

# USDA Nutrient Database for Standard Reference, Release 15

## Total lipid (fat) (g) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	62.28
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	59.51
19087	Candies, confectioner's coating, white	170	1 cup	54.55
19080	Candies, semisweet chocolate	168	1 cup	50.40
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	46.57
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	41.33
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	38.70
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	36.76
01164	Cheese sauce, prepared from recipe	243	1 cup	36.26
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	33.01
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	32.94
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	32.47
01036	Cheese, ricotta, whole milk	246	1 cup	31.93
21082	Fast foods, taco	263	1 large	31.61
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	31.15
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	29.45
22906	Chicken pot pie, frozen entree	217	1 small pie	29.10
21024	Fast foods, french toast sticks	141	5 sticks	29.05
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	28.60
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	28.47
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	28.35
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	27.98
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	27.36
18325	Pie, pecan, prepared from recipe	122	1 piece	27.08
01095	Milk, canned, condensed, sweetened	306	1 cup	26.62
06166	Sauce, homemade, white, medium	250	1 cup	26.58
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	26.56
21043	Fast foods, clams, breaded and fried	115	3/4 cup	26.40
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	25.76
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	25.35
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	25.14
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	24.90
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	24.75
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	24.70
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	24.66
21015	Fast foods, danish pastry, cheese	91	1 pastry	24.62
19061	Snacks, trail mix, tropical	140	1 cup	23.94
18309	Pie, cherry, prepared from recipe	180	1 piece	21.96
18310	Pie, chocolate creme, commercially prepared	113	1 piece	21.92
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	21.84

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11370	Potatoes, hashed brown, home-prepared	156	1 cup	21.70
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	21.62
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	21.57
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	21.08
18324	Pie, pecan, commercially prepared	113	1 piece	20.91
18319	Pie, fried pies, fruit	128	1 pie	20.61
18444	Pie, fried pies, cherry	128	1 pie	20.61
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	20.61
21082	Fast foods, taco	171	1 small	20.55
11414	Potato salad, home-prepared	250	1 cup	20.50
12142	Nuts, pecans	28.35	1 oz (20 halves)	20.40
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	20.40
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	19.74
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	19.68
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	19.62
01037	Cheese, ricotta, part skim milk	246	1 cup	19.46
18302	Pie, apple, prepared from recipe	155	1 piece	19.38
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	19.05
01057	Eggnog	254	1 cup	19.00
15128	Finfish, tuna salad	205	1 cup	18.98
21078	Fast foods, nachos, with cheese	113	6-8 nachos	18.95
21120	Fast foods, hotdog, with corn flour coating (corn dog)	175	1 corn dog	18.90
21074	Fast foods, enchilada, with cheese	163	1 enchilada	18.84
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	18.77
21023	Breakfast items, french toast with butter	135	2 slices	18.77
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	18.63
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	18.60
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	18.49
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	18.48
11658	Spinach souffle, home-prepared	136	1 cup	18.36
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	18.28
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	18.20
18147	Cheesecake commercially prepared	80	1 piece	18.00
18306	Pie, blueberry, prepared from recipe	147	1 piece	17.49
12120	Nuts, hazelnuts or filberts	28.35	1 oz	17.22
16008	Beans, baked, canned, with franks	259	1 cup	17.02
15086	Finfish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	17.00
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	16.94
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	16.65
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	16.46
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	16.38

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	16.27
07008	Bologna, pork and beef	56.7	2 slices	16.02
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	16.02
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	15.97
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	15.94
21017	Fast foods, danish pastry, fruit	94	1 pastry	15.93
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	15.93
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	15.70
19078	Baking chocolate, unsweetened, squares	28.35	1 square	15.68
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	15.67
18245	Danish pastry, cheese	71	1 danish	15.55
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	15.51
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	15.43
15041	Finfish, herring, Atlantic, pickled	85.05	3 oz	15.31
18031	Bread, indian (navajo) fry	160	10-1/2" bread	15.20
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	15.15
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	15.15
12104	Nuts, coconut meat, raw	45	1 piece	15.07
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	14.97
21083	Fast foods, taco salad	198	1-1/2 cups	14.77
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	14.68
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	14.59
21118	Fast foods, hotdog, plain	98	1 sandwich	14.54
18327	Pie, pumpkin, prepared from recipe	155	1 piece	14.42
12147	Nuts, pine nuts, pignolia, dried	28.35	1 oz	14.37
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	14.37
12061	Nuts, almonds	28.35	1 oz (24 nuts)	14.36
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	14.35
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	14.25
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	14.22
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	14.15
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	14.12
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	14.10
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	14.08
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	14.08
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	14.08
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	14.01
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	14.01
04582	Vegetable oil, canola	14	1 tbsp	14.00
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	13.99
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	13.98

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18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	13.92
20113	Noodles, chinese, chow mein	45	1 cup	13.84
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	13.76
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	13.74
18316	Pie, coconut custard, commercially prepared	104	1 piece	13.73
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	13.68
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	13.60
04506	Oil, vegetable, sunflower, linoleic, (60% and over)	13.6	1 tbsp	13.60
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	13.60
04518	Oil, vegetable corn, salad or cooking	13.6	1 tbsp	13.60
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	13.60
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	13.60
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	13.59
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	13.54
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	13.52
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	13.51
04053	Oil, olive, salad or cooking	13.5	1 tbsp	13.50
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	13.50
21119	Fast foods, hotdog, with chili	114	1 sandwich	13.44
19126	Candies, milk chocolate coated peanuts	40	10 pieces	13.40
07022	Frankfurter, beef	45	1 frank	13.31
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	13.16
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	13.14
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	13.14
13278	Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	13.10
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	13.03
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	12.99
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	12.96
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	12.93
18308	Pie, cherry, commercially prepared	117	1 piece	12.87
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	12.87
04002	Lard	12.8	1 tbsp	12.80
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	12.80
13348	Beef, cured, corned beef, canned	85.05	3 oz	12.70
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	12.59
22905	Beef stew, canned entree	232	1 cup	12.48
07023	Frankfurter, beef and pork	45	1 frank	12.44
14346	Shake, fast food, chocolate	333	16 fl oz	12.32
18116	Cake, gingerbread, prepared from recipe	74	1 piece	12.14
19089	Ice creams, vanilla, rich	74	1/2 cup	11.99

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18239	Croissants, butter	57	1 croissant	11.97
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	11.97
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	11.94
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	11.87
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter add	210	1 cup	11.76
18305	Pie, blueberry, commercially prepared	117	1 piece	11.70
21088	Tostada with guacamole	130.5	1 tostada	11.63
21129	Fast foods, hush puppies	78	5 pieces	11.59
11672	Potato pancakes, home-prepared	76	1 pancake	11.58
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	11.57
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	11.54
05292	Turkey patties, breaded, battered, fried	64	1 patty	11.52
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	11.52
01145	Butter, without salt	14.2	1 tbsps	11.52
01001	Butter, with salt	14.2	1 tbsps	11.52
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsps	11.46
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	11.46
07069	Salami, cooked, beef and pork	56.7	2 slices	11.40
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	11.39
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsps	11.35
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	11.34
15011	Finfish, catfish, channel, cooked, breaded and fried	85	3 oz	11.33
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	11.31
05277	Chicken, canned, meat only, with broth	142	5 oz	11.29
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	11.18
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	11.18
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	11.14
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	11.14
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	11.10
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	11.04
21127	Fast foods, coleslaw	99	3/4 cup	10.97
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsps	10.96
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	10.89
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	10.84
05306	Poultry food products, ground turkey, cooked	82	1 patty	10.78
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	10.76
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	10.69
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	10.69
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	10.63

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18367	Waffles, plain, prepared from recipe	75	1 waffle	10.58
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	10.54
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	10.50
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	10.49
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	10.44
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	10.38
18326	Pie, pumpkin, commercially prepared	109	1 piece	10.36
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	10.28
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	10.17
06909	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	10.12
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	10.09
14347	Shake, fast food, vanilla	333	16 fl oz	9.99
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	9.84
18320	Pie, lemon meringue, commercially prepared	113	1 piece	9.83
04133	Salad dressing, french, home recipe	14	1 tbsp	9.83
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	9.82
19411	Snacks, potato chips, plain, salted	28.35	1 oz	9.81
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	9.81
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	9.78
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	9.77
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	9.76
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	9.75
15088	Finfish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	9.74
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	9.61
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	9.49
01111	Milk shakes, thick vanilla	313	11 fl oz	9.48
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	9.47
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	9.47
07065	Pork and beef sausage, fresh, cooked	26	2 links	9.43
01009	Cheese, cheddar	28.35	1 oz	9.40
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	9.36
15086	Finfish, salmon, sockeye, cooked, dry heat	85	3 oz	9.32
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	9.28
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	9.27
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	9.23
01007	Cheese, camembert	38	1 wedge	9.22
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	9.22
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	9.19
18139	Cake, white, prepared from recipe without frosting	74	1 piece	9.18
18151	Cookies, brownies, commercially prepared	56	1 brownie	9.13
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	9.02

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06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	8.98
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	8.91
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	8.90
19071	Candies, carob	28.35	1 oz	8.89
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	8.88
19041	Snacks, pork skins, plain	28.35	1 oz	8.87
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	8.86
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	8.85
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	8.82
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	8.78
07024	Frankfurter, chicken	45	1 frank	8.77
04526	Margarine-like spread, approximately 60% fat, stick, soybean (hydrogenated) and palm (hydrogenated)	14.4	1 tbsp	8.76
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	8.75
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	8.69
21033	Fast foods, sundae, hot fudge	158	1 sundae	8.63
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	8.60
18031	Bread, indian (navajo) fry	90	5" bread	8.55
01030	Cheese, muenster	28.35	1 oz	8.52
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	8.51
19193	Puddings, rice, ready-to-eat	113.4	4 oz	8.51
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	8.48
11399	Potato puffs, frozen, prepared	79	10 puffs	8.48
01102	Milk, chocolate, fluid, commercial,	250	1 cup	8.48
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	8.44
07064	Pork sausage, fresh, cooked	27	1 patty	8.41
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	8.37
21042	Fast foods, chili con carne	253	1 cup	8.27
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	8.27
16098	Peanut butter, smooth style, with salt	16	1 tbsp	8.16
01077	Milk, fluid, 3.25% milkfat	244	1 cup	8.15
01004	Cheese, blue	28.35	1 oz	8.15
22904	Chili con carne with beans, canned entree	222	1 cup	8.15
07064	Pork sausage, fresh, cooked	26	2 links	8.10
01110	Milk shakes, thick chocolate	300	10.6 fl oz	8.10
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	8.06
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	8.02
04539	Salad dressing, blue or roquefort cheese, commercial, regular, with salt	15.3	1 tbsp	8.00
16097	Peanut butter, chunk style, with salt	16	1 tbsp	7.99
18090	Cake, boston cream pie, commercially prepared	92	1 piece	7.82

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## Total lipid (fat) (g) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	7.82
21077	Fast foods, frijoles with cheese	167	1 cup	7.78
01040	Cheese, swiss	28.35	1 oz	7.78
04015	Salad dressing, russian, with salt	15.3	1 tbsp	7.77
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve	62	1/4 cup	7.69
01013	Cheese, cottage, creamed, with fruit	226	1 cup	7.68
01035	Cheese, provolone	28.35	1 oz	7.55
01132	Egg, whole, cooked, scrambled	61	1 large	7.45
19056	Snacks, tortilla chips, plain	28.35	1 oz	7.43
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	7.38
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	7.38
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	7.37
18243	Croutons, seasoned	40	1 cup	7.32
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	7.29
19270	Ice creams, chocolate	66	1/2 cup	7.26
19095	Ice creams, vanilla	66	1/2 cup	7.26
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	7.26
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	7.25
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	7.25
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	7.17
04114	Salad dressing, italian, commercial, regular, with salt	14.7	1 tbsp	7.10
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	7.10
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	7.09
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	7.02
15119	Finfish, tuna, light, canned in oil, drained solids	85.05	3 oz	6.98
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	6.97
15027	Finfish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	6.97
13168	Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	6.97
21051	Entrees, pizza with pepperoni	71	1 slice	6.96
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	6.96
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	6.92
01128	Egg, whole, cooked, fried	46	1 large	6.90
07072	Salami, dry or hard, pork, beef	20	2 slices	6.88
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	6.86
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	6.80
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	6.72
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	6.69
01031	Cheese, neufchatel	28.35	1 oz	6.64
20033	Oat bran, raw	94	1 cup	6.61
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	6.60



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## Total lipid (fat) (g) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	6.58
04120	Salad dressing, french, commercial, regular, with salt	15.6	1 tbsp	6.40
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	6.38
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	6.30
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	6.16
01026	Cheese, mozzarella, whole milk	28.35	1 oz	6.12
13287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	6.12
15241	Finfish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	6.12
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	6.12
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	6.06
01019	Cheese, feta	28.35	1 oz	6.03
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	6.02
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	6.00
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	6.00
18023	Bread, cornbread, dry mix, prepared	60	1 piece	6.00
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	5.99
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	5.95
19422	Snacks, potato chips, reduced fat	28.35	1 oz	5.90
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	5.88
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	5.85
01123	Egg, whole, raw, fresh	58	1 extra large	5.81
22247	Macaroni and Cheese, canned entree	252	1 cup	5.80
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	5.79
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	5.66
19015	Snacks, granola bars, hard, plain	28.35	1 bar	5.61
18120	Cake, pound, commercially prepared, butter	28	1 piece	5.57
04017	Salad dressing, thousand island, commercial, regular, with salt	15.6	1 tbsp	5.57
01053	Cream, fluid, heavy whipping	15	1 tbsp	5.55
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	5.53
15111	Finfish, swordfish, cooked, dry heat	106	1 piece	5.45
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	5.38
21050	Entrees, pizza with cheese, meat, and vegetables	79	1 slice	5.36
01129	Egg, whole, cooked, hard-boiled	50	1 large	5.31
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	5.30
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	5.25
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	5.15
15084	Finfish, salmon, pink, canned, solids with bone and liquid	85	3 oz	5.14
01125	Egg, yolk, raw, fresh	16.6	1 large	5.12
18280	Muffins, corn, dry mix, prepared	50	1 muffin	5.10
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	5.07
01017	Cheese, cream	14.5	1 tbsp	5.06

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## Total lipid (fat) (g) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	5.05
01123	Egg, whole, raw, fresh	50	1 large	5.01
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	5.00
01131	Egg, whole, cooked, poached	50	1 large	4.99
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	4.92
09038	Avocados, raw, California	28.35	1 oz	4.91
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	4.90
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	4.85
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	4.85
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	4.84
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	4.82
18279	Muffins, corn, commercially prepared	57	1 muffin	4.79
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	4.76
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	4.71
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	4.68
16120	Soy milk, fluid	245	1 cup	4.68
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	4.68
15037	Finfish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	4.67
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	4.65
01052	Cream, fluid, light whipping	15	1 tbsp	4.64
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	4.62
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	4.55
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	4.53
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	4.53
19183	Puddings, chocolate, ready-to-eat	113	4 oz	4.52
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	4.51
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	4.51
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	4.43
01123	Egg, whole, raw, fresh	44	1 medium	4.41
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	4.40
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	4.38
20020	Cornmeal, whole-grain, yellow	122	1 cup	4.38
15111	Finfish, swordfish, cooked, dry heat	85	3 oz	4.37
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	4.36
12147	Nuts, pine nuts, pignolia, dried	8.6	1 tbsp	4.36
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	4.32
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	4.31
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	4.25
18283	Muffins, oat bran	57	1 muffin	4.22
07017	Chicken roll, light meat	56.7	2 slices	4.18
19218	Puddings, tapioca, ready-to-eat	113	4 oz	4.18
16112	Miso	68.75	1 cup	4.17

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## Total lipid (fat) (g) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
13184	Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	4.17
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	4.10
19201	Puddings, vanilla, ready-to-eat	113	4 oz	4.07
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	4.03
07083	Vienna sausage, canned, beef and pork	16	1 sausage	4.03
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	3.97
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	3.96
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	3.92
18110	Cake, fruitcake, commercially prepared	43	1 piece	3.91
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	3.78
04130	Margarine, soft, unspecified oils, with salt added	4.7	1 tsp	3.78
05286	Turkey and gravy, frozen	142	5-oz package	3.73
20011	Buckwheat flour, whole-groat	120	1 cup	3.72
18274	Muffins, blueberry, commercially prepared	57	1 muffin	3.71
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	3.70
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	3.69
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	3.68
15077	Finfish, salmon, chinook, smoked	85.05	3 oz	3.67
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	3.66
19040	Snacks, popcorn, cheese-flavor	11	1 cup	3.65
07027	Ham, chopped, not canned	21	2 slices	3.62
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	3.61
18268	French toast, frozen, ready-to-heat	59	1 slice	3.60
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	3.54
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	3.52
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	3.47
15027	Finfish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	3.42
11659	Sweetpotato, cooked, candied, home-prepared	105	1 piece	3.41
06119	Gravy, chicken, canned	59.5	1/4 cup	3.40
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	3.34
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	3.30
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	3.28
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	3.28
21049	Entrees, pizza with cheese	63	1 slice	3.21
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	3.21
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	3.20
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	3.18
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	3.17
12167	Nuts, chestnuts, european, roasted	143	1 cup	3.15
11159	Coleslaw, home-prepared	120	1 cup	3.13
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	3.12
19035	Snacks, popcorn, oil-popped	11	1 cup	3.09

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## Total lipid (fat) (g) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	3.07
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	3.07
18229	Crackers, standard snack-type, regular	12	4 crackers	3.04
18360	Taco shells, baked	13.3	1 medium	3.01
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	3.00
15071	Finfish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	2.99
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	2.96
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	2.93
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	2.93
04561	Margarine-like spread, approximately 60% fat, tub, unspecified oils	4.8	1 tsp	2.92
04526	Margarine-like spread, approximately 60% fat, stick, soybean (hydrogenated) and palm (hydrogenated)	4.8	1 tsp	2.92
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	2.91
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	2.90
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	2.90
22401	HEALTHY CHOICE Spaghetti Bolognese, frozen entree	283	1 package	2.86
19088	Ice creams, vanilla, light	66	1/2 cup	2.84
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	2.83
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	2.82
07028	Ham, sliced, extra lean, (approximately 5% fat)	56.7	2 slices	2.81
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	2.81
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	2.78
18235	Crackers, whole-wheat	16	4 crackers	2.75
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	2.74
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	2.73
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	2.72
18134	Cake, sponge, prepared from recipe	63	1 piece	2.71
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	2.71
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	2.70
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	2.70
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	2.65
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	2.61
07073	Sandwich spread, pork, beef	15	1 tbsp	2.60
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	2.59
06206	Soup, PROGRESSO HEALTHY CLASSICS MINISTRONE, canned, ready-to-serve	241	1 cup	2.53
18214	Crackers, cheese, regular	10	10 crackers	2.53
15126	Finfish, tuna, white, canned in water, drained solids	85	3 oz	2.52
01056	Cream, sour, cultured	12	1 tbsp	2.52
09039	Avocados, raw, Florida	28.35	1 oz	2.51
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	2.51
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	2.51
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	2.50

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## Total lipid (fat) (g) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15037	Finfish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	2.50
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	2.49
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	2.47
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	2.46
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	2.45
18353	Rolls, hard (includes kaiser)	57	1 roll	2.45
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	2.44
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	2.43
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	2.42
18027	Bread, egg	40	1/2" slice	2.40
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	2.37
20110	Noodles, egg, cooked, enriched	160	1 cup	2.35
09193	Olives, ripe, canned (small-extra large)	22	5 large	2.35
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	2.34
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	2.33
20005	Barley, pearled, raw	200	1 cup	2.32
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	2.31
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	2.28
20083	Wheat flour, white, bread, enriched	137	1 cup	2.27
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	2.27
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	2.26
20080	Wheat flour, whole-grain	120	1 cup	2.24
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	2.23
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	2.22
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	2.21
18350	Rolls, hamburger or hotdog, plain	43	1 roll	2.19
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	2.18
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	2.16
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	2.10
01143	Egg substitute, liquid	62.75	1/4 cup	2.08
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	2.07
19104	Candies, fudge, vanilla with nuts, prepared-from-recipe	15	1 piece	2.06
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	2.06
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	2.04
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	2.00
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	1.99
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	1.98
14342	Rice beverage, RICE DREAM, canned	245	1 cup	1.98
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	1.98
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	1.98

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15029	Finfish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	1.94
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	1.93
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	1.93
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	1.93
18177	Cookies, molasses	15	1 cookie, medium	1.92
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	1.90
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	1.90
06174	Soup, stock, fish, home-prepared	233	1 cup	1.89
20034	Oat bran, cooked	219	1 cup	1.88
18003	Bagels, egg	89	4" bagel	1.87
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	1.86
20012	Bulgur, dry	140	1 cup	1.86
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	1.83
01055	Cream, sour, reduced fat, cultured	15	1 tbsps	1.80
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	1.80
08131	Cereals, QUAKER, oatmeal, instant, maple and brown sugar, prepared with water	155	1 packet	1.78
15058	Finfish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	1.78
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	1.77
20037	Rice, brown, long-grain, cooked	195	1 cup	1.76
01049	Cream, fluid, half and half	15	1 tbsps	1.73
15071	Finfish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	1.71
19348	Syrups, chocolate, fudge-type	19	1 tbsps	1.69
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	1.67
15141	Crustaceans, crab, blue, canned	135	1 cup	1.66
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	1.66
18232	Crackers, wheat, regular	8	4 crackers	1.65
04023	Salad dressing, thousand island, diet, low calorie, 10 calories per teaspoon, with salt	15.3	1 tbsps	1.64
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	1.64
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	1.62
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	1.62
06121	Gravy, mushroom, canned	59.6	1/4 cup	1.62
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	1.59
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	1.57
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	1.54
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	1.53
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	1.53
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	1.53
04134	Salad dressing, home recipe, cooked	16	1 tbsps	1.52
18005	Bagels, cinnamon-raisin	89	4" bagel	1.51
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	1.50
01032	Cheese, parmesan, grated	5	1 tbsps	1.50

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## Total lipid (fat) (g) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	242	1 cup	1.50
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	1.50
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	1.50
18003	Bagels, egg	71	3-1/2" bagel	1.49
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	1.48
19097	Sherbet, orange	74	1/2 cup	1.48
19127	Candies, milk chocolate coated raisins	10	10 pieces	1.48
19141	Candies, M&M MARS, "M&M's" Plain Chocolate Candies	7	10 pieces	1.48
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	1.48
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	1.47
04021	Salad dressing, italian, commercial, diet, 2 calories per teaspoon, with salt	15	1 tbsp	1.47
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	1.47
11546	Tomato products, canned, paste, without salt added	262	1 cup	1.44
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	1.42
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	1.42
08125	Cereals, QUAKER, oatmeal, instant, with apples and cinnamon, prepared with water	149	1 packet	1.42
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	1.41
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	1.40
15034	Finfish, haddock, cooked, dry heat	150	1 fillet	1.40
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	1.39
06116	Gravy, beef, canned	58.25	1/4 cup	1.37
16158	Hummus, commercial	14	1 tbsp	1.34
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	1.32
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	1.31
19069	Candies, NESTLE, BUTTERFINGER Bar and Dessert Topping	7	1 fun size bar	1.31
15029	Finfish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	1.30
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	1.29
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	1.29
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	1.29
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	1.28
06125	Gravy, turkey, canned	59.6	1/4 cup	1.25
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	1.25
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	1.24
14194	Cocoa mix, powder, prepared with water	206	1 serving	1.24
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	1.23
09326	Watermelon, raw	286	1 wedge	1.23
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	1.23
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	1.22
08143	Cereals, WHEATENA, cooked with water	243	1 cup	1.22

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	1.21
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	1.21
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	1.20
18040	Bread, oatmeal, toasted	25	1 slice	1.20
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	1.20
18039	Bread, oatmeal	27	1 slice	1.19
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	1.19
20084	Wheat flour, white, cake, enriched	137	1 cup	1.18
18075	Bread, whole-wheat, commercially prepared	28	1 slice	1.18
18170	Cookies, fig bars	16	1 cookie	1.17
18048	Bread, raisin, toasted, enriched	24	1 slice	1.15
18047	Bread, raisin, enriched	26	1 slice	1.14
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	1.14
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	1.14
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	1.14
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	1.14
14192	Cocoa mix, powder	28.35	3 heaping tsp	1.13
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	1.12
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	1.11
20028	Couscous, dry	173	1 cup	1.11
13350	Beef, cured, dried beef	28.35	1 oz	1.11
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	1.10
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	1.09
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	1.08
11461	Spinach, canned, drained solids	214	1 cup	1.07
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	1.07
18060	Bread, rye	32	1 slice	1.06
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	1.05
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	1.05
15058	Finfish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	1.05
20010	Buckwheat groats, roasted, cooked	168	1 cup	1.04
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	1.04
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	1.04
15221	Finfish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	1.04
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	1.04
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	1.03
18064	Bread, wheat (includes wheat berry)	25	1 slice	1.03
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	1.02
01073	Dessert topping, semi solid, frozen	4	1 tbsp	1.01
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	1.01
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S, ALL-BRAN Original	30	1/2 cup	1.00
09125	Grapefruit juice, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	0.99



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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	0.99
18044	Bread, pumpernickel	32	1 slice	0.99
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	0.99
18045	Bread, pumpernickel, toasted	29	1 slice	0.99
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.99
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	0.99
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	0.98
18025	Bread, cracked-wheat	25	1 slice	0.98
21139	Fast foods, potato, mashed	80	1/3 cup	0.97
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0.96
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	0.96
15067	Finfish, pollock, walleye, cooked, dry heat	85	3 oz	0.95
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	0.95
04020	Salad dressing, french, diet, low fat, 5 calories per teaspoon, with salt	16.3	1 tbsp	0.95
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.94
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0.94
20100	Macaroni, cooked, enriched	140	1 cup	0.94
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	0.93
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	0.93
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	0.91
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.90
01072	Dessert topping, pressurized	4	1 tbsp	0.89
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	0.89
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	0.89
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	0.88
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.88
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	0.87
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.86
18061	Bread, rye, toasted	24	1 slice	0.86
15157	Mollusks, clam, mixed species, raw	85	3 oz	0.82
19074	Candies, caramels	10.1	1 piece	0.82
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	0.82
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.81
09087	Dates, domestic, natural and dry	178	1 cup	0.80
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	0.80
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	0.80
15034	Finfish, haddock, cooked, dry heat	85	3 oz	0.79
15232	Finfish, roughy, orange, cooked, dry heat	85	3 oz	0.77
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	0.76
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.76
16051	Beans, white, mature seeds, canned	262	1 cup	0.76
20125	Spaghetti, whole-wheat, cooked	140	1 cup	0.76

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	0.76
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	0.75
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	0.75
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.75
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.74
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	0.73
15017	Finfish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.73
09040	Bananas, raw	150	1 cup	0.72
18041	Bread, pita, white, enriched	60	6-1/2" pita	0.72
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	0.71
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	0.71
01069	Cream substitute, powdered	2	1 tsp	0.71
09153	Lemon juice, canned or bottled	244	1 cup	0.71
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	0.71
18033	Bread, italian	20	1 slice	0.70
15121	Finfish, tuna, light, canned in water, drained solids	85	3 oz	0.70
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	0.70
20006	Barley, pearled, cooked	157	1 cup	0.69
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	0.69
15192	Finfish, cod, Pacific, cooked, dry heat	85	3 oz	0.69
11424	Pumpkin, canned, without salt	245	1 cup	0.69
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	0.68
09302	Raspberries, raw	123	1 cup	0.68
09209	Orange juice, chilled, includes from concentrate	249	1 cup	0.67
15067	Finfish, pollock, walleye, cooked, dry heat	60	1 fillet	0.67
14175	Chocolate-flavor beverage mix, powder	21.6	2-3 heaping tsp	0.67
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	0.67
18053	Bread, reduced-calorie, rye	23	1 slice	0.67
09298	Raisins, seedless	145	1 cup	0.67
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.67
09266	Pineapple, raw	155	1 cup	0.67
09252	Pears, raw	166	1 pear	0.66
09277	Plantains, raw	179	1 medium	0.66
09326	Watermelon, raw	152	1 cup	0.65
09070	Cherries, sweet, raw	68	10 cherries	0.65
04022	Salad dressing, russian, low calorie, with salt	16.3	1 tbsp	0.65
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.65
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0.65
18220	Crackers, melba toast, plain	20	4 pieces	0.64
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	0.64
09340	Pears, asian, raw	275	1 pear	0.63
19014	Snacks, fruit leather, rolls	21	1 large	0.63
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	0.63

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11647	Sweetpotato, canned, syrup pack, drained solids	196	1 cup	0.63
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	0.63
09191	Nectarines, raw	136	1 nectarine	0.63
09316	Strawberries, raw	166	1 cup	0.61
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.61
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	0.61
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.61
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0.60
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	0.60
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	0.60
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	0.60
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.60
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	0.60
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	0.59
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	0.59
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	0.58
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	0.58
18057	Bread, reduced-calorie, white	23	1 slice	0.58
09292	Prunes, dried, stewed, without added sugar	248	1 cup	0.57
09040	Bananas, raw	118	1 banana	0.57
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0.57
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	0.57
09042	Blackberries, raw	144	1 cup	0.56
09176	Mangos, raw	207	1 mango	0.56
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0.56
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0.56
20089	Wild rice, cooked	164	1 cup	0.56
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	0.55
08340	Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT Cereal	46	2 biscuits	0.55
09050	Blueberries, raw	145	1 cup	0.55
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	0.55
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.54
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	0.54
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	0.54
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.53
18055	Bread, reduced-calorie, wheat	23	1 slice	0.53
11028	Bamboo shoots, canned, drained solids	131	1 cup	0.52
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	0.52
01097	Milk, canned, evaporated, nonfat	256	1 cup	0.51
11512	Sweetpotato, canned, vacuum pack	255	1 cup	0.51
02007	Spices, celery seed	2	1 tsp	0.51

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	0.50
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.50
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	0.50
09223	Tangerine juice, canned, sweetened	249	1 cup	0.50
09003	Apples, raw, with skin	138	1 apple	0.50
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.50
09206	Orange juice, raw	248	1 cup	0.50
08164	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, without salt	242	1 cup	0.48
08091	Cereals, corn grits, white, regular, quick, enriched, cooked with water, without salt	242	1 cup	0.48
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	0.48
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0.48
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	0.48
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.47
11015	Asparagus, canned, drained solids	72	4 spears	0.47
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	0.47
11510	Sweetpotato, cooked, boiled, without skin, without salt	156	1 potato	0.47
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	0.47
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	0.47
09020	Applesauce, canned, sweetened, without salt	255	1 cup	0.46
11264	Mushrooms, canned, drained solids	156	1 cup	0.45
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	0.45
11206	Cucumber, peeled, raw	280	1 large	0.45
09181	Melons, cantaloupe, raw	160	1 cup	0.45
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	0.45
09176	Mangos, raw	165	1 cup	0.45
09094	Figs, dried, uncooked	38	2 figs	0.44
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.44
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	0.44
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.44
20013	Bulgur, cooked	182	1 cup	0.44
02009	Spices, chili powder	2.6	1 tsp	0.44
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	0.43
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0.43
09226	Papayas, raw	304	1 papaya	0.43
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.42
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	0.42
11549	Tomato products, canned, sauce	245	1 cup	0.42
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.42
16073	Lima beans, large, mature seeds, canned	241	1 cup	0.41
09279	Plums, raw	66	1 plum	0.41
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0.41

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11581	Vegetables, mixed, canned, drained solids	163	1 cup	0.41
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	0.41
11547	Tomato products, canned, puree, without salt added	250	1 cup	0.40
09306	Raspberries, frozen, red, sweetened	250	1 cup	0.40
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	0.40
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	0.40
18217	Crackers, matzo, plain	28.35	1 matzo	0.40
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	0.40
11205	Cucumber, with peel, raw	301	1 large	0.39
09060	Carambola, (starfruit), raw	108	1 cup	0.38
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.38
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0.37
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.37
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	0.37
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	0.36
11655	Carrot juice, canned	236	1 cup	0.35
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	0.35
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	0.35
09207	Orange juice, canned, unsweetened	249	1 cup	0.35
11954	Tomatillos, raw	34	1 medium	0.35
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.35
09004	Apples, raw, without skin	110	1 cup	0.34
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	0.34
19034	Snacks, popcorn, air-popped	8	1 cup	0.34
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.34
18041	Bread, pita, white, enriched	28	4" pita	0.34
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	0.33
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	0.33
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	0.33
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	0.33
11439	Sauerkraut, canned, solids and liquids	236	1 cup	0.33
09250	Peaches, frozen, sliced, sweetened	250	1 cup	0.33
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.32
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.32
09126	Grapefruit juice, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.32
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	0.32
09060	Carambola, (starfruit), raw	91	1 fruit	0.32
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	0.31
19036	Snacks, popcorn, cakes	10	1 cake	0.31
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0.31
11090	Broccoli, raw	88	1 cup	0.31
11081	Beets, cooked, boiled, drained	170	1 cup	0.31
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	0.30

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09055	Blueberries, frozen, sweetened	230	1 cup	0.30
09246	Peaches, dried, sulfured, uncooked	39	3 halves	0.30
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	0.29
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	0.29
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	0.28
06150	Sauce, barbecue sauce	15.75	1 tbsp	0.28
11333	Peppers, sweet, green, raw	149	1 cup	0.28
11821	Peppers, sweet, red, raw	149	1 cup	0.28
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	0.28
09340	Pears, asian, raw	122	1 pear	0.28
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0.28
11128	Carrots, canned, regular pack, drained solids	146	1 cup	0.28
09278	Plantains, cooked	154	1 cup	0.28
02015	Spices, curry powder	2	1 tsp	0.28
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	0.27
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.27
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	0.27
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	0.27
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	0.27
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	0.27
02028	Spices, paprika	2.1	1 tsp	0.27
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	0.27
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	0.27
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.26
11674	Potato, baked, flesh and skin, without salt	202	1 potato	0.26
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	0.26
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	0.26
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	0.26
11282	Onions, raw	160	1 cup	0.26
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0.25
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.25
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0.25
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.25
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	0.25
20029	Couscous, cooked	157	1 cup	0.25
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.25
09123	Grapefruit juice, canned, unsweetened	247	1 cup	0.25
09128	Grapefruit juice, white, raw	247	1 cup	0.25
09404	Grapefruit juice, pink, raw	247	1 cup	0.25
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.24
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	0.24
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.24

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08117	Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt	240	1 cup	0.24
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	0.24
11084	Beets, canned, drained solids	170	1 cup	0.24
11641	Squash, summer, all varieties, raw	113	1 cup	0.24
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	0.23
11260	Mushrooms, raw	70	1 cup	0.23
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	0.23
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	0.23
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.23
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.23
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0.23
11821	Peppers, sweet, red, raw	119	1 pepper	0.23
11333	Peppers, sweet, green, raw	119	1 pepper	0.23
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	0.23
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	0.23
09124	Grapefruit juice, canned, sweetened	250	1 cup	0.23
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	0.22
18086	Cake, angelfood, commercially prepared	28	1 piece	0.22
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	0.22
09291	Prunes, dried, uncooked	42	5 prunes	0.22
11578	Vegetable juice cocktail, canned	242	1 cup	0.22
09200	Oranges, raw, all commercial varieties	180	1 cup	0.22
01186	Cheese, cream, fat free	15.6	1 tbsp	0.21
14181	Chocolate syrup	18.75	1 tbsp	0.21
11135	Cauliflower, raw	100	1 cup	0.21
11124	Carrots, raw	110	1 cup	0.21
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	0.21
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	0.21
11961	Hearts of palm, canned	33	1 piece	0.20
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	0.20
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	0.20
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.20
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0.20
09226	Papayas, raw	140	1 cup	0.20
09181	Melons, cantaloupe, raw	69	1/8 melon	0.19
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	0.19
11206	Cucumber, peeled, raw	119	1 cup	0.19
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	0.19
11109	Cabbage, raw	70	1 cup	0.19
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0.19
09087	Dates, domestic, natural and dry	41.5	5 dates	0.19
11012	Asparagus, cooked, boiled, drained	60	4 spears	0.19

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.18
11112	Cabbage, red, raw	70	1 cup	0.18
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0.18
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.18
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0.18
11282	Onions, raw	110	1 whole	0.18
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0.17
09150	Lemons, raw, without peel	58	1 lemon	0.17
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	0.17
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.17
09206	Orange juice, raw	86	juice from 1 orange	0.17
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	0.17
09184	Melons, honeydew, raw	170	1 cup	0.17
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	0.17
11143	Celery, raw	120	1 cup	0.17
11253	Lettuce, looseleaf, raw	56	1 cup	0.17
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	0.17
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.17
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0.16
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	0.16
11508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	0.16
09184	Melons, honeydew, raw	160	1/8 melon	0.16
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.16
14196	Cocoa mix, with aspartame, powder	15	1/2 oz envelope	0.16
09200	Oranges, raw, all commercial varieties	131	1 orange	0.16
11363	Potatoes, baked, flesh, without salt	156	1 potato	0.16
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	0.16
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.16
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.16
02027	Spices, oregano, ground	1.5	1 tsp	0.15
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	0.15
09236	Peaches, raw	170	1 cup	0.15
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.15
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.15
11540	Tomato juice, canned, with salt added	243	1 cup	0.15
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	0.14
19108	Candies, jellybeans	28.35	10 large	0.14
11124	Carrots, raw	72	1 carrot	0.14
09021	Apricots, raw	35	1 apricot	0.14
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	0.14
11205	Cucumber, with peel, raw	104	1 cup	0.14
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	0.14



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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	0.14
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	0.14
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0.13
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.12
11937	Pickles, cucumber, dill	65	1 pickle	0.12
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.12
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	0.12
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	0.12
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0.12
11251	Lettuce, cos or romaine, raw	56	1 cup	0.11
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	0.11
11090	Broccoli, raw	31	1 spear	0.11
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.11
11457	Spinach, raw	30	1 cup	0.11
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.10
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.10
19116	Candies, marshmallows	50	1 cup	0.10
11213	Endive, raw	50	1 cup	0.10
18226	Crackers, rye, wafers, plain	11	1 wafer	0.10
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.10
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0.10
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	0.10
11081	Beets, cooked, boiled, drained	50	1 beet	0.09
11670	Peppers, hot chili, green, raw	45	1 pepper	0.09
11819	Peppers, hot chili, red, raw	45	1 pepper	0.09
09236	Peaches, raw	98	1 peach	0.09
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.09
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.08
11297	Parsley, raw	10	10 sprigs	0.08
19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.08
09294	Prune juice, canned	256	1 cup	0.08
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	0.07
19312	Pie fillings, canned, apple	74	1/8 of 21-oz can	0.07
02010	Spices, cinnamon, ground	2.3	1 tsp	0.07
11667	Seaweed, spirulina, dried	0.93	1 tbsps	0.07
11945	Pickle relish, sweet	15	1 tbsps	0.07
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0.07
11114	Cabbage, savoy, raw	70	1 cup	0.07
02030	Spices, pepper, black	2.1	1 tsp	0.07
09316	Strawberries, raw	18	1 strawberry	0.07
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.07
09298	Raisins, seedless	14	1 packet	0.06
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.06

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.06
11955	Tomatoes, sun-dried	2	1 piece	0.06
11364	Potatoes, baked, skin, without salt	58	1 skin	0.06
02029	Spices, parsley, dried	1.3	1 tbsp	0.06
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.06
11445	Seaweed, kelp, raw	10	2 tbsp	0.06
11143	Celery, raw	40	1 stalk	0.06
11935	Catsup	15	1 tbsp	0.05
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.05
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.05
11960	Carrots, baby, raw	10	1 medium	0.05
16055	Carob flour	8	1 tbsp	0.05
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0.05
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	0.05
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.05
09316	Strawberries, raw	12	1 strawberry	0.04
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.04
19353	Syrups, maple	20	1 tbsp	0.04
11740	Broccoli, flower clusters, raw	11	1 floweret	0.04
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	0.04
09160	Lime juice, raw	38	juice of 1 lime	0.04
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.04
11943	Pimento, canned	12	1 tbsp	0.04
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.04
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.04
11457	Spinach, raw	10	1 leaf	0.04
02055	Horseradish, prepared	5	1 tsp	0.03
11084	Beets, canned, drained solids	24	1 beet	0.03
20068	Tapioca, pearl, dry	152	1 cup	0.03
11253	Lettuce, looseleaf, raw	10	1 leaf	0.03
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	0.03
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.03
11135	Cauliflower, raw	13	1 floweret	0.03
11429	Radishes, raw	4.5	1 radish	0.02
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	0.02
19281	Ice novelties, italian, restaurant-prepared	116	1/2 cup	0.02
11284	Onions, dehydrated flakes	5	1 tbsp	0.02
11282	Onions, raw	14	1 slice	0.02
02026	Spices, onion powder	2.1	1 tsp	0.02
11156	Chives, raw	3	1 tbsp	0.02
11935	Catsup	6	1 packet	0.02
02020	Spices, garlic powder	2.8	1 tsp	0.02
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.02

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.02
11333	Peppers, sweet, green, raw	10	1 ring	0.02
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.02
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.02
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.02
11226	Jerusalem-artichokes, raw	150	1 cup	0.02
11215	Garlic, raw	3	1 clove	0.02
19297	Jams and preserves	20	1 tbsps	0.01
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsps	0.01
19107	Candies, hard	6	1 piece	0.01
02045	Spices, dill weed, fresh	1	5 sprigs	0.01
11677	Shallots, raw	10	1 tbsps	0.01
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.01
19336	Sugars, powdered	8	1 tbsps	0.01
19107	Candies, hard	3	1 small piece	0.01
19300	Jellies	19	1 tbsps	0.01
20027	Cornstarch	8.064	1 tbsps	0.00
02050	Vanilla extract	4.2	1 tsp	0.00
18373	Leavening agents, cream of tartar	3	1 tsp	0.00
19129	Syrups, table blends, pancake	20	1 tbsps	0.00
19350	Syrups, corn, light	20	1 tbsps	0.00
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.00
19334	Sugars, brown	3.2	1 tsp	0.00
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.00
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.00
19296	Honey, strained or extracted	21	1 tbsps	0.00
18372	Leavening agents, baking soda	4.6	1 tsp	0.00
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.00
19335	Sugars, granulated	4.2	1 tsp	0.00
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.00
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsps	0.00
19294	Fruit butters, apple	17	1 tbsps	0.00
19283	Ice novelties, pop	59	1 bar (2 fl oz)	0.00
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.00
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.00
19305	Molasses, blackstrap	20	1 tbsps	0.00
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.00
14209	Coffee, brewed, prepared with tap water	178	6 fl oz	0.00
14157	Carbonated beverage, root beer	370	12 fl oz	0.00
14150	Carbonated beverage, orange	372	12 fl oz	0.00
14143	Carbonated beverage, low calorie, other than cola or pepper, with aspartame, without caffeine	355	12 fl oz	0.00
14142	Carbonated beverage, grape soda	372	12 fl oz	0.00

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
02047	Salt, table	6	1 tsp	0.00
02048	Vinegar, cider	15	1 tbsp	0.00
14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	0.00
14121	Carbonated beverage, club soda	355	12 fl oz	0.00
14277	Grape drink, canned	250	8 fl oz	0.00
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.00
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.00
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.00
14006	Alcoholic beverage, beer, light	354	12 fl oz	0.00
14003	Alcoholic beverage, beer, regular	355	12 fl oz	0.00
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	0.00
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.00
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.00
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.00
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.00
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.00
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.00
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.00
14429	Water, municipal	237	8 fl oz	0.00
14416	Carbonated beverage, low calorie, cola, with aspartame, contains caffeine	355	12 fl oz	0.00
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.00
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.00
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.00
14267	Fruit punch drink, canned	248	8 fl oz	0.00
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.00
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.00
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.00
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0.00
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.00
01124	Egg, white, raw, fresh	33.4	1 large	0.00
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.00
09152	Lemon juice, raw	47	juice of 1 lemon	0.00
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.00