, without salt   | 140        | 1 cup               | 0.017               |
| 09011  | Apples, dried, sulfured, uncooked   | 32         | 5 rings             | 0.017               |

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| NDB_No | Description   | Weight (g) | Common Measure    | Content per Measure |
|--------|---|------------|-------------------|---------------------|
| 09116  | Grapefruit, raw, white, all areas                                 | 118        | 1/2 grapefruit    | 0.017               |
| 11206  | Cucumber, peeled, raw   | 119        | 1 cup             | 0.015               |
| 11364  | Potatoes, baked, skin, without salt                               | 58         | 1 skin            | 0.015               |
| 09403  | Apricot nectar, canned, with added ascorbic acid                  | 251        | 1 cup             | 0.015               |
| 14334  | Pineapple and grapefruit juice drink, canned                      | 250        | 8 fl oz           | 0.015               |
| 11135  | Cauliflower, raw  | 100        | 1 cup             | 0.015               |
| 11144  | Celery, cooked, boiled, drained, without salt                     | 37.5       | 1 stalk           | 0.015               |
| 09268  | Pineapple, canned, juice pack, solids and liquids                 | 249        | 1 cup             | 0.015               |
| 14293  | Lemonade, frozen concentrate, white, prepared with water          | 248        | 8 fl oz           | 0.015               |
| 11112  | Cabbage, red, raw   | 70         | 1 cup             | 0.015               |
| 09340  | Pears, asian, raw   | 122        | 1 pear            | 0.015               |
| 11081  | Beets, cooked, boiled, drained                                    | 50         | 1 beet            | 0.014               |
| 09266  | Pineapple, raw, all varieties                                     | 155        | 1 cup             | 0.014               |
| 19314  | Pie fillings, canned, cherry                                      | 74         | 1/8 of 21-oz can  | 0.013               |
| 09087  | Dates, deglet noor  | 41.5       | 5 dates           | 0.013               |
| 11297  | Parsley, raw  | 10         | 10 sprigs         | 0.013               |
| 09027  | Apricots, canned, heavy syrup pack, with skin, solids and liquids | 258        | 1 cup             | 0.013               |
| 09306  | Raspberries, frozen, red, sweetened                               | 250        | 1 cup             | 0.013               |
| 11565  | Turnips, cooked, boiled, drained, without salt                    | 156        | 1 cup             | 0.012               |
| 02046  | Mustard, prepared, yellow   | 5          | 1 tsp or 1 packet | 0.012               |
| 11090  | Broccoli, raw   | 31         | 1 spear           | 0.012               |
| 18226  | Crackers, rye, wafers, plain                                      | 11         | 1 wafer           | 0.012               |
| 09279  | Plums, raw  | 66         | 1 plum            | 0.011               |
| 11253  | Lettuce, green leaf, raw  | 56         | 1 cup             | 0.011               |
| 09252  | Pears, raw  | 166        | 1 pear            | 0.010               |
| 09254  | Pears, canned, juice pack, solids and liquids                     | 248        | 1 cup             | 0.010               |
| 09238  | Peaches, canned, juice pack, solids and liquids                   | 248        | 1 cup             | 0.010               |
| 11252  | Lettuce, iceberg (includes crisphead types), raw                  | 55         | 1 cup             | 0.010               |
| 06494  | Soup, onion, dry, mix, prepared with water                        | 246        | 1 cup             | 0.010               |
| 09241  | Peaches, canned, heavy syrup pack, solids and liquids             | 98         | 1 half            | 0.010               |
| 09021  | Apricots, raw   | 35         | 1 apricot         | 0.009               |
| 11670  | Peppers, hot chili, green, raw                                    | 45         | 1 pepper          | 0.009               |
| 11114  | Cabbage, savoy, raw   | 70         | 1 cup             | 0.009               |
| 19294  | Fruit butters, apple  | 17         | 1 tbsp            | 0.009               |
| 11955  | Tomatoes, sun-dried   | 2          | 1 piece           | 0.009               |
| 09298  | Raisins, seedless   | 14         | 1 packet          | 0.008               |
| 11268  | Mushrooms, shiitake, dried  | 3.6        | 1 mushroom        | 0.008               |
| 11945  | Pickle relish, sweet  | 15         | 1 tbsp            | 0.008               |
| 02010  | Spices, cinnamon, ground  | 2.3        | 1 tsp             | 0.008               |
| 09294  | Prune juice, canned   | 256        | 1 cup             | 0.008               |
| 19283  | Frozen novelties, ice type, pop                                   | 59         | 1 bar (2 fl oz)   | 0.008               |
| 20068  | Tapioca, pearl, dry   | 152        | 1 cup             | 0.008               |
| 09081  | Cranberry sauce, canned, sweetened                                | 57         | 1 slice           | 0.007               |
| 09024  | Apricots, canned, juice pack, with skin, solids and liquids       | 244        | 1 cup             | 0.007               |
| 19353  | Syrups, maple   | 20         | 1 tbsp            | 0.007               |
| 16055  | Carob flour   | 8          | 1 tbsp            | 0.007               |
| 11935  | Catsup  | 15         | 1 tbsp            | 0.006               |
| 11457  | Spinach, raw  | 10         | 1 leaf            | 0.006               |
| 09032  | Apricots, dried, sulfured, uncooked                               | 35         | 10 halves         | 0.006               |

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| NDB_No | Description   | Weight (g) | Common Measure  | Content per Measure |
|--------|---|------------|-----------------|---------------------|
| 11740  | Broccoli, flower clusters, raw  | 11         | 1 floweret      | 0.006               |
| 11282  | Onions, raw   | 14         | 1 slice         | 0.006               |
| 11333  | Peppers, sweet, green, raw  | 10         | 1 ring          | 0.006               |
| 09153  | Lemon juice, canned or bottled  | 15.2       | 1 tbsp          | 0.006               |
| 11529  | Tomatoes, red, ripe, raw, year round average  | 20         | 1 slice         | 0.006               |
| 11943  | Pimento, canned   | 12         | 1 tbsp          | 0.005               |
| 09257  | Pears, canned, heavy syrup pack, solids and liquids   | 76         | 1 half          | 0.005               |
| 11084  | Beets, canned, drained solids   | 24         | 1 beet          | 0.005               |
| 09282  | Plums, canned, purple, juice pack, solids and liquids   | 252        | 1 cup           | 0.005               |
| 11291  | Onions, spring or scallions (includes tops and bulb), raw   | 15         | 1 whole         | 0.005               |
| 06164  | Sauce, salsa, ready-to-serve  | 16         | 1 tbsp          | 0.005               |
| 11529  | Tomatoes, red, ripe, raw, year round average  | 17         | 1 cherry tomato | 0.005               |
| 02055  | Horseradish, prepared   | 5          | 1 tsp           | 0.005               |
| 09270  | Pineapple, canned, heavy syrup pack, solids and liquids   | 49         | 1 slice         | 0.004               |
| 11156  | Chives, raw   | 3          | 1 tbsp          | 0.004               |
| 09161  | Lime juice, canned or bottled, unsweetened  | 15.4       | 1 tbsp          | 0.004               |
| 09238  | Peaches, canned, juice pack, solids and liquids   | 98         | 1 half          | 0.004               |
| 11251  | Lettuce, cos or romaine, raw  | 10         | 1 leaf          | 0.004               |
| 11284  | Onions, dehydrated flakes   | 5          | 1 tbsp          | 0.004               |
| 02026  | Spices, onion powder  | 2.1        | 1 tsp           | 0.004               |
| 02020  | Spices, garlic powder   | 2.8        | 1 tsp           | 0.004               |
| 09284  | Plums, canned, purple, heavy syrup pack, solids and liquids   | 46         | 1 plum          | 0.004               |
| 18371  | Leavening agents, baking powder, low-sodium   | 5          | 1 tsp           | 0.004               |
| 14010  | Alcoholic beverage, daiquiri, prepared-from-recipe  | 60         | 2 fl oz         | 0.004               |
| 14215  | Coffee, instant, regular, prepared with water   | 179        | 6 fl oz         | 0.004               |
| 14381  | Tea, herb, other than chamomile, brewed   | 178        | 6 fl oz         | 0.004               |
| 14355  | Tea, brewed, prepared with tap water  | 178        | 6 fl oz         | 0.004               |
| 14209  | Coffee, brewed from grounds, prepared with tap water  | 178        | 6 fl oz         | 0.004               |
| 14545  | Tea, herb, chamomile, brewed  | 178        | 6 fl oz         | 0.004               |
| 09254  | Pears, canned, juice pack, solids and liquids   | 76         | 1 half          | 0.003               |
| 09160  | Lime juice, raw   | 38         | juice of 1 lime | 0.003               |
| 09268  | Pineapple, canned, juice pack, solids and liquids   | 47         | 1 slice         | 0.003               |
| 09316  | Strawberries, raw   | 18         | 1 strawberry    | 0.003               |
| 11215  | Garlic, raw   | 3          | 1 clove         | 0.003               |
| 11935  | Catsup  | 6          | 1 packet        | 0.003               |
| 06168  | Sauce, ready-to-serve, pepper or hot  | 4.7        | 1 tsp           | 0.002               |
| 09097  | Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids | 237        | 1 cup           | 0.002               |
| 11960  | Carrots, baby, raw  | 10         | 1 medium        | 0.002               |
| 11250  | Lettuce, butterhead (includes boston and bibb types), raw   | 7.5        | 1 medium leaf   | 0.002               |
| 19297  | Jams and preserves  | 20         | 1 tbsp          | 0.002               |
| 11253  | Lettuce, green leaf, raw  | 10         | 1 leaf          | 0.002               |
| 11135  | Cauliflower, raw  | 13         | 1 floweret      | 0.002               |
| 09316  | Strawberries, raw   | 12         | 1 strawberry    | 0.002               |
| 11677  | Shallots, raw   | 10         | 1 tbsp          | 0.002               |
| 19336  | Sugars, powdered  | 8          | 1 tbsp          | 0.002               |
| 02029  | Spices, parsley, dried  | 1.3        | 1 tbsp          | 0.001               |
| 11429  | Radishes, raw   | 4.5        | 1 radish        | 0.001               |
| 11252  | Lettuce, iceberg (includes crisphead types), raw  | 8          | 1 medium        | 0.001               |

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|--------|---|------------|-------------------|---------------------|
| 19300  | Jellies   | 19         | 1 tbsp            | 0.001               |
| 09282  | Plums, canned, purple, juice pack, solids and liquids                           | 46         | 1 plum            | 0.001               |
| 16123  | Soy sauce made from soy and wheat (shoyu)                                       | 16         | 1 tbsp            | 0.001               |
| 20027  | Cornstarch  | 8.064      | 1 tbsp            | 0.001               |
| 02045  | Dill weed, fresh  | 1          | 5 sprigs          | 0.001               |
| 02050  | Vanilla extract   | 4.2        | 1 tsp             | 0.000               |
| 19173  | Gelatin desserts, dry mix, prepared with water                                  | 135        | 1/2 cup           | 0.000               |
| 19129  | Syrups, table blends, pancake   | 20         | 1 tbsp            | 0.000               |
| 19128  | Syrups, table blends, pancake, reduced-calorie                                  | 15         | 1 tbsp            | 0.000               |
| 09152  | Lemon juice, raw  | 47         | juice of 1 lemon  | 0.000               |
| 19108  | Candies, jellybeans   | 28.35      | 10 large          | 0.000               |
| 19176  | Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water | 117        | 1/2 cup           | 0.000               |
| 19107  | Candies, hard   | 3          | 1 small piece     | 0.000               |
| 06150  | Sauce, barbecue   | 15.75      | 1 tbsp            | 0.000               |
| 19106  | Candies, gumdrops, starch jelly pieces  | 22         | 10 bears          | 0.000               |
| 19106  | Candies, gumdrops, starch jelly pieces  | 4.2        | 1 medium          | 0.000               |
| 19106  | Candies, gumdrops, starch jelly pieces  | 74         | 10 worms          | 0.000               |
| 14003  | Alcoholic beverage, beer, regular, all  | 355        | 12 fl oz          | 0.000               |
| 19107  | Candies, hard   | 6          | 1 piece           | 0.000               |
| 08274  | Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX                            | 30         | 3/4 cup           | 0.000               |
| 08243  | Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS                         | 55         | 1 cup             | 0.000               |
| 08263  | Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS                    | 30         | 3/4 cup           | 0.000               |
| 08271  | Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS                                | 30         | 1 cup             | 0.000               |
| 19350  | Syrups, corn, light   | 20         | 1 tbsp            | 0.000               |
| 11226  | Jerusalem-artichokes, raw   | 150        | 1 cup             | 0.000               |
| 19263  | Frozen novelties, fruit and juice bars  | 77         | 1 bar (2.5 fl oz) | 0.000               |
| 19334  | Sugars, brown   | 3.2        | 1 tsp             | 0.000               |
| 18373  | Leavening agents, cream of tartar   | 3          | 1 tsp             | 0.000               |
| 19312  | Pie fillings, apple, canned   | 74         | 1/8 of 21-oz can  | 0.000               |
| 11110  | Cabbage, cooked, boiled, drained, without salt                                  | 150        | 1 cup             | 0.000               |
| 06112  | Sauce, teriyaki, ready-to-serve   | 18         | 1 tbsp            | 0.000               |
| 19296  | Honey   | 21         | 1 tbsp            | 0.000               |
| 08045  | Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS                         | 30         | 1 cup             | 0.000               |
| 19281  | Frozen novelties, ice type, italian, restaurant-prepared                        | 116        | 1/2 cup           | 0.000               |
| 19335  | Sugars, granulated  | 4.2        | 1 tsp             | 0.000               |
| 14277  | Grape drink, canned   | 250        | 8 fl oz           | 0.000               |
| 18372  | Leavening agents, baking soda   | 4.6        | 1 tsp             | 0.000               |
| 14106  | Alcoholic beverage, wine, table, white  | 103        | 3.5 fl oz         | 0.000               |
| 14121  | Carbonated beverage, club soda  | 355        | 12 fl oz          | 0.000               |
| 14136  | Carbonated beverage, ginger ale   | 366        | 12 fl oz          | 0.000               |
| 14297  | Lemonade-flavor drink, powder, prepared with water                              | 266        | 8 fl oz           | 0.000               |
| 14096  | Alcoholic beverage, wine, table, red  | 103        | 3.5 fl oz         | 0.000               |
| 14290  | Lemonade, low calorie, with aspartame, powder, prepared with water              | 237        | 8 fl oz           | 0.000               |
| 14376  | Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared         | 237        | 8 fl oz           | 0.000               |
| 14267  | Fruit punch drink, with added nutrients, canned                                 | 248        | 8 fl oz           | 0.000               |
| 14142  | Carbonated beverage, grape soda   | 372        | 12 fl oz          | 0.000               |
| 01124  | Egg, white, raw, fresh  | 33.4       | 1 large           | 0.000               |



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|--------|--|------------|----------------|---------------------|
| 14143  | Carbonated beverage, low calorie, other than cola or pepper, without caffeine            | 355        | 12 fl oz       | 0.000               |
| 14145  | Carbonated beverage, SPRITE, lemon-lime, without caffeine                                | 368        | 12 fl oz       | 0.000               |
| 14157  | Carbonated beverage, root beer   | 370        | 12 fl oz       | 0.000               |
| 06432  | Soup, beef broth, bouillon, consomme, prepared with equal volume water                   | 241        | 1 cup          | 0.000               |
| 14550  | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof                   | 42         | 1.5 fl oz      | 0.000               |
| 18370  | Leavening agents, baking powder, double-acting, straight phosphate                       | 4.6        | 1 tsp          | 0.000               |
| 14150  | Carbonated beverage, orange  | 372        | 12 fl oz       | 0.000               |
| 18369  | Leavening agents, baking powder, double-acting, sodium aluminum sulfate                  | 4.6        | 1 tsp          | 0.000               |
| 02048  | Vinegar, cider   | 15         | 1 tbsps        | 0.000               |
| 02047  | Salt, table  | 6          | 1 tsp          | 0.000               |
| 14367  | Tea, instant, unsweetened, powder, prepared  | 237        | 8 fl oz        | 0.000               |
| 14551  | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof                   | 42         | 1.5 fl oz      | 0.000               |
| 14341  | Pineapple and orange juice drink, canned   | 250        | 8 fl oz        | 0.000               |
| 14037  | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof                   | 42         | 1.5 fl oz      | 0.000               |
| 14536  | Alcoholic beverage, wine, dessert, dry   | 103        | 3.5 fl oz      | 0.000               |
| 14429  | Water, tap, municipal  | 237        | 8 fl oz        | 0.000               |
| 14416  | Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine | 355        | 12 fl oz       | 0.000               |
| 14400  | Carbonated beverage, cola, contains caffeine   | 370        | 12 fl oz       | 0.000               |
| 14057  | Alcoholic beverage, wine, dessert, sweet   | 103        | 3.5 fl oz      | 0.000               |
| 14006  | Alcoholic beverage, beer, light  | 354        | 12 fl oz       | 0.000               |