

## USDA Nutrient Database for Standard Reference, Release 15

### Niacin (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14006	Alcoholic beverage, beer, light	354	12 fl oz	1.388
14003	Alcoholic beverage, beer, regular	355	12 fl oz	1.608
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.025
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.005
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.005
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.005
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.075
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0.166
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.219
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.219
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.083
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.069
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.159
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.248
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.297
09003	Apples, raw, with skin	138	1 apple	0.106
09004	Apples, raw, without skin	110	1 cup	0.100
09020	Applesauce, canned, sweetened, without salt	255	1 cup	0.479
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	0.459
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	0.653
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	0.970
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	0.839
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0.906
09021	Apricots, raw	35	1 apricot	0.210
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	1.682
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	1.201
11015	Asparagus, canned, drained solids	72	4 spears	0.687
11012	Asparagus, cooked, boiled, drained	60	4 spears	0.649
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	1.868
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0.623
09038	Avocados, raw, California	28.35	1 oz	0.545
09039	Avocados, raw, Florida	28.35	1 oz	0.545
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	2.187
18005	Bagels, cinnamon-raisin	89	4" bagel	2.741
18003	Bagels, egg	89	4" bagel	3.064
18003	Bagels, egg	71	3-1/2" bagel	2.445
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	3.239
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	4.060
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	0.595

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19078	Baking chocolate, unsweetened, squares	28.35	1 square	0.316
11028	Bamboo shoots, canned, drained solids	131	1 cup	0.183
09040	Bananas, raw	118	1 banana	0.637
09040	Bananas, raw	150	1 cup	0.810
20006	Barley, pearled, cooked	157	1 cup	3.239
20005	Barley, pearled, raw	200	1 cup	9.208
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	1.087
16008	Beans, baked, canned, with franks	259	1 cup	2.334
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	0.888
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	1.257
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	0.869
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	1.205
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	1.167
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	1.023
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	0.966
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	0.684
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	0.271
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	0.768
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	0.517
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	0.271
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	0.768
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	0.517
16051	Beans, white, mature seeds, canned	262	1 cup	0.296
22905	Beef stew, canned entree	232	1 cup	2.856
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	2.057
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	2.270
13348	Beef, cured, corned beef, canned	85.05	3 oz	2.067
13350	Beef, cured, dried beef	28.35	1 oz	1.545
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	4.095
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	4.333
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	4.571
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	2.899
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	3.536
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	3.171
13168	Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	3.468
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	2.967
13184	Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	3.188

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13278	Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	3.341
13287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	3.638
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	12.274
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	0.719
11084	Beets, canned, drained solids	170	1 cup	0.267
11084	Beets, canned, drained solids	24	1 beet	0.038
11081	Beets, cooked, boiled, drained	50	1 beet	0.166
11081	Beets, cooked, boiled, drained	170	1 cup	0.563
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	2.978
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	1.769
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0.828
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.724
09042	Blackberries, raw	144	1 cup	0.576
09055	Blueberries, frozen, sweetened	230	1 cup	0.582
09050	Blueberries, raw	145	1 cup	0.521
07008	Bologna, pork and beef	56.7	2 slices	1.463
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	4.745
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	1.942
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	3.276
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	1.475
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	0.868
18023	Bread, cornbread, dry mix, prepared	60	1 piece	1.234
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	1.465
18025	Bread, cracked-wheat	25	1 slice	0.918
18027	Bread, egg	40	1/2" slice	1.939
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	1.187
18031	Bread, indian (navajo) fry	90	5" bread	3.272
18031	Bread, indian (navajo) fry	160	10-1/2" bread	5.818
18033	Bread, italian	20	1 slice	0.876
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	1.135
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	1.025
18039	Bread, oatmeal	27	1 slice	0.847
18040	Bread, oatmeal, toasted	25	1 slice	0.767
18041	Bread, pita, white, enriched	60	6-1/2" pita	2.779
18041	Bread, pita, white, enriched	28	4" pita	1.297
18044	Bread, pumpernickel	32	1 slice	0.989
18045	Bread, pumpernickel, toasted	29	1 slice	0.887
18047	Bread, raisin, enriched	26	1 slice	0.901
18048	Bread, raisin, toasted, enriched	24	1 slice	0.814
18053	Bread, reduced-calorie, rye	23	1 slice	0.581

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18055	Bread, reduced-calorie, wheat	23	1 slice	0.894
18057	Bread, reduced-calorie, white	23	1 slice	0.837
18060	Bread, rye	32	1 slice	1.218
18061	Bread, rye, toasted	24	1 slice	0.903
18064	Bread, wheat (includes wheat berry)	25	1 slice	1.031
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	0.928
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.992
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	1.786
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.864
18075	Bread, whole-wheat, commercially prepared	28	1 slice	1.074
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0.970
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	3.600
21023	Breakfast items, french toast with butter	135	2 slices	3.915
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	0.895
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0.212
11740	Broccoli, flower clusters, raw	11	1 floweret	0.070
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	0.843
11090	Broccoli, raw	31	1 spear	0.198
11090	Broccoli, raw	88	1 cup	0.561
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	0.947
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0.832
20011	Buckwheat flour, whole-groat	120	1 cup	7.380
20010	Buckwheat groats, roasted, cooked	168	1 cup	1.579
20013	Bulgur, cooked	182	1 cup	1.820
20012	Bulgur, dry	140	1 cup	7.160
01001	Butter, with salt	14.2	1 tbsp	0.006
01145	Butter, without salt	14.2	1 tbsp	0.006
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	0.728
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	0.595
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0.423
11109	Cabbage, raw	70	1 cup	0.210
11112	Cabbage, red, raw	70	1 cup	0.210
11114	Cabbage, savoy, raw	70	1 cup	0.210
18086	Cake, angelfood, commercially prepared	28	1 piece	0.247
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.086
18090	Cake, boston cream pie, commercially prepared	92	1 piece	0.176
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	0.369
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	1.080
18110	Cake, fruitcake, commercially prepared	43	1 piece	0.340
18116	Cake, gingerbread, prepared from recipe	74	1 piece	1.286
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	1.369

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18120	Cake, pound, commercially prepared, butter	28	1 piece	0.367
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.192
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	1.672
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	1.215
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	0.520
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	0.307
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.580
18134	Cake, sponge, prepared from recipe	63	1 piece	0.759
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	1.191
18139	Cake, white, prepared from recipe without frosting	74	1 piece	1.134
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	0.798
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	0.320
19074	Candies, caramels	10.1	1 piece	0.025
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.014
19071	Candies, carob	28.35	1 oz	0.295
19087	Candies, confectioner's coating, white	170	1 cup	1.267
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.025
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.082
19104	Candies, fudge, vanilla with nuts, prepared-from-recipe	15	1 piece	0.043
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.005
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.001
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.000
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.000
19107	Candies, hard	3	1 small piece	0.000
19107	Candies, hard	6	1 piece	0.000
19108	Candies, jellybeans	28.35	10 large	0.000
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	0.088
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	0.818
19141	Candies, M&M MARS, "M&M's" Plain Chocolate Candies	7	10 pieces	0.010
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	0.214
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	0.063
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	0.903
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.000
19116	Candies, marshmallows	50	1 cup	0.039
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	0.143
19126	Candies, milk chocolate coated peanuts	40	10 pieces	1.700
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.040
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	0.304
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	1.686
19069	Candies, NESTLE, BUTTERFINGER Bar and Dessert Topping	7	1 fun size bar	0.175
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	2.021

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19080	Candies, semisweet chocolate	168	1 cup	0.717
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	0.000
09060	Carambola, (starfruit), raw	108	1 cup	0.444
09060	Carambola, (starfruit), raw	91	1 fruit	0.374
14121	Carbonated beverage, club soda	355	12 fl oz	0.000
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.000
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.000
14142	Carbonated beverage, grape soda	372	12 fl oz	0.000
14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	0.055
14416	Carbonated beverage, low calorie, cola, with aspartame, contains caffeine	355	12 fl oz	0.000
14143	Carbonated beverage, low calorie, other than cola or pepper, with aspartame, without caffeine	355	12 fl oz	0.000
14150	Carbonated beverage, orange	372	12 fl oz	0.000
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.000
14157	Carbonated beverage, root beer	370	12 fl oz	0.000
16055	Carob flour	8	1 tbsp	0.152
11655	Carrot juice, canned	236	1 cup	0.911
11960	Carrots, baby, raw	10	1 medium	0.089
11128	Carrots, canned, regular pack, drained solids	146	1 cup	0.806
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	0.789
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	0.639
11124	Carrots, raw	110	1 cup	1.021
11124	Carrots, raw	72	1 carrot	0.668
11935	Catsup	15	1 tbsp	0.205
11935	Catsup	6	1 packet	0.082
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.221
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0.508
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	0.558
11135	Cauliflower, raw	100	1 cup	0.526
11135	Cauliflower, raw	13	1 floweret	0.068
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.120
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	0.479
11143	Celery, raw	40	1 stalk	0.129
11143	Celery, raw	120	1 cup	0.388
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	5.010
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	3.905
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	5.010
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	5.010
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	5.010
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	5.010

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08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	5.010
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	9.990
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	5.010
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	5.010
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	5.010
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	5.005
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	5.010
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	5.010
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	5.005
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	5.010
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	5.177
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	20.010
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	20.020
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	5.010
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	3.000
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	9.990
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	20.010
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	4.620
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	4.960
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	4.988
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	5.012
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	4.991
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	5.220
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	4.680
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	5.022
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	5.390
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	20.010
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	5.185
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	5.049
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	5.100
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	4.995
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	7.130
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S, ALL-BRAN Original	30	1/2 cup	4.800
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	4.998
08340	Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT Cereal	46	2 biscuits	2.562
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	5.711
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	5.486

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08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	5.605
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	7.183
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	0.935
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	0.938
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	5.427
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	5.504
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	4.942
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.398
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	4.236
08091	Cereals, corn grits, white, regular, quick, enriched, cooked with water, without salt	242	1 cup	1.960
08164	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, without salt	242	1 cup	1.960
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	4.970
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	1.434
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	1.506
08117	Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt	240	1 cup	5.760
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	5.469
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	0.304
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	1.382
08131	Cereals, QUAKER, oatmeal, instant, maple and brown sugar, prepared with water	155	1 packet	4.028
08125	Cereals, QUAKER, oatmeal, instant, with apples and cinnamon, prepared with water	149	1 packet	4.077
08143	Cereals, WHEATENA, cooked with water	243	1 cup	1.337
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.040
01164	Cheese sauce, prepared from recipe	243	1 cup	0.496
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.037
01004	Cheese, blue	28.35	1 oz	0.288
01007	Cheese, camembert	38	1 wedge	0.239
01009	Cheese, cheddar	28.35	1 oz	0.023
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	0.265
01013	Cheese, cottage, creamed, with fruit	226	1 cup	0.226
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	0.289
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	0.325
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.225
01017	Cheese, cream	14.5	1 tbsp	0.015
01186	Cheese, cream, fat free	15.6	1 tbsp	0.025
01019	Cheese, feta	28.35	1 oz	0.281



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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.014
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0.034
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0.024
01030	Cheese, muenster	28.35	1 oz	0.029
01031	Cheese, neufchatel	28.35	1 oz	0.036
01032	Cheese, parmesan, grated	5	1 tbsp	0.016
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	0.020
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	0.011
01035	Cheese, provolone	28.35	1 oz	0.044
01037	Cheese, ricotta, part skim milk	246	1 cup	0.192
01036	Cheese, ricotta, whole milk	246	1 cup	0.256
01040	Cheese, swiss	28.35	1 oz	0.026
18147	Cheesecake commercially prepared	80	1 piece	0.156
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	0.432
09070	Cherries, sweet, raw	68	10 cherries	0.272
22906	Chicken pot pie, frozen entree	217	1 small pie	4.130
07017	Chicken roll, light meat	56.7	2 slices	3.000
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	14.732
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	13.467
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	11.792
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	5.939
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	3.669
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	2.958
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	2.673
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	5.949
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	11.227
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	0.712
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	4.915
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	3.393
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	2.580
05277	Chicken, canned, meat only, with broth	142	5 oz	8.987
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	0.872
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	8.971
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	0.331
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	0.863
22904	Chili con carne with beans, canned entree	222	1 cup	2.073
11156	Chives, raw	3	1 tbsp	0.019
14181	Chocolate syrup	18.75	1 tbsp	0.060
14175	Chocolate-flavor beverage mix, powder	21.6	2-3 heaping tsp	0.110

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### Niacin (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	0.317
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.166
14194	Cocoa mix, powder, prepared with water	206	1 serving	0.167
14196	Cocoa mix, with aspartame, powder	15	1/2 oz envelope	0.163
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	0.163
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.118
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	3.124
14209	Coffee, brewed, prepared with tap water	178	6 fl oz	0.395
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.507
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	1.057
11159	Coleslaw, home-prepared	120	1 cup	0.326
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	1.093
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	1.080
18151	Cookies, brownies, commercially prepared	56	1 brownie	0.964
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.220
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.160
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	0.272
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.277
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	0.218
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	0.514
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.207
18170	Cookies, fig bars	16	1 cookie	0.300
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.577
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	3.462
18177	Cookies, molasses	15	1 cookie, medium	0.455
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	0.970
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.131
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	0.557
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	0.273
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	0.189
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.641
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	0.703
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	0.347
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.267
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.404
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	0.342
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.362
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.404
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.269
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.124

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### Niacin (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	1.243
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	2.458
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	2.451
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	1.243
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	2.130
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	0.956
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	6.947
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	6.301
20020	Cornmeal, whole-grain, yellow	122	1 cup	4.431
20027	Cornstarch	8.064	1 tbsp	0.000
20029	Couscous, cooked	157	1 cup	1.543
20028	Couscous, dry	173	1 cup	6.038
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	2.315
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	1.238
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	0.850
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	0.851
18214	Crackers, cheese, regular	10	10 crackers	0.467
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.456
18217	Crackers, matzo, plain	28.35	1 matzo	1.103
18220	Crackers, melba toast, plain	20	4 pieces	0.823
18226	Crackers, rye, wafers, plain	11	1 wafer	0.174
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.630
18229	Crackers, standard snack-type, regular	12	4 crackers	0.486
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.264
18232	Crackers, wheat, regular	8	4 crackers	0.397
18235	Crackers, whole-wheat	16	4 crackers	0.723
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.089
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.057
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.000
01069	Cream substitute, powdered	2	1 tsp	0.000
01049	Cream, fluid, half and half	15	1 tbsp	0.012
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.006
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.009
01052	Cream, fluid, light whipping	15	1 tbsp	0.006
01056	Cream, sour, cultured	12	1 tbsp	0.008
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.010
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.002

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### Niacin (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18239	Croissants, butter	57	1 croissant	1.247
18243	Croutons, seasoned	40	1 cup	1.858
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	1.139
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.153
15141	Crustaceans, crab, blue, canned	135	1 cup	1.850
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	2.805
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	1.740
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.910
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	2.343
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	2.610
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	1.382
11206	Cucumber, peeled, raw	119	1 cup	0.124
11206	Cucumber, peeled, raw	280	1 large	0.291
11205	Cucumber, with peel, raw	301	1 large	0.665
11205	Cucumber, with peel, raw	104	1 cup	0.230
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	0.540
18245	Danish pastry, cheese	71	1 danish	1.420
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	1.414
09087	Dates, domestic, natural and dry	178	1 cup	3.916
09087	Dates, domestic, natural and dry	41.5	5 dates	0.913
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.002
01072	Dessert topping, pressurized	4	1 tbsp	0.000
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.000
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	0.871
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	0.259
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	1.711
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0.371
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	11.271
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 eclair	0.799
01143	Egg substitute, liquid	62.75	1/4 cup	0.069
01124	Egg, white, raw, fresh	33.4	1 large	0.031
01128	Egg, whole, cooked, fried	46	1 large	0.035
01129	Egg, whole, cooked, hard-boiled	50	1 large	0.032
01131	Egg, whole, cooked, poached	50	1 large	0.031
01132	Egg, whole, cooked, scrambled	61	1 large	0.048
01123	Egg, whole, raw, fresh	50	1 large	0.037
01123	Egg, whole, raw, fresh	44	1 medium	0.032
01123	Egg, whole, raw, fresh	58	1 extra large	0.042
01125	Egg, yolk, raw, fresh	16.6	1 large	0.002
01057	Eggnog	254	1 cup	0.267

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.594
11213	Endive, raw	50	1 cup	0.200
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	2.214
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	1.975
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	1.913
21049	Entrees, pizza with cheese	63	1 slice	2.482
21050	Entrees, pizza with cheese, meat, and vegetables	79	1 slice	1.959
21051	Entrees, pizza with pepperoni	71	1 slice	3.046
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	1.786
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	2.703
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	7.380
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	6.016
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	6.014
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	8.051
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	3.718
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	6.807
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	7.473
21042	Fast foods, chili con carne	253	1 cup	2.479
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	5.777
21043	Fast foods, clams, breaded and fried	115	3/4 cup	2.864
21127	Fast foods, coleslaw	99	3/4 cup	0.079
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	2.193
21015	Fast foods, danish pastry, cheese	91	1 pastry	2.548
21017	Fast foods, danish pastry, fruit	94	1 pastry	1.795
21074	Fast foods, enchilada, with cheese	163	1 enchilada	1.907
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	3.335
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	4.227
21024	Fast foods, french toast sticks	141	5 sticks	2.961
21077	Fast foods, frijoles with cheese	167	1 cup	1.486
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	7.571
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	6.730
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	3.911
21118	Fast foods, hotdog, plain	98	1 sandwich	3.646
21119	Fast foods, hotdog, with chili	114	1 sandwich	3.739
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	4.165
21129	Fast foods, hush puppies	78	5 pieces	2.028
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	0.309
21078	Fast foods, nachos, with cheese	113	6-8 nachos	1.537
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	0.921

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	3.387
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	2.423
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	3.819
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	4.817
21139	Fast foods, potato, mashed	80	1/3 cup	0.960
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	1.073
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	5.866
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	0.977
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	5.886
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	0.000
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	5.495
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	5.962
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	11.341
21033	Fast foods, sundae, hot fudge	158	1 sundae	1.074
21082	Fast foods, taco	171	1 small	3.215
21082	Fast foods, taco	263	1 large	4.944
21083	Fast foods, taco salad	198	1-1/2 cups	2.455
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	2.858
09094	Figs, dried, uncooked	38	2 figs	0.264
15011	Finfish, catfish, channel, cooked, breaded and fried	85	3 oz	1.940
15017	Finfish, cod, Atlantic, canned, solids and liquid	85	3 oz	2.129
15192	Finfish, cod, Pacific, cooked, dry heat	85	3 oz	2.112
15027	Finfish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	1.214
15027	Finfish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0.596
15029	Finfish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	1.852
15029	Finfish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	2.767
15034	Finfish, haddock, cooked, dry heat	85	3 oz	3.937
15034	Finfish, haddock, cooked, dry heat	150	1 fillet	6.948
15037	Finfish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	11.326
15037	Finfish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	6.055
15041	Finfish, herring, Atlantic, pickled	85.05	3 oz	2.807
15058	Finfish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	1.218
15058	Finfish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	2.071
15067	Finfish, pollock, walleye, cooked, dry heat	60	1 fillet	0.990
15067	Finfish, pollock, walleye, cooked, dry heat	85	3 oz	1.403
15071	Finfish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	5.839
15071	Finfish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	3.331
15232	Finfish, roughy, orange, cooked, dry heat	85	3 oz	3.106
15077	Finfish, salmon, chinook, smoked	85.05	3 oz	4.014
15084	Finfish, salmon, pink, canned, solids with bone and liquid	85	3 oz	5.556

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15086	Finfish, salmon, sockeye, cooked, dry heat	85	3 oz	5.670
15086	Finfish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	10.339
15088	Finfish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	4.461
15111	Finfish, swordfish, cooked, dry heat	106	1 piece	12.497
15111	Finfish, swordfish, cooked, dry heat	85	3 oz	10.022
15241	Finfish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	7.472
15128	Finfish, tuna salad	205	1 cup	13.735
15119	Finfish, tuna, light, canned in oil, drained solids	85.05	3 oz	10.546
15121	Finfish, tuna, light, canned in water, drained solids	85	3 oz	11.288
15126	Finfish, tuna, white, canned in water, drained solids	85	3 oz	4.929
15221	Finfish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	10.146
07022	Frankfurter, beef	45	1 frank	1.067
07023	Frankfurter, beef and pork	45	1 frank	1.185
07024	Frankfurter, chicken	45	1 frank	1.390
18268	French toast, frozen, ready-to-heat	59	1 slice	1.606
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	1.058
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.045
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0.004
19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.122
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	0.220
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	0.207
19294	Fruit butters, apple	17	1 tbsp	0.019
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	0.928
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	0.955
14267	Fruit punch drink, canned	248	8 fl oz	0.052
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	0.993
11215	Garlic, raw	3	1 clove	0.021
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.001
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.001
14277	Grape drink, canned	250	8 fl oz	0.065
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	0.663
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	0.310
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	0.931
09124	Grapefruit juice, canned, sweetened	250	1 cup	0.798
09123	Grapefruit juice, canned, unsweetened	247	1 cup	0.571
09126	Grapefruit juice, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.536
09125	Grapefruit juice, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	1.598

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09404	Grapefruit juice, pink, raw	247	1 cup	0.494
09128	Grapefruit juice, white, raw	247	1 cup	0.494
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.235
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0.317
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0.617
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	0.150
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	0.480
06116	Gravy, beef, canned	58.25	1/4 cup	0.384
06119	Gravy, chicken, canned	59.5	1/4 cup	0.264
06121	Gravy, mushroom, canned	59.6	1/4 cup	0.400
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve	62	1/4 cup	0.650
06125	Gravy, turkey, canned	59.6	1/4 cup	0.775
07027	Ham, chopped, not canned	21	2 slices	0.815
07028	Ham, sliced, extra lean, (approximately 5% fat)	56.7	2 slices	2.743
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	2.977
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	3.108
22401	HEALTHY CHOICE Spaghetti Bolognese, frozen entree	283	1 package	0.501
11961	Hearts of palm, canned	33	1 piece	0.144
19296	Honey, strained or extracted	21	1 tbsp	0.025
02055	Horseradish, prepared	5	1 tsp	0.019
16158	Hummus, commercial	14	1 tbsp	0.081
19270	Ice creams, chocolate	66	1/2 cup	0.149
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	0.082
19095	Ice creams, vanilla	66	1/2 cup	0.077
19088	Ice creams, vanilla, light	66	1/2 cup	0.059
19089	Ice creams, vanilla, rich	74	1/2 cup	0.043
19281	Ice novelties, italian, restaurant-prepared	116	1/2 cup	0.829
19283	Ice novelties, pop	59	1 bar (2 fl oz)	0.000
19297	Jams and preserves	20	1 tbsp	0.007
19300	Jellies	19	1 tbsp	0.007
11226	Jerusalem-artichokes, raw	150	1 cup	1.950
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	0.650
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	0.874
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	2.594
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	0.380
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0.644
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	5.602
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	5.389



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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	6.035
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	5.823
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	5.738
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	5.236
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	5.661
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	5.381
04002	Lard	12.8	1 tbsp	0.000
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.000
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.000
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.000
18372	Leavening agents, baking soda	4.6	1 tsp	0.000
18373	Leavening agents, cream of tartar	3	1 tsp	0.000
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	1.590
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	2.783
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	2.091
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	0.208
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.030
09153	Lemon juice, canned or bottled	244	1 cup	0.481
09152	Lemon juice, raw	47	juice of 1 lemon	0.047
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.040
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.000
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0.000
09150	Lemons, raw, without peel	58	1 lemon	0.058
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	2.099
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.023
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	0.489
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.050
11251	Lettuce, cos or romaine, raw	56	1 cup	0.280
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.103
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.015
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	1.008
11253	Lettuce, looseleaf, raw	10	1 leaf	0.040
11253	Lettuce, looseleaf, raw	56	1 cup	0.224
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	1.386
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	1.817
16073	Lima beans, large, mature seeds, canned	241	1 cup	0.629

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	0.791
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0.401
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.025
09160	Lime juice, raw	38	juice of 1 lime	0.038
22247	Macaroni and Cheese, canned entree	252	1 cup	2.520
20100	Macaroni, cooked, enriched	140	1 cup	2.341
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	10.697
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	11.024
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	10.204
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	10.526
09176	Mangos, raw	165	1 cup	0.964
09176	Mangos, raw	207	1 mango	1.209
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	0.003
04130	Margarine, soft, unspecified oils, with salt added	4.7	1 tsp	0.001
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	0.004
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	0.001
04526	Margarine-like spread, approximately 60% fat, stick, soybean (hydrogenated) and palm (hydrogenated)	14.4	1 tbsp	0.002
04526	Margarine-like spread, approximately 60% fat, stick, soybean (hydrogenated) and palm (hydrogenated)	4.8	1 tsp	0.001
04561	Margarine-like spread, approximately 60% fat, tub, unspecified oils	4.8	1 tsp	0.001
09181	Melons, cantaloupe, raw	160	1 cup	0.918
09181	Melons, cantaloupe, raw	69	1/8 melon	0.396
09184	Melons, honeydew, raw	160	1/8 melon	0.960
09184	Melons, honeydew, raw	170	1 cup	1.020
01110	Milk shakes, thick chocolate	300	10.6 fl oz	0.372
01111	Milk shakes, thick vanilla	313	11 fl oz	0.457
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.057
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	0.142
01095	Milk, canned, condensed, sweetened	306	1 cup	0.643
01097	Milk, canned, evaporated, nonfat	256	1 cup	0.445
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	0.489
01102	Milk, chocolate, fluid, commercial,	250	1 cup	0.313
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	0.318
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	0.315
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	0.205
01077	Milk, fluid, 3.25% milkfat	244	1 cup	0.205
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	0.212
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	0.216
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	0.210
16112	Miso	68.75	1 cup	0.591

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19305	Molasses, blackstrap	20	1 tbsp	0.216
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	2.851
15157	Mollusks, clam, mixed species, raw	85	3 oz	1.500
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	1.403
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	1.159
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	1.400
18274	Muffins, blueberry, commercially prepared	57	1 muffin	0.627
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	1.260
18279	Muffins, corn, commercially prepared	57	1 muffin	1.161
18280	Muffins, corn, dry mix, prepared	50	1 muffin	1.051
18283	Muffins, oat bran	57	1 muffin	0.239
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	0.788
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	1.013
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0.779
11264	Mushrooms, canned, drained solids	156	1 cup	2.485
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	6.958
11260	Mushrooms, raw	70	1 cup	2.828
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	2.175
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.508
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	0.606
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.023
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0.215
09191	Nectarines, raw	136	1 nectarine	1.346
20113	Noodles, chinese, chow mein	45	1 cup	2.678
20110	Noodles, egg, cooked, enriched	160	1 cup	2.379
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	2.358
12061	Nuts, almonds	28.35	1 oz (24 nuts)	1.113
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	0.460
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	0.397
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	0.492
12167	Nuts, chestnuts, european, roasted	143	1 cup	1.919
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	0.441
12104	Nuts, coconut meat, raw	45	1 piece	0.243
12120	Nuts, hazelnuts or filberts	28.35	1 oz	0.510
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0.645
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	1.332
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	1.435
12142	Nuts, pecans	28.35	1 oz (20 halves)	0.331
12147	Nuts, pine nuts, pignolia, dried	8.6	1 tbsp	0.307
12147	Nuts, pine nuts, pignolia, dried	28.35	1 oz	1.012

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	0.404
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	0.563
20034	Oat bran, cooked	219	1 cup	0.315
20033	Oat bran, raw	94	1 cup	0.878
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0.000
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.000
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.000
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0.000
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0.000
04518	Oil, vegetable corn, salad or cooking	13.6	1 tbsp	0.000
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0.000
04506	Oil, vegetable, sunflower, linoleic, (60% and over)	13.6	1 tbsp	0.000
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	1.394
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	1.444
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.008
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	2.166
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	0.347
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.155
11284	Onions, dehydrated flakes	5	1 tbsp	0.050
11282	Onions, raw	110	1 whole	0.163
11282	Onions, raw	14	1 slice	0.021
11282	Onions, raw	160	1 cup	0.237
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.079
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	0.525
09207	Orange juice, canned, unsweetened	249	1 cup	0.782
09209	Orange juice, chilled, includes from concentrate	249	1 cup	0.697
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.503
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	1.525
09206	Orange juice, raw	86	juice from 1 orange	0.344
09206	Orange juice, raw	248	1 cup	0.992
09200	Oranges, raw, all commercial varieties	180	1 cup	0.508
09200	Oranges, raw, all commercial varieties	131	1 orange	0.369
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	1.444
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	0.650
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	0.468
09226	Papayas, raw	140	1 cup	0.473
09226	Papayas, raw	304	1 papaya	1.028
11297	Parsley, raw	10	10 sprigs	0.131
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	1.129
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	3.314

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0.602
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	1.609
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	1.443
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	0.570
09246	Peaches, dried, sulfured, uncooked	39	3 halves	1.706
09250	Peaches, frozen, sliced, sweetened	250	1 cup	1.633
09236	Peaches, raw	98	1 peach	0.970
09236	Peaches, raw	170	1 cup	1.683
16097	Peanut butter, chunk style, with salt	16	1 tbsp	2.190
16098	Peanut butter, smooth style, with salt	16	1 tbsp	2.144
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	3.834
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	3.834
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	4.048
09340	Pears, asian, raw	122	1 pear	0.267
09340	Pears, asian, raw	275	1 pear	0.602
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.184
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.644
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.496
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.152
09252	Pears, raw	166	1 pear	0.166
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	0.862
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	0.901
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	1.244
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	2.368
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	1.744
11670	Peppers, hot chili, green, raw	45	1 pepper	0.428
11819	Peppers, hot chili, red, raw	45	1 pepper	0.428
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.105
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	0.649
11333	Peppers, sweet, green, raw	149	1 cup	0.758
11333	Peppers, sweet, green, raw	10	1 ring	0.051
11333	Peppers, sweet, green, raw	119	1 pepper	0.606
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	0.649
11821	Peppers, sweet, red, raw	119	1 pepper	0.606
11821	Peppers, sweet, red, raw	149	1 cup	0.758
11945	Pickle relish, sweet	15	1 tbsp	0.035
11937	Pickles, cucumber, dill	65	1 pickle	0.039
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	5.098
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	3.069
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	5.953
19312	Pie fillings, canned, apple	74	1/8 of 21-oz can	0.026

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0.104
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	0.308
18302	Pie, apple, prepared from recipe	155	1 piece	1.907
18305	Pie, blueberry, commercially prepared	117	1 piece	0.351
18306	Pie, blueberry, prepared from recipe	147	1 piece	1.755
18308	Pie, cherry, commercially prepared	117	1 piece	0.234
18309	Pie, cherry, prepared from recipe	180	1 piece	2.297
18310	Pie, chocolate creme, commercially prepared	113	1 piece	0.766
18316	Pie, coconut custard, commercially prepared	104	1 piece	0.419
18444	Pie, fried pies, cherry	128	1 pie	1.824
18319	Pie, fried pies, fruit	128	1 pie	1.824
18320	Pie, lemon meringue, commercially prepared	113	1 piece	0.733
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	1.199
18324	Pie, pecan, commercially prepared	113	1 piece	0.281
18325	Pie, pecan, prepared from recipe	122	1 piece	1.033
18326	Pie, pumpkin, commercially prepared	109	1 piece	0.204
18327	Pie, pumpkin, prepared from recipe	155	1 piece	1.212
11943	Pimento, canned	12	1 tbsp	0.074
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.668
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.518
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.643
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.141
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0.729
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.133
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0.707
09266	Pineapple, raw	155	1 cup	0.651
09278	Plantains, cooked	154	1 cup	1.164
09277	Plantains, raw	179	1 medium	1.228
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	0.751
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.134
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.218
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	1.192
09279	Plums, raw	66	1 plum	0.330
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.875
07064	Pork sausage, fresh, cooked	26	2 links	1.175
07064	Pork sausage, fresh, cooked	27	1 patty	1.220
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	1.391
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	3.215
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	4.277
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	3.792
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	4.267

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### Niacin (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	3.018
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	3.888
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	4.195
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	4.455
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	4.761
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	4.711
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	5.097
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	5.199
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	5.456
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	3.268
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	4.432
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	5.049
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	4.654
11672	Potato pancakes, home-prepared	76	1 pancake	1.629
11399	Potato puffs, frozen, prepared	79	10 puffs	1.708
11414	Potato salad, home-prepared	250	1 cup	2.225
11674	Potato, baked, flesh and skin, without salt	202	1 potato	2.848
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	2.301
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	2.433
11363	Potatoes, baked, flesh, without salt	156	1 potato	2.176
11364	Potatoes, baked, skin, without salt	58	1 skin	1.778
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	1.957
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	1.771
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	2.047
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	1.044
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0.702
11370	Potatoes, hashed brown, home-prepared	156	1 cup	3.122
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter add	210	1 cup	1.407
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	2.348
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	2.266
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	2.521
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	2.580
05306	Poultry food products, ground turkey, cooked	82	1 patty	3.952
09294	Prune juice, canned	256	1 cup	2.010
09292	Prunes, dried, stewed, without added sugar	248	1 cup	1.793

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09291	Prunes, dried, uncooked	42	5 prunes	0.824
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	0.159
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	0.149
19183	Puddings, chocolate, ready-to-eat	113	4 oz	0.392
19193	Puddings, rice, ready-to-eat	113.4	4 oz	0.183
19218	Puddings, tapioca, ready-to-eat	113	4 oz	0.353
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	0.105
19201	Puddings, vanilla, ready-to-eat	113	4 oz	0.285
11424	Pumpkin, canned, without salt	245	1 cup	0.899
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	1.012
11429	Radishes, raw	4.5	1 radish	0.014
09298	Raisins, seedless	145	1 cup	1.186
09298	Raisins, seedless	14	1 packet	0.115
09306	Raspberries, frozen, red, sweetened	250	1 cup	0.575
09302	Raspberries, raw	123	1 cup	1.107
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	0.794
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	0.480
14342	Rice beverage, RICE DREAM, canned	245	1 cup	1.909
20037	Rice, brown, long-grain, cooked	195	1 cup	2.980
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	2.450
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	6.719
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	1.452
20045	Rice, white, long-grain, regular, cooked	158	1 cup	2.332
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	7.755
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	1.130
18350	Rolls, hamburger or hotdog, plain	43	1 roll	1.691
18353	Rolls, hard (includes kaiser)	57	1 roll	2.416
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	1.216
04539	Salad dressing, blue or roquefort cheese, commercial, regular, with salt	15.3	1 tbsp	0.015
04120	Salad dressing, french, commercial, regular, with salt	15.6	1 tbsp	0.000
04020	Salad dressing, french, diet, low fat, 5 calories per teaspoon, with salt	16.3	1 tbsp	0.000
04133	Salad dressing, french, home recipe	14	1 tbsp	0.018
04134	Salad dressing, home recipe, cooked	16	1 tbsp	0.040
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0.000
04021	Salad dressing, italian, commercial, diet, 2 calories per teaspoon, with salt	15	1 tbsp	0.000
04114	Salad dressing, italian, commercial, regular, with salt	14.7	1 tbsp	0.000
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	0.001
04022	Salad dressing, russian, low calorie, with salt	16.3	1 tbsp	0.000
04015	Salad dressing, russian, with salt	15.3	1 tbsp	0.092
04017	Salad dressing, thousand island, commercial, regular, with salt	15.6	1 tbsp	0.001



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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
04023	Salad dressing, thousand island, diet, low calorie, 10 calories per teaspoon, with salt	15.3	1 tbsp	0.000
07069	Salami, cooked, beef and pork	56.7	2 slices	2.015
07072	Salami, dry or hard, pork, beef	20	2 slices	0.973
02047	Salt, table	6	1 tsp	0.000
07073	Sandwich spread, pork, beef	15	1 tbsp	0.260
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	6.630
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	3.703
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	7.281
06150	Sauce, barbecue sauce	15.75	1 tbsp	0.142
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	0.015
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.187
06166	Sauce, homemade, white, medium	250	1 cup	1.005
06909	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	0.016
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	2.655
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.012
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	0.133
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.229
11439	Sauerkraut, canned, solids and liquids	236	1 cup	0.337
11445	Seaweed, kelp, raw	10	2 tbsp	0.047
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.119
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	0.494
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	0.818
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.375
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	2.253
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	1.996
14346	Shake, fast food, chocolate	333	16 fl oz	0.536
14347	Shake, fast food, vanilla	333	16 fl oz	0.616
11677	Shallots, raw	10	1 tbsp	0.020
19097	Sherbet, orange	74	1/2 cup	0.044
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0.000
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	0.343
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	4.774
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	0.466
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	0.335
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	0.916
19014	Snacks, fruit leather, rolls	21	1 large	0.021
19015	Snacks, granola bars, hard, plain	28.35	1 bar	0.448
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	0.933

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	0.271
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	0.312
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	4.995
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	3.583
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0.873
19034	Snacks, popcorn, air-popped	8	1 cup	0.156
19036	Snacks, popcorn, cakes	10	1 cake	0.601
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	0.836
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	0.774
19040	Snacks, popcorn, cheese-flavor	11	1 cup	0.160
19035	Snacks, popcorn, oil-popped	11	1 cup	0.171
19041	Snacks, pork skins, plain	28.35	1 oz	0.439
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	1.330
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	1.191
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	0.893
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	0.709
19411	Snacks, potato chips, plain, salted	28.35	1 oz	1.085
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	1.085
19422	Snacks, potato chips, reduced fat	28.35	1 oz	1.985
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	1.142
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	3.151
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.703
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	0.406
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	0.118
19056	Snacks, tortilla chips, plain	28.35	1 oz	0.363
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	6.431
19061	Snacks, trail mix, tropical	140	1 cup	2.075
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	1.701
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	0.567
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.268
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	0.711
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	1.066
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	4.320
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	1.386
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	1.087
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	3.290
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	1.125

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	0.817
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	1.032
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	0.820
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	0.923
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	0.913
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	0.725
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	0.942
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	1.989
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	0.482
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	1.240
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	3.444
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	2.591
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	242	1 cup	0.704
06206	Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve	241	1 cup	1.034
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	0.861
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	1.825
06174	Soup, stock, fish, home-prepared	233	1 cup	2.763
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	1.520
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	1.418
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	1.032
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	1.200
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	0.916
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.009
16120	Soy milk, fluid	245	1 cup	0.360
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.538
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	2.250
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	0.686
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	2.341
20125	Spaghetti, whole-wheat, cooked	140	1 cup	0.990
02007	Spices, celery seed	2	1 tsp	0.061
02009	Spices, chili powder	2.6	1 tsp	0.205
02010	Spices, cinnamon, ground	2.3	1 tsp	0.030
02015	Spices, curry powder	2	1 tsp	0.069
02045	Spices, dill weed, fresh	1	5 sprigs	0.016

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
02020	Spices, garlic powder	2.8	1 tsp	0.019
02026	Spices, onion powder	2.1	1 tsp	0.014
02027	Spices, oregano, ground	1.5	1 tsp	0.093
02028	Spices, paprika	2.1	1 tsp	0.322
02029	Spices, parsley, dried	1.3	1 tbsp	0.103
02030	Spices, pepper, black	2.1	1 tsp	0.024
11658	Spinach souffle, home-prepared	136	1 cup	0.477
11461	Spinach, canned, drained solids	214	1 cup	0.830
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	0.882
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	0.796
11457	Spinach, raw	30	1 cup	0.217
11457	Spinach, raw	10	1 leaf	0.072
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0.923
11641	Squash, summer, all varieties, raw	113	1 cup	0.623
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	1.437
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	1.114
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	1.023
09316	Strawberries, raw	166	1 cup	0.382
09316	Strawberries, raw	12	1 strawberry	0.028
09316	Strawberries, raw	18	1 strawberry	0.041
19334	Sugars, brown	3.2	1 tsp	0.003
19335	Sugars, granulated	4.2	1 tsp	0.000
19336	Sugars, powdered	8	1 tbsp	0.000
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	1.430
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	1.087
11647	Sweetpotato, canned, syrup pack, drained solids	196	1 cup	0.666
11512	Sweetpotato, canned, vacuum pack	255	1 cup	1.890
11508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	0.882
11510	Sweetpotato, cooked, boiled, without skin, without salt	156	1 potato	0.998
11659	Sweetpotato, cooked, candied, home-prepared	105	1 piece	0.414
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.056
19350	Syrups, corn, light	20	1 tbsp	0.004
19353	Syrups, maple	20	1 tbsp	0.006
19129	Syrups, table blends, pancake	20	1 tbsp	0.004
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.003
18360	Taco shells, baked	13.3	1 medium	0.180
09223	Tangerine juice, canned, sweetened	249	1 cup	0.249
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	1.121
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.134
20068	Tapioca, pearl, dry	152	1 cup	0.000
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.000

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.000
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.000
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.062
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.093
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.088
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	2.287
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	2.050
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	1.976
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0.008
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0.642
11954	Tomatillos, raw	34	1 medium	0.629
11540	Tomato juice, canned, with salt added	243	1 cup	1.635
11546	Tomato products, canned, paste, without salt added	262	1 cup	8.444
11547	Tomato products, canned, puree, without salt added	250	1 cup	4.288
11549	Tomato products, canned, sauce	245	1 cup	2.815
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	1.821
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	1.764
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.107
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	1.130
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.126
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	0.772
11955	Tomatoes, sun-dried	2	1 piece	0.181
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.109
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.389
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	1.143
21088	Tostada with guacamole	130.5	1 tostada	0.992
05286	Turkey and gravy, frozen	142	5-oz package	2.555
05292	Turkey patties, breaded, battered, fried	64	1 patty	1.472
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	5.333
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	3.065
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	6.532
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	5.744
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	7.620
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	2.590
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	0.592
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	0.768
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.466
02050	Vanilla extract	4.2	1 tsp	0.018

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17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	8.976
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	5.933
11578	Vegetable juice cocktail, canned	242	1 cup	1.757
04582	Vegetable oil, canola	14	1 tbsp	0.000
11581	Vegetables, mixed, canned, drained solids	163	1 cup	0.941
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	1.549
07083	Vienna sausage, canned, beef and pork	16	1 sausage	0.258
02048	Vinegar, cider	15	1 tbsp	0.000
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	1.464
18367	Waffles, plain, prepared from recipe	75	1 waffle	1.555
14429	Water, municipal	237	8 fl oz	0.000
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.504
09326	Watermelon, raw	286	1 wedge	0.572
09326	Watermelon, raw	152	1 cup	0.304
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	7.380
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	7.290
20083	Wheat flour, white, bread, enriched	137	1 cup	10.349
20084	Wheat flour, white, cake, enriched	137	1 cup	9.302
20080	Wheat flour, whole-grain	120	1 cup	7.638
20089	Wild rice, cooked	164	1 cup	2.111
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	2.981
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	4.113
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	0.216
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	0.259
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0.281
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	0.170