

USDA National Nutrient Database for Standard Reference, Release 17

Potassium, K (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11546	Tomato products, canned, paste, without salt added	262	1 cup	2657
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	1436
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	1309
16051	Beans, white, mature seeds, canned	262	1 cup	1189
09087	Dates, deglet noor	178	1 cup	1168
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	1164
01095	Milk, canned, condensed, sweetened	306	1 cup	1135
11547	Tomato products, canned, puree, without salt added	250	1 cup	1098
09298	Raisins, seedless	145	1 cup	1086
11674	Potato, baked, flesh and skin, without salt	202	1 potato	1081
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	1002
19061	Snacks, trail mix, tropical	140	1 cup	993
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	970
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	970
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	955
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	946
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	940
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	926
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	923
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	916
11370	Potatoes, hashed brown, home-prepared	156	1 cup	899
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	896
09277	Plantains, raw	179	1 medium	893
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	886
01097	Milk, canned, evaporated, nonfat	256	1 cup	850
12167	Nuts, chestnuts, european, roasted	143	1 cup	847
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	839
11549	Tomato products, canned, sauce	245	1 cup	811
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	796
11512	Sweet potato, canned, vacuum pack	255	1 cup	796
09226	Papayas, raw	304	1 papaya	781
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	775
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	764
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	760
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	746
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	746
11461	Spinach, canned, drained solids	214	1 cup	740
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	740
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	731
21082	Fast foods, taco	263	1 large	729
09278	Plantains, cooked	154	1 cup	716
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	713
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	710
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	708
09294	Prune juice, canned	256	1 cup	707
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	694
20011	Buckwheat flour, whole-groat	120	1 cup	692
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	692

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21042	Fast foods, chili con carne	253	1 cup	691
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	690
11655	Carrot juice, canned	236	1 cup	689
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	685
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	673
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	673
01110	Milk shakes, thick chocolate	300	10.6 fl oz	672
14346	Shake, fast food, chocolate	333	16 fl oz	666
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	658
11226	Jerusalem-artichokes, raw	150	1 cup	644
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	638
11414	Potato salad, home-prepared	250	1 cup	635
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	631
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	622
19080	Candies, semisweet chocolate	168	1 cup	613
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	611
11363	Potatoes, baked, flesh, without salt	156	1 potato	610
16008	Beans, baked, canned, with franks	259	1 cup	609
22904	Chili con carne with beans, canned entree	222	1 cup	608
21077	Fast foods, frijoles with cheese	167	1 cup	605
15034	Fish, haddock, cooked, dry heat	150	1 fillet	599
11672	Potato pancakes, home-prepared	76	1 pancake	597
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	595
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	586
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	586
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	581
14347	Shake, fast food, vanilla	333	16 fl oz	579
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	579
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	578
20012	Bulgur, dry	140	1 cup	574
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	574
01111	Milk shakes, thick vanilla	313	11 fl oz	573
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	573
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	570
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	564
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	561
20005	Barley, pearled, raw	200	1 cup	560
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	557
11540	Tomato juice, canned, with salt added	243	1 cup	556
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	555
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	554
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	551
09040	Bananas, raw	150	1 cup	537
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	537
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	534
20033	Oat bran, raw	94	1 cup	532

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01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	531
16073	Lima beans, large, mature seeds, canned	241	1 cup	530
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	530
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	528
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	527
11081	Beets, cooked, boiled, drained	170	1 cup	519
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	517
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	515
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	512
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	505
15141	Crustaceans, crab, blue, canned	135	1 cup	505
11424	Pumpkin, canned, without salt	245	1 cup	505
19305	Molasses, blackstrap	20	1 tbsp	498
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	497
09206	Orange juice, raw	248	1 cup	496
18373	Leavening agents, cream of tartar	3	1 tsp	495
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	495
19422	Snacks, potato chips, reduced fat	28.35	1 oz	494
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	491
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	490
19087	Candies, confectioner's coating, white	170	1 cup	486
20080	Wheat flour, whole-grain	120	1 cup	486
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	484
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	480
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	478
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	477
11581	Vegetables, mixed, canned, drained solids	163	1 cup	474
21082	Fast foods, taco	171	1 small	474
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	473
09209	Orange juice, chilled, includes from concentrate	249	1 cup	473
11578	Vegetable juice cocktail, canned	242	1 cup	467
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	458
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	457
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	451
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	450
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	449
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	449
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	447
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	445
09223	Tangerine juice, canned, sweetened	249	1 cup	443
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	443
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	443
11205	Cucumber, with peel, raw	301	1 large	442
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	442
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	439

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15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	437
09207	Orange juice, canned, unsweetened	249	1 cup	436
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	434
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	431
09181	Melons, cantaloupe, raw	160	1 cup	427
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	427
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	427
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	426
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	425
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	425
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	425
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	423
09040	Bananas, raw	118	1 banana	422
01057	Eggnog	254	1 cup	419
01102	Milk, chocolate, fluid, commercial,	250	1 cup	418
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	417
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	417
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	416
21083	Fast foods, taco salad	198	1-1/2 cups	416
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	413
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	413
22401	Spaghetti with meat sauce, frozen entree	283	1 package	408
09032	Apricots, dried, sulfured, uncooked	35	10 halves	407
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	405
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	405
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	405
22905	Beef stew, canned entree	232	1 cup	404
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	403
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	402
11439	Sauerkraut, canned, solids and liquids	236	1 cup	401
09128	Grapefruit juice, white, raw	247	1 cup	400
09404	Grapefruit juice, pink, raw	247	1 cup	400
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	396
21033	Fast foods, sundae, hot fudge	158	1 sundae	395
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	394
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	392
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	392
15111	Fish, swordfish, cooked, dry heat	106	1 piece	391
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	391
06166	Sauce, homemade, white, medium	250	1 cup	390
09246	Peaches, dried, sulfured, uncooked	39	3 halves	388
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	388
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	388
09184	Melons, honeydew, raw	170	1 cup	388
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	384
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	382
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	382

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10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	382
11206	Cucumber, peeled, raw	280	1 large	381
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	378
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	378
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	377
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	375
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	374
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	372
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	371
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	371
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	370
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	367
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	367
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	367
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	366
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	366
15128	Fish, tuna salad	205	1 cup	365
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	365
09184	Melons, honeydew, raw	160	1/8 melon	365
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	361
19411	Snacks, potato chips, plain, salted	28.35	1 oz	361
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	361
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	361
09226	Papayas, raw	140	1 cup	360
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	359
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	358
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	357
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	354
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	353
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	353
11124	Carrots, raw	110	1 cup	352
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	352
20020	Cornmeal, whole-grain, yellow	122	1 cup	350
01077	Milk, whole, 3.25% milkfat	244	1 cup	349
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	349
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	347
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	346
01164	Cheese sauce, prepared from recipe	243	1 cup	345
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	344
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	343
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	340
15034	Fish, haddock, cooked, dry heat	85	3 oz	339
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	338
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	242	1 cup	336
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	336

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06174	Soup, stock, fish, home-prepared	233	1 cup	336
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	335
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	335
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	335
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	334
09340	Pears, asian, raw	275	1 pear	333
11364	Potatoes, baked, skin, without salt	58	1 skin	332
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	332
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	331
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	330
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	329
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	328
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	328
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	328
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	327
09200	Oranges, raw, all commercial varieties	180	1 cup	326
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	326
09250	Peaches, frozen, sliced, sweetened	250	1 cup	325
21088	Tostada with guacamole	130.5	1 tostada	325
18116	Cake, gingerbread, prepared from recipe	74	1 piece	325
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	325
09236	Peaches, raw	170	1 cup	323
09176	Mangos, raw	207	1 mango	323
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	320
09326	Watermelon, raw	286	1 wedge	320
23610	Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	320
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	320
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	319
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	319
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	319
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	318
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	317
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	317
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	316
11821	Peppers, sweet, red, raw	149	1 cup	314
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	314
15111	Fish, swordfish, cooked, dry heat	85	3 oz	314
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	313
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	313
11143	Celery, raw	120	1 cup	312
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	310
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	310
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	308
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	308

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01037	Cheese, ricotta, part skim milk	246	1 cup	308
09291	Plums, dried (prunes), uncooked	42	5 prunes	307
06206	Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve	241	1 cup	306
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	306
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	306
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	304
16120	Soy milk, fluid	245	1 cup	304
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	304
11135	Cauliflower, raw	100	1 cup	303
11399	Potato puffs, frozen, prepared	79	10 puffs	300
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	300
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	299
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	299
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	298
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	298
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	298
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	296
11641	Squash, summer, all varieties, raw	113	1 cup	296
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	295
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	295
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	294
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	292
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	292
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	292
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	291
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	290
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	289
18283	Muffins, oat bran	57	1 muffin	289
18327	Pie, pumpkin, prepared from recipe	155	1 piece	288
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	287
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	287
20028	Couscous, dry	173	1 cup	287
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	286
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	286
13930	Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	286
09306	Raspberries, frozen, red, sweetened	250	1 cup	285
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	285
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	285
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	283
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	283
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	283
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	281
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	281
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	280

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	279
11090	Broccoli, raw	88	1 cup	278
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	278
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	277
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	277
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	277
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	276
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	276
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	275
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	275
09191	Nectarines, raw	136	1 nectarine	273
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	273
09087	Dates, deglet noor	41.5	5 dates	272
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	272
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	272
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	270
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	270
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	269
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	268
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	268
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	268
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	267
15157	Mollusks, clam, mixed species, raw	85	3 oz	267
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	266
21043	Fast foods, clams, breaded and fried	115	3/4 cup	266
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	264
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	264
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	263
11128	Carrots, canned, regular pack, drained solids	146	1 cup	261
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	261
11333	Peppers, sweet, green, raw	149	1 cup	261
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	260
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	258
09094	Figs, dried, uncooked	38	2 figs	258
01036	Cheese, ricotta, whole milk	246	1 cup	258
09176	Mangos, raw	165	1 cup	257
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	257
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	256
22906	Chicken pot pie, frozen entree	217	1 small pie	256
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	256
09316	Strawberries, raw	166	1 cup	254
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	254
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	253
11084	Beets, canned, drained solids	170	1 cup	252

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21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	251
11821	Peppers, sweet, red, raw	119	1 pepper	251
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	251
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	251
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	251
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	250
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	250
09153	Lemon juice, canned or bottled	244	1 cup	249
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	248
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	247
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	246
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	244
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	244
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	243
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	241
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	241
23605	Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	240
21074	Fast foods, enchilada, with cheese	163	1 enchilada	240
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	239
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	238
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	238
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	237
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	237
09200	Oranges, raw, all commercial varieties	131	1 orange	237
19078	Baking chocolate, unsweetened, squares	28.35	1 square	235
21139	Fast foods, potato, mashed	80	1/3 cup	235
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	235
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	235
09042	Blackberries, raw	144	1 cup	233
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	232
11282	Onions, raw	160	1 cup	230
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	230
11124	Carrots, raw	72	1 carrot	230
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	230
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	229
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	226
13869	Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	226
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	226
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	226
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	225
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	224
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	224
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	223
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	223
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	222
05306	Poultry food products, ground turkey, cooked	82	1 patty	221

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	221
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	220
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	220
11260	Mushrooms, raw	70	1 cup	220
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	218
11159	Coleslaw, home-prepared	120	1 cup	217
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	217
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	216
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	213
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	213
22247	Macaroni and Cheese, canned entree	252	1 cup	212
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	210
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	210
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	209
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	209
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	209
11333	Peppers, sweet, green, raw	119	1 pepper	208
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	207
01143	Egg substitute, liquid	62.75	1/4 cup	207
12061	Nuts, almonds	28.35	1 oz (24 nuts)	206
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	206
23598	Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	205
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	204
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	203
01013	Cheese, cottage, creamed, with fruit	226	1 cup	203
19183	Puddings, chocolate, ready-to-eat	113	4 oz	203
14194	Cocoa mix, powder, prepared with water	206	1 serving	202
14192	Cocoa mix, powder	28.35	3 heaping tsp	202
20034	Oat bran, cooked	219	1 cup	201
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	201
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	201
11658	Spinach souffle, home-prepared	136	1 cup	201
11264	Mushrooms, canned, drained solids	156	1 cup	201
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	201
19126	Candies, milk chocolate coated peanuts	40	10 pieces	201
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	199
07028	Ham, sliced, extra lean	56.7	2 slices	198
11659	Sweet potato, cooked, candied, home-prepared	105	1 piece	198
09252	Pears, raw	166	1 pear	198
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	197
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	196
05277	Chicken, canned, meat only, with broth	142	5 oz	196
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	194
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	194
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	193

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
13878	Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	193
12120	Nuts, hazelnuts or filberts	28.35	1 oz	193
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	192
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	192
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	192
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	191
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	190
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	190
21129	Fast foods, hush puppies	78	5 pieces	188
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	188
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	188
08143	Cereals, WHEATENA, cooked with water	243	1 cup	187
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	187
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	187
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	187
09236	Peaches, raw	98	1 peach	186
09302	Raspberries, raw	123	1 cup	186
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	185
09181	Melons, cantaloupe, raw	69	1/8 melon	184
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	184
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	184
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	183
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	183
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	182
18316	Pie, coconut custard, commercially prepared	104	1 piece	182
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	181
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	181
19071	Candies, carob	28.35	1 oz	179
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	179
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	179
07008	Bologna, beef and pork	56.7	2 slices	179
09266	Pineapple, raw, all varieties	155	1 cup	178
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	178
21127	Fast foods, coleslaw	99	3/4 cup	177
21023	Breakfast items, french toast with butter	135	2 slices	177
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	176
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	176
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	176
05292	Turkey patties, breaded, battered, fried	64	1 patty	176
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	176
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	175
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	175
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	173
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	173
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	173
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	173

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11109	Cabbage, raw	70	1 cup	172
09206	Orange juice, raw	86	juice from 1 orange	172
21078	Fast foods, nachos, with cheese	113	6-8 nachos	172
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	171
09326	Watermelon, raw	152	1 cup	170
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	170
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	170
11112	Cabbage, red, raw	70	1 cup	170
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	170
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	169
12147	Nuts, pine nuts, dried	28.35	1 oz	169
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	169
18326	Pie, pumpkin, commercially prepared	109	1 piece	168
11457	Spinach, raw	30	1 cup	167
21119	Fast foods, hotdog, with chili	114	1 sandwich	166
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	166
20089	Wild rice, cooked	164	1 cup	166
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	165
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	165
21226	Pizza, meat and vegetable, regular crust, frozen	79	1 serving	165
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	165
19270	Ice creams, chocolate	66	1/2 cup	164
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	164
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	164
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	163
18325	Pie, pecan, prepared from recipe	122	1 piece	162
11206	Cucumber, peeled, raw	119	1 cup	162
11114	Cabbage, savoy, raw	70	1 cup	161
12104	Nuts, coconut meat, raw	45	1 piece	160
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	160
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	160
11282	Onions, raw	110	1 whole	158
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	158
11213	Endive, raw	50	1 cup	157
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	156
09020	Applesauce, canned, sweetened, without salt	255	1 cup	156
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	155
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	155
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	155
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	154
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	154
11670	Peppers, hot chili, green, raw	45	1 pepper	153
11205	Cucumber, with peel, raw	104	1 cup	153
21051	Entrees, pizza with pepperoni	71	1 slice	153
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	153
11081	Beets, cooked, boiled, drained	50	1 beet	153
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	152

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19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	152
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	151
09070	Cherries, sweet, raw	68	10 cherries	151
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	149
15077	Fish, salmon, chinook, smoked	85.05	3 oz	149
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	149
20010	Buckwheat groats, roasted, cooked	168	1 cup	148
09003	Apples, raw, with skin	138	1 apple	148
09340	Pears, asian, raw	122	1 pear	148
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	147
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	147
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	147
20006	Barley, pearled, cooked	157	1 cup	146
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	146
11819	Peppers, hot chili, red, raw	45	1 pepper	145
16112	Miso	68.75	1 cup	144
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	144
09011	Apples, dried, sulfured, uncooked	32	5 rings	144
20084	Wheat flour, white, cake, enriched	137	1 cup	144
09038	Avocados, raw, California	28.35	1 oz	144
09060	Carambola, (starfruit), raw	108	1 cup	144
18310	Pie, chocolate creme, commercially prepared	113	1 piece	144
21118	Fast foods, hotdog, plain	98	1 sandwich	143
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	141
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	140
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	139
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	139
18309	Pie, cherry, prepared from recipe	180	1 piece	139
11251	Lettuce, cos or romaine, raw	56	1 cup	138
09055	Blueberries, frozen, sweetened	230	1 cup	138
19088	Ice creams, vanilla, light	66	1/2 cup	137
20083	Wheat flour, white, bread, enriched	137	1 cup	137
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	135
11012	Asparagus, cooked, boiled, drained	60	4 spears	134
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	134
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	134
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	133
18005	Bagels, cinnamon-raisin	89	4" bagel	132
19095	Ice creams, vanilla	66	1/2 cup	131
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	131
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	131
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	129
07017	Chicken roll, light meat	56.7	2 slices	129
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	129
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	128
19201	Puddings, vanilla, ready-to-eat	113	4 oz	128

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14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	128
21024	Fast foods, french toast sticks	141	5 sticks	127
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	126
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	125
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	125
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	125
11015	Asparagus, canned, drained solids	72	4 spears	124
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	124
20013	Bulgur, cooked	182	1 cup	124
35142	Bread, Indian, fry, made with lard (Navajo)	160	10-1/2" bread	123
18302	Pie, apple, prepared from recipe	155	1 piece	122
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	122
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	122
09060	Carambola, (starfruit), raw	91	1 fruit	121
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	121
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	120
18367	Waffles, plain, prepared from recipe	75	1 waffle	119
16097	Peanut butter, chunk style, with salt	16	1 tbsp	119
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	118
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	117
21015	Fast foods, danish pastry, cheese	91	1 pastry	116
12142	Nuts, pecans	28.35	1 oz (20 halves)	116
19089	Ice creams, vanilla, rich	74	1/2 cup	116
13348	Beef, cured, corned beef, canned	85.05	3 oz	116
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	115
14341	Pineapple and orange juice drink, canned	250	8 fl oz	115
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	114
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	113
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	113
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	113
07069	Salami, cooked, beef and pork	56.7	2 slices	112
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	112
09050	Blueberries, raw	145	1 cup	112
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	111
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	111
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	111
21017	Fast foods, danish pastry, fruit	94	1 pastry	110
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	109
11253	Lettuce, green leaf, raw	56	1 cup	109
19218	Puddings, tapioca, ready-to-eat	113	4 oz	108
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	108
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	108
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	108
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	107
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	107
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	107

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18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	105
09298	Raisins, seedless	14	1 packet	105
11028	Bamboo shoots, canned, drained solids	131	1 cup	105
11143	Celery, raw	40	1 stalk	104
16098	Peanut butter, smooth style, with salt	16	1 tbsp	104
09279	Plums, raw	66	1 plum	104
01094	Milk, buttermilk, dried	6.5	1 tbsp	103
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	103
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	103
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	103
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	103
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	102
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	101
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	101
18320	Pie, lemon meringue, commercially prepared	113	1 piece	101
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	100
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	100
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	100
09039	Avocados, raw, Florida	28.35	1 oz	100
09004	Apples, raw, without skin	110	1 cup	99
11090	Broccoli, raw	31	1 spear	98
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	97
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	96
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	96
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	96
14003	Alcoholic beverage, beer, regular	355	12 fl oz	96
21224	Pizza, cheese, regular crust, frozen	63	1 serving	96
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	96
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	96
19015	Snacks, granola bars, hard, plain	28.35	1 bar	95
18308	Pie, cherry, commercially prepared	117	1 piece	95
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	95
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	95
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	94
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	93
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	92
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	91
11954	Tomatillos, raw	34	1 medium	91
20029	Couscous, cooked	157	1 cup	91
09021	Apricots, raw	35	1 apricot	91
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	90
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	90
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	90
18134	Cake, sponge, prepared from recipe	63	1 piece	89
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	88

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	88
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	87
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	87
05286	Turkey and gravy, frozen	142	5-oz package	87
19348	Syrups, chocolate, fudge-type	19	1 tbsp	86
01132	Egg, whole, cooked, scrambled	61	1 large	84
20037	Rice, brown, long-grain, cooked	195	1 cup	84
18324	Pie, pecan, commercially prepared	113	1 piece	84
18151	Cookies, brownies, commercially prepared	56	1 brownie	83
18444	Pie, fried pies, cherry	128	1 pie	83
18319	Pie, fried pies, fruit	128	1 pie	83
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	83
13350	Beef, cured, dried	28.35	1 oz	82
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	82
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	82
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	82
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	82
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	82
11284	Onions, dehydrated flakes	5	1 tbsp	81
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	80
09150	Lemons, raw, without peel	58	1 lemon	80
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	80
07064	Pork sausage, fresh, cooked	27	1 patty	79
18268	French toast, frozen, ready-to-heat	59	1 slice	79
01123	Egg, whole, raw, fresh	58	1 extra large	78
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	78
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	78
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	77
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	77
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	77
18023	Bread, cornbread, dry mix, prepared	60	1 piece	77
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	77
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	77
07064	Pork sausage, fresh, cooked	26	2 links	76
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	76
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	76
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	76
07072	Salami, dry or hard, pork, beef	20	2 slices	76
11937	Pickles, cucumber, dill	65	1 pickle	75
07023	Frankfurter, beef and pork	45	1 frank	75
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	75
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	74
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	74
14006	Alcoholic beverage, beer, light	354	12 fl oz	74
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	74
18306	Pie, blueberry, prepared from recipe	147	1 piece	74
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	73

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09254	Pears, canned, juice pack, solids and liquids	76	1 half	73
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	73
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	73
01004	Cheese, blue	28.35	1 oz	73
18243	Croutons, seasoned	40	1 cup	72
18147	Cheesecake commercially prepared	80	1 piece	72
18041	Bread, pita, white, enriched	60	6-1/2" pita	72
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	72
01007	Cheese, camembert	38	1 wedge	71
19097	Sherbet, orange	74	1/2 cup	71
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	71
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	71
18075	Bread, whole-wheat, commercially prepared	28	1 slice	71
18139	Cake, white, prepared from recipe without frosting	74	1 piece	70
07022	Frankfurter, beef	45	1 frank	70
18274	Muffins, blueberry, commercially prepared	57	1 muffin	70
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	70
18245	Danish pastry, cheese	71	1 danish	70
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	69
35142	Bread, Indian, fry, made with lard (Navajo)	90	5" bread	69
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	69
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	69
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	69
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	69
14342	Rice beverage, RICE DREAM, canned	245	1 cup	69
11955	Tomatoes, sun-dried	2	1 piece	69
19193	Puddings, rice, ready-to-eat	113.4	4 oz	68
01128	Egg, whole, cooked, fried	46	1 large	68
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	68
18088	Cake, angelfood, dry mix, prepared	50	1 piece	68
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	67
18239	Croissants, butter	57	1 croissant	67
01123	Egg, whole, raw, fresh	50	1 large	67
07027	Ham, chopped, not canned	21	2 slices	67
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	67
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	67
18044	Bread, pumpernickel	32	1 slice	67
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	67
01131	Egg, whole, cooked, poached	50	1 large	67
16055	Carob flour	8	1 tbsp	66
18045	Bread, pumpernickel, toasted	29	1 slice	66
14355	Tea, brewed, prepared with tap water	178	6 fl oz	66
18110	Cake, fruitcake, commercially prepared	43	1 piece	66
18280	Muffins, corn, dry mix, prepared	50	1 muffin	66
06125	Gravy, turkey, canned	59.6	1/4 cup	65
06119	Gravy, chicken, canned	59.5	1/4 cup	65
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	65
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	65

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	64
06121	Gravy, mushroom, canned	59.6	1/4 cup	63
01129	Egg, whole, cooked, hard-boiled	50	1 large	63
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	62
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	62
19014	Snacks, fruit leather, rolls	21	1 large	62
20125	Spaghetti, whole-wheat, cooked	140	1 cup	62
18353	Rolls, hard (includes kaiser)	57	1 roll	62
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	61
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	61
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	61
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	61
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	61
18003	Bagels, egg	89	4" bagel	61
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	60
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	60
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	59
18048	Bread, raisin, toasted, enriched	24	1 slice	59
18047	Bread, raisin, enriched	26	1 slice	59
01123	Egg, whole, raw, fresh	44	1 medium	59
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	59
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	59
18305	Pie, blueberry, commercially prepared	117	1 piece	59
11961	Hearts of palm, canned	33	1 piece	58
09152	Lemon juice, raw	47	juice of 1 lemon	58
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	58
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	58
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	57
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	57
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	57
11935	Catsup	15	1 tbsp	57
19056	Snacks, tortilla chips, plain	28.35	1 oz	56
11457	Spinach, raw	10	1 leaf	56
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	56
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	55
11297	Parsley, raw	10	10 sprigs	55
20045	Rice, white, long-grain, regular, cooked	158	1 cup	55
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	55
18226	Crackers, rye, wafers, plain	11	1 wafer	54
01124	Egg, white, raw, fresh	33.4	1 large	54
20113	Noodles, chinese, chow mein	45	1 cup	54
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	54
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	54
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	54
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	53
18060	Bread, rye	32	1 slice	53

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18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	53
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	53
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	52
18177	Cookies, molasses	15	1 cookie, medium	52
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	52
19127	Candies, milk chocolate coated raisins	10	10 pieces	51
12147	Nuts, pine nuts, dried	8.6	1 tbsp	51
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	51
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	51
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	51
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	51
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	50
18064	Bread, wheat (includes wheat berry)	25	1 slice	50
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	50
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	50
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	50
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	50
02009	Spices, chili powder	2.6	1 tsp	50
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	50
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	50
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	50
02029	Spices, parsley, dried	1.3	1 tbsp	49
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	49
02028	Spices, paprika	2.1	1 tsp	49
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	49
07065	Pork and beef sausage, fresh, cooked	26	2 links	49
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	48
18003	Bagels, egg	71	3-1/2" bagel	48
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	48
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve	62	1/4 cup	48
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	48
18235	Crackers, whole-wheat	16	4 crackers	48
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	47
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	47
06116	Gravy, beef, canned	58.25	1/4 cup	47
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	47
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	47
19013	Snacks, fruit leather, pieces	28.35	1 oz	46
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	46
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	46
18027	Bread, egg	40	1/2" slice	46
14242	Cranberry juice cocktail, bottled	253	8 fl oz	46
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	45
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	45
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	45

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20110	Noodles, egg, cooked, enriched	160	1 cup	45
09160	Lime juice, raw	38	juice of 1 lime	44
18025	Bread, cracked-wheat	25	1 slice	44
18061	Bread, rye, toasted	24	1 slice	44
20100	Macaroni, cooked, enriched	140	1 cup	43
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	43
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	43
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	43
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	42
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	42
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	42
14181	Chocolate syrup	18.75	1 tbsp	42
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	42
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	42
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	42
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	41
19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	41
19353	Syrups, maple	20	1 tbsp	41
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	41
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	41
18350	Rolls, hamburger or hotdog, plain	43	1 roll	40
18220	Crackers, melba toast, plain	20	4 pieces	40
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	40
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	40
11135	Cauliflower, raw	13	1 floweret	39
18279	Muffins, corn, commercially prepared	57	1 muffin	39
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	39
01035	Cheese, provolone	28.35	1 oz	39
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	39
18040	Bread, oatmeal, toasted	25	1 slice	39
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	38
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	38
18039	Bread, oatmeal	27	1 slice	38
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	38
01030	Cheese, muenster	28.35	1 oz	38
07024	Frankfurter, chicken	45	1 frank	38
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	38
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	37
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	37
19041	Snacks, pork skins, plain	28.35	1 oz	36
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	36
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	36
18090	Cake, boston cream pie, commercially prepared	92	1 piece	36
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	36
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	36
11740	Broccoli, flower clusters, raw	11	1 floweret	36
11084	Beets, canned, drained solids	24	1 beet	36
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	36

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	35
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	35
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	34
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	34
18041	Bread, pita, white, enriched	28	4" pita	34
11677	Shallots, raw	10	1 tbsp	33
18120	Cake, pound, commercially prepared, butter	28	1 piece	33
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	33
18170	Cookies, fig bars	16	1 cookie	33
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	33
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	33
19036	Snacks, popcorn, cakes	10	1 cake	33
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	33
01031	Cheese, neufchatel	28.35	1 oz	32
16158	Hummus, commercial	14	1 tbsp	32
18217	Crackers, matzo, plain	28.35	1 matzo	32
08117	Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt	240	1 cup	31
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	31
02015	Spices, curry powder	2	1 tsp	31
02020	Spices, garlic powder	2.8	1 tsp	31
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	31
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	31
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	30
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	30
14277	Grape drink, canned	250	8 fl oz	30
18133	Cake, sponge, commercially prepared	30	1 shortcake	30
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	30
18070	Bread, white, commercially prepared, toasted	22	1 slice	29
19040	Snacks, popcorn, cheese-flavor	11	1 cup	29
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	29
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	28
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	28
18055	Bread, reduced-calorie, wheat	23	1 slice	28
02007	Spices, celery seed	2	1 tsp	28
01009	Cheese, cheddar	28.35	1 oz	28
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	28
09316	Strawberries, raw	18	1 strawberry	28
06150	Sauce, barbecue sauce	15.75	1 tbsp	27
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	27
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	27
02030	Spices, pepper, black	2.1	1 tsp	26
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	26
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	26
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	26
11001	Alfalfa seeds, sprouted, raw	33	1 cup	26
18086	Cake, angelfood, commercially prepared	28	1 piece	26
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	26

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01186	Cheese, cream, fat free	15.6	1 tbsp	25
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	25
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	25
02027	Spices, oregano, dried	1.5	1 tsp	25
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	25
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	25
19035	Snacks, popcorn, oil-popped	11	1 cup	25
11251	Lettuce, cos or romaine, raw	10	1 leaf	25
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	25
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	24
19034	Snacks, popcorn, air-popped	8	1 cup	24
04015	Salad dressing, russian dressing	15.3	1 tbsp	24
18360	Taco shells, baked	13.3	1 medium	24
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	24
11960	Carrots, baby, raw	10	1 medium	24
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	23
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	23
11935	Catsup	6	1 packet	23
18053	Bread, reduced-calorie, rye	23	1 slice	23
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	22
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	22
18033	Bread, italian	20	1 slice	22
01040	Cheese, swiss	28.35	1 oz	22
19074	Candies, caramels	10.1	1 piece	22
01026	Cheese, mozzarella, whole milk	28.35	1 oz	22
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	21
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	20
11282	Onions, raw	14	1 slice	20
06909	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	20
02026	Spices, onion powder	2.1	1 tsp	20
01049	Cream, fluid, half and half	15	1 tbsp	20
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	19
11253	Lettuce, green leaf, raw	10	1 leaf	19
04134	Salad dressing, home recipe, cooked	16	1 tbsp	19
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	19
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	19
11943	Pimento, canned	12	1 tbsp	19
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	19
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	19
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	19
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	19
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	19
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	18
09316	Strawberries, raw	12	1 strawberry	18
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	18
01125	Egg, yolk, raw, fresh	16.6	1 large	18
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	18
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	18

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18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	18
01019	Cheese, feta	28.35	1 oz	18
11333	Peppers, sweet, green, raw	10	1 ring	18
18057	Bread, reduced-calorie, white	23	1 slice	17
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	17
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	17
01056	Cream, sour, cultured	12	1 tbsp	17
01017	Cheese, cream	14.5	1 tbsp	17
20068	Tapioca, pearl, dry	152	1 cup	17
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	17
07073	Sandwich spread, pork, beef	15	1 tbsp	17
01069	Cream substitute, powdered	2	1 tsp	16
07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	16
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	16
14545	Tea, herb, chamomile, brewed	178	6 fl oz	16
18229	Crackers, standard snack-type, regular	12	4 crackers	16
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	16
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	16
09153	Lemon juice, canned or bottled	15.2	1 tbsp	16
19294	Fruit butters, apple	17	1 tbsp	15
19297	Jams and preserves	20	1 tbsp	15
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	15
02048	Vinegar, cider	15	1 tbsp	15
19104	Candies, fudge, vanilla with nuts	15	1 piece	15
09081	Cranberry sauce, canned, sweetened	57	1 slice	15
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	15
18232	Crackers, wheat, regular	8	4 crackers	15
01052	Cream, fluid, light whipping	15	1 tbsp	15
18214	Crackers, cheese, regular	10	10 crackers	15
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	14
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	14
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	14
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	13
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	13
11667	Seaweed, spirulina, dried	0.93	1 tbsp	13
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	13
02055	Horseradish, prepared	5	1 tsp	12
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	12
11215	Garlic, raw	3	1 clove	12
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	12
02010	Spices, cinnamon, ground	2.3	1 tsp	12
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	11
01053	Cream, fluid, heavy whipping	15	1 tbsp	11
19334	Sugars, brown	3.2	1 tsp	11
19296	Honey	21	1 tbsp	11
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	11
19108	Candies, jellybeans	28.35	10 large	10
11429	Radishes, raw	4.5	1 radish	10

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04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	10
19300	Jellies	19	1 tbsp	10
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	10
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	9
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	9
11445	Seaweed, kelp, raw	10	2 tbsp	9
11156	Chives, raw	3	1 tbsp	9
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	9
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	8
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	8
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	8
14150	Carbonated beverage, orange	372	12 fl oz	7
02045	Dill weed, fresh	1	5 sprigs	7
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	7
14121	Carbonated beverage, club soda	355	12 fl oz	7
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	7
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	7
19281	Ice novelties, italian, restaurant-prepared	116	1/2 cup	7
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	7
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	7
01032	Cheese, parmesan, grated	5	1 tbsp	6
02050	Vanilla extract	4.2	1 tsp	6
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	6
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	6
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	6
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	6
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	5
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	5
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	5
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	4
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	4
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	4
11945	Pickle relish, sweet	15	1 tbsp	4
14142	Carbonated beverage, grape soda	372	12 fl oz	4
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	4
14157	Carbonated beverage, root beer	370	12 fl oz	4
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	4
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	4
14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	4
14136	Carbonated beverage, ginger ale	366	12 fl oz	4
01001	Butter, salted	14.2	1 tbsp	3
01145	Butter, without salt	14.2	1 tbsp	3
04133	Salad dressing, french, home recipe	14	1 tbsp	3
19129	Syrups, table blends, pancake	20	1 tbsp	3
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	3
19116	Candies, marshmallows	50	1 cup	3
19283	Ice novelties, pop	59	1 bar (2 fl oz)	2
09193	Olives, ripe, canned (small-extra large)	22	5 large	2

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04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	1
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	1
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	1
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	1
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	1
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	1
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	1
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	1
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	1
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	1
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	1
19350	Syrups, corn, light	20	1 tbsp	1
01072	Dessert topping, pressurized	4	1 tbsp	1
01073	Dessert topping, semi solid, frozen	4	1 tbsp	1
02047	Salt, table	6	1 tsp	0
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0
19107	Candies, hard	6	1 piece	0
20027	Cornstarch	8.064	1 tbsp	0
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0
19336	Sugars, powdered	8	1 tbsp	0
19107	Candies, hard	3	1 small piece	0
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0
19335	Sugars, granulated	4.2	1 tsp	0
14429	Water, municipal	237	8 fl oz	0
18372	Leavening agents, baking soda	4.6	1 tsp	0
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0
04518	Oil, vegetable, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	0
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0
04506	Oil, vegetable, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	0
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0
04002	Lard	12.8	1 tbsp	0
04582	Vegetable oil, canola	14	1 tbsp	0