

USDA National Nutrient Database for Standard Reference, Release 16-1
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	62.280
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	59.511
19087	Candies, confectioner's coating, white	170	1 cup	54.553
19080	Candies, semisweet chocolate	168	1 cup	50.400
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	46.574
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	41.328
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	38.700
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	36.758
01164	Cheese sauce, prepared from recipe	243	1 cup	36.256
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	33.006
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	32.938
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	32.465
01036	Cheese, ricotta, whole milk	246	1 cup	31.931
21082	Fast foods, taco	263	1 large	31.613
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	31.147
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	29.448
22906	Chicken pot pie, frozen entree	217	1 small pie	29.100
21024	Fast foods, french toast sticks	141	5 sticks	29.046
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	28.603
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	28.474
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	28.354
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	27.981
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	27.359
18325	Pie, pecan, prepared from recipe	122	1 piece	27.084
01095	Milk, canned, condensed, sweetened	306	1 cup	26.622
06166	Sauce, homemade, white, medium	250	1 cup	26.575
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	26.555
21043	Fast foods, clams, breaded and fried	115	3/4 cup	26.404
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	25.755
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	25.347
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	25.143
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	24.895
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	24.752
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	24.696
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	24.659
21015	Fast foods, danish pastry, cheese	91	1 pastry	24.625
19061	Snacks, trail mix, tropical	140	1 cup	23.940
18309	Pie, cherry, prepared from recipe	180	1 piece	21.960
18310	Pie, chocolate creme, commercially prepared	113	1 piece	21.922
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	21.837
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	21.616

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12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	21.569
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	21.082
18324	Pie, pecan, commercially prepared	113	1 piece	20.905
18319	Pie, fried pies, fruit	128	1 pie	20.608
18444	Pie, fried pies, cherry	128	1 pie	20.608
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	20.606
21082	Fast foods, taco	171	1 small	20.554
11414	Potato salad, home-prepared	250	1 cup	20.500
12142	Nuts, pecans	28.35	1 oz (20 halves)	20.403
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	20.400
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	19.737
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	19.679
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	19.618
11370	Potatoes, hashed brown, home-prepared	156	1 cup	19.531
01037	Cheese, ricotta, part skim milk	246	1 cup	19.459
12147	Nuts, pine nuts, pignolia, dried	28.35	1 oz	19.383
18302	Pie, apple, prepared from recipe	155	1 piece	19.375
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	19.051
01057	Eggnog	254	1 cup	18.999
15128	Fish, tuna salad	205	1 cup	18.983
21078	Fast foods, nachos, with cheese	113	6-8 nachos	18.950
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	18.900
21074	Fast foods, enchilada, with cheese	163	1 enchilada	18.843
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	18.833
21023	Breakfast items, french toast with butter	135	2 slices	18.765
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	18.628
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	18.596
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	18.487
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	18.480
11658	Spinach souffle, home-prepared	136	1 cup	18.360
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	18.275
18147	Cheesecake commercially prepared	80	1 piece	18.000
18306	Pie, blueberry, prepared from recipe	147	1 piece	17.493
12120	Nuts, hazelnuts or filberts	28.35	1 oz	17.223
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	17.197
16008	Beans, baked, canned, with franks	259	1 cup	17.016
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	17.004
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	16.943
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	16.646
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	16.463
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	16.383
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	16.273

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	16.160
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	16.020
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	15.970
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	15.936
21017	Fast foods, danish pastry, fruit	94	1 pastry	15.933
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	15.929
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	15.700
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	15.666
18245	Danish pastry, cheese	71	1 danish	15.549
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	15.513
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	15.428
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	15.309
18031	Bread, indian (navajo) fry	160	10-1/2" bread	15.200
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	15.147
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	15.147
12104	Nuts, coconut meat, raw	45	1 piece	15.071
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	14.969
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	14.884
19078	Baking chocolate, unsweetened, squares	28.35	1 square	14.830
21083	Fast foods, taco salad	198	1-1/2 cups	14.771
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	14.679
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	14.586
21118	Fast foods, hotdog, plain	98	1 sandwich	14.543
18327	Pie, pumpkin, prepared from recipe	155	1 piece	14.415
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	14.365
12061	Nuts, almonds	28.35	1 oz (24 nuts)	14.356
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	14.345
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	14.255
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	14.216
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	14.148
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	14.118
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	14.104
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	14.079
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	14.079
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	14.076
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	14.011
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	14.008
04582	Vegetable oil, canola	14	1 tbsp	14.000
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	13.990
07008	Bologna, beef and pork	56.7	2 slices	13.943
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	13.915
20113	Noodles, chinese, chow mein	45	1 cup	13.842

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21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	13.761
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	13.739
18316	Pie, coconut custard, commercially prepared	104	1 piece	13.728
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	13.680
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	13.600
04518	Oil, vegetable corn, salad or cooking	13.6	1 tbsp	13.600
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	13.600
04506	Oil, vegetable, sunflower, linoleic, (60% and over)	13.6	1 tbsp	13.600
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	13.600
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	13.600
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	13.590
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	13.543
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	13.523
04053	Oil, olive, salad or cooking	13.5	1 tbsp	13.500
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	13.500
21119	Fast foods, hotdog, with chili	114	1 sandwich	13.441
19126	Candies, milk chocolate coated peanuts	40	10 pieces	13.400
07022	Frankfurter, beef	45	1 frank	13.307
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	13.158
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	13.140
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	13.135
13278	Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	13.099
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	13.050
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	13.032
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	12.988
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	12.960
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	12.925
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	12.870
18308	Pie, cherry, commercially prepared	117	1 piece	12.870
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	12.800
04002	Lard	12.8	1 tbsp	12.800
13348	Beef, cured, corned beef, canned	85.05	3 oz	12.698
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	12.590
22905	Beef stew, canned entree	232	1 cup	12.482
07023	Frankfurter, beef and pork	45	1 frank	12.438
14346	Shake, fast food, chocolate	333	16 fl oz	12.321
18116	Cake, gingerbread, prepared from recipe	74	1 piece	12.136
19089	Ice creams, vanilla, rich	74	1/2 cup	11.988
18239	Croissants, butter	57	1 croissant	11.970
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	11.968

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12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	11.944
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	11.866
18305	Pie, blueberry, commercially prepared	117	1 piece	11.700
21088	Tostada with guacamole	130.5	1 tostada	11.628
21129	Fast foods, hush puppies	78	5 pieces	11.591
11672	Potato pancakes, home-prepared	76	1 pancake	11.582
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	11.572
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	11.536
05292	Turkey patties, breaded, battered, fried	64	1 patty	11.520
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	11.520
01145	Butter, without salt	14.2	1 tbsp	11.518
01001	Butter, salted	14.2	1 tbsp	11.518
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	11.459
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	11.458
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	11.417
07069	Salami, cooked, beef and pork	56.7	2 slices	11.402
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	11.386
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	11.351
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	11.340
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	11.331
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	11.314
05277	Chicken, canned, meat only, with broth	142	5 oz	11.289
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	11.184
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	11.180
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	11.136
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	11.135
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	11.101
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	11.035
21127	Fast foods, coleslaw	99	3/4 cup	10.969
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	10.886
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	10.838
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	10.792
05306	Poultry food products, ground turkey, cooked	82	1 patty	10.783
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	10.763
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	10.752
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	10.693
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	10.687
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	10.625
18367	Waffles, plain, prepared from recipe	75	1 waffle	10.575
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	10.535

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18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	10.496
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	10.490
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	10.438
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	10.379
18326	Pie, pumpkin, commercially prepared	109	1 piece	10.355
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	10.282
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	10.174
06909	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	10.124
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	10.094
14347	Shake, fast food, vanilla	333	16 fl oz	9.990
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	9.840
18320	Pie, lemon meringue, commercially prepared	113	1 piece	9.831
04133	Salad dressing, french, home recipe	14	1 tbsp	9.828
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	9.821
19411	Snacks, potato chips, plain, salted	28.35	1 oz	9.809
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	9.809
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	9.780
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	9.773
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	9.761
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	9.752
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	9.738
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	9.611
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	9.486
01111	Milk shakes, thick vanilla	313	11 fl oz	9.484
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	9.471
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	9.469
07065	Pork and beef sausage, fresh, cooked	26	2 links	9.425
01009	Cheese, cheddar	28.35	1 oz	9.395
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	9.325
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	9.280
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	9.270
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	9.230
01007	Cheese, camembert	38	1 wedge	9.219
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	9.216
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	9.185
18139	Cake, white, prepared from recipe without frosting	74	1 piece	9.176
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	9.129
18151	Cookies, brownies, commercially prepared	56	1 brownie	9.128
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	9.016
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	8.979
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	8.905

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10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	8.900
19071	Candies, carob	28.35	1 oz	8.891
19041	Snacks, pork skins, plain	28.35	1 oz	8.874
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	8.859
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	8.817
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	8.799
07024	Frankfurter, chicken	45	1 frank	8.766
01013	Cheese, cottage, creamed, with fruit	226	1 cup	8.701
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	8.693
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	8.639
21033	Fast foods, sundae, hot fudge	158	1 sundae	8.627
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	8.618
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	8.600
18031	Bread, indian (navajo) fry	90	5" bread	8.550
01030	Cheese, muenster	28.35	1 oz	8.516
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	8.507
19193	Puddings, rice, ready-to-eat	113.4	4 oz	8.505
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	8.505
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	8.484
11399	Potato puffs, frozen, prepared	79	10 puffs	8.477
01102	Milk, chocolate, fluid, commercial,	250	1 cup	8.475
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	8.373
16098	Peanut butter, smooth style, with salt	16	1 tbsp	8.365
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	8.343
21042	Fast foods, chili con carne	253	1 cup	8.273
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	8.271
01004	Cheese, blue	28.35	1 oz	8.148
22904	Chili con carne with beans, canned entree	222	1 cup	8.147
01110	Milk shakes, thick chocolate	300	10.6 fl oz	8.100
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	8.064
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	8.024
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	8.002
16097	Peanut butter, chunk style, with salt	16	1 tbsp	7.952
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	7.938
01077	Milk, whole, 3.25% milkfat	244	1 cup	7.930
01040	Cheese, swiss	28.35	1 oz	7.881
18090	Cake, boston cream pie, commercially prepared	92	1 piece	7.820
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	7.816
21077	Fast foods, frijoles with cheese	167	1 cup	7.782
04015	Salad dressing, russian dressing	15.3	1 tbsp	7.772
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve	62	1/4 cup	7.688

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
07064	Pork sausage, fresh, cooked	27	1 patty	7.657
01035	Cheese, provolone	28.35	1 oz	7.547
01132	Egg, whole, cooked, scrambled	61	1 large	7.448
19056	Snacks, tortilla chips, plain	28.35	1 oz	7.428
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	7.378
07064	Pork sausage, fresh, cooked	26	2 links	7.374
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	7.369
18243	Croutons, seasoned	40	1 cup	7.320
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	7.286
19095	Ice creams, vanilla	66	1/2 cup	7.260
19270	Ice creams, chocolate	66	1/2 cup	7.260
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	7.258
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	7.252
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	7.250
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	7.166
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	7.139
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	7.100
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	7.090
01128	Egg, whole, cooked, fried	46	1 large	7.043
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	7.020
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	6.990
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	6.983
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	6.971
13168	Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	6.970
21051	Entrees, pizza with pepperoni	71	1 slice	6.958
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	6.958
07072	Salami, dry or hard, pork, beef	20	2 slices	6.878
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	6.860
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	6.723
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	6.688
01031	Cheese, neufchatel	28.35	1 oz	6.642
20033	Oat bran, raw	94	1 cup	6.608
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	6.597
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	6.579
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	6.525
01026	Cheese, mozzarella, whole milk	28.35	1 oz	6.336
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	6.312
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	6.300
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	6.156
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	6.120

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13287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	6.120
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	6.118
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	6.065
01019	Cheese, feta	28.35	1 oz	6.033
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	6.019
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	6.002
18023	Bread, cornbread, dry mix, prepared	60	1 piece	6.000
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	6.000
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	5.946
19422	Snacks, potato chips, reduced fat	28.35	1 oz	5.897
12147	Nuts, pine nuts, pignolia, dried	8.6	1 tbsp	5.880
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	5.876
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	5.850
22247	Macaroni and Cheese, canned entree	252	1 cup	5.796
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	5.794
01123	Egg, whole, raw, fresh	58	1 extra large	5.765
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	5.679
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	5.658
19015	Snacks, granola bars, hard, plain	28.35	1 bar	5.613
18120	Cake, pound, commercially prepared, butter	28	1 piece	5.572
01053	Cream, fluid, heavy whipping	15	1 tbsp	5.550
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	5.526
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	5.469
15111	Fish, swordfish, cooked, dry heat	106	1 piece	5.448
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	5.381
21050	Entrees, pizza with cheese, meat, and vegetables	79	1 slice	5.364
01129	Egg, whole, cooked, hard-boiled	50	1 large	5.305
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	5.304
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	5.248
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	5.150
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	5.143
18280	Muffins, corn, dry mix, prepared	50	1 muffin	5.100
16120	Soy milk, fluid	245	1 cup	5.096
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	5.069
01017	Cheese, cream	14.5	1 tbsp	5.056
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	5.046
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	5.000
01123	Egg, whole, raw, fresh	50	1 large	4.970
01131	Egg, whole, cooked, poached	50	1 large	4.950
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	4.916
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	4.905
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	4.876

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18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	4.845
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	4.836
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	4.824
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	4.807
18279	Muffins, corn, commercially prepared	57	1 muffin	4.788
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	4.760
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	4.706
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	4.675
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	4.675
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	4.654
01052	Cream, fluid, light whipping	15	1 tbsp	4.637
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	4.615
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	4.550
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	4.528
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	4.525
19183	Puddings, chocolate, ready-to-eat	113	4 oz	4.520
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	4.512
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	4.506
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	4.428
01125	Egg, yolk, raw, fresh	16.6	1 large	4.406
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	4.400
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	4.382
20020	Cornmeal, whole-grain, yellow	122	1 cup	4.380
01123	Egg, whole, raw, fresh	44	1 medium	4.374
15111	Fish, swordfish, cooked, dry heat	85	3 oz	4.369
09038	Avocados, raw, California	28.35	1 oz	4.369
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	4.362
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	4.320
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	4.309
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	4.248
18283	Muffins, oat bran	57	1 muffin	4.218
07017	Chicken roll, light meat	56.7	2 slices	4.184
19218	Puddings, tapioca, ready-to-eat	113	4 oz	4.181
16112	Miso	68.75	1 cup	4.173
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	4.170
13184	Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	4.165
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	4.096
19201	Puddings, vanilla, ready-to-eat	113	4 oz	4.068
07083	Sausage, Vienna, canned, beef and pork	16	1 sausage	4.032
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	4.032
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	3.978
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	3.969

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	3.960
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	3.925
18110	Cake, fruitcake, commercially prepared	43	1 piece	3.913
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	3.780
05286	Turkey and gravy, frozen	142	5-oz package	3.735
20011	Buckwheat flour, whole-groat	120	1 cup	3.720
18274	Muffins, blueberry, commercially prepared	57	1 muffin	3.705
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	3.696
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	3.694
15077	Fish, salmon, chinook, smoked	85.05	3 oz	3.674
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	3.655
19040	Snacks, popcorn, cheese-flavor	11	1 cup	3.652
07027	Ham, chopped, not canned	21	2 slices	3.623
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	3.613
18268	French toast, frozen, ready-to-heat	59	1 slice	3.599
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	3.597
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	3.540
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	3.519
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	3.465
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	3.424
11659	Sweetpotato, cooked, candied, home-prepared	105	1 piece	3.413
06119	Gravy, chicken, canned	59.5	1/4 cup	3.397
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	3.335
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	3.300
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	3.276
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	3.276
21049	Entrees, pizza with cheese	63	1 slice	3.213
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	3.206
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	3.196
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	3.175
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	3.165
12167	Nuts, chestnuts, european, roasted	143	1 cup	3.146
11159	Coleslaw, home-prepared	120	1 cup	3.132
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	3.120
19035	Snacks, popcorn, oil-popped	11	1 cup	3.091
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	3.074
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	3.070
18229	Crackers, standard snack-type, regular	12	4 crackers	3.036
18360	Taco shells, baked	13.3	1 medium	3.006
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	3.000
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	2.995
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	2.964

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18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	2.926
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	2.925
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	2.910
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	2.898
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	2.897
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	2.880
22401	Spaghetti w/Meat Sauce, frozen entree	283	1 package	2.858
09039	Avocados, raw, Florida	28.35	1 oz	2.852
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	2.826
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	2.822
07028	Ham, sliced, extra lean, (approximately 5% fat)	56.7	2 slices	2.812
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	2.805
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	2.800
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	2.775
18235	Crackers, whole-wheat	16	4 crackers	2.752
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	2.736
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	2.730
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	2.722
18134	Cake, sponge, prepared from recipe	63	1 piece	2.709
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	2.706
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	2.705
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	2.695
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	2.651
19088	Ice creams, vanilla, light	66	1/2 cup	2.614
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	2.606
07073	Sandwich spread, pork, beef	15	1 tbsp	2.601
06206	Soup, PROGRESSO HEALTHY CLASSICS MINISTRONE, canned, ready-to-serve	241	1 cup	2.531
18214	Crackers, cheese, regular	10	10 crackers	2.530
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	2.525
01056	Cream, sour, cultured	12	1 tbsp	2.515
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	2.512
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	2.506
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	2.500
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	2.499
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	2.490
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	2.471
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	2.458
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	2.452
18353	Rolls, hard (includes kaiser)	57	1 roll	2.451
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	2.442
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	2.430

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19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	2.422
18027	Bread, egg	40	1/2" slice	2.400
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	2.374
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	2.367
20110	Noodles, egg, cooked, enriched	160	1 cup	2.352
09193	Olives, ripe, canned (small-extra large)	22	5 large	2.350
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	2.340
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	2.332
20005	Barley, pearled, raw	200	1 cup	2.320
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	2.305
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	2.277
20083	Wheat flour, white, bread, enriched	137	1 cup	2.274
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	2.272
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	2.260
20080	Wheat flour, whole-grain	120	1 cup	2.244
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	2.232
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	2.220
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	2.205
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	2.194
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	2.180
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	2.156
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	2.100
01143	Egg substitute, liquid	62.75	1/4 cup	2.077
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	2.066
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	2.060
19104	Candies, fudge, vanilla with nuts for 19104	15	1 piece	2.052
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	2.044
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	2.012
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	2.000
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	2.000
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	1.988
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	1.985
14342	Rice beverage, RICE DREAM, canned	245	1 cup	1.985
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	1.980
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	1.976
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	1.943
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	1.928
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	1.928
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	1.928
18177	Cookies, molasses	15	1 cookie, medium	1.920
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	1.904

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06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	1.903
06174	Soup, stock, fish, home-prepared	233	1 cup	1.887
20034	Oat bran, cooked	219	1 cup	1.883
18003	Bagels, egg	89	4" bagel	1.869
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	1.862
20012	Bulgur, dry	140	1 cup	1.862
18350	Rolls, hamburger or hotdog, plain	43	1 roll	1.862
01055	Cream, sour, reduced fat, cultured	15	1 tbsps	1.800
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	1.800
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	1.777
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	1.770
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	1.758
20037	Rice, brown, long-grain, cooked	195	1 cup	1.755
01049	Cream, fluid, half and half	15	1 tbsps	1.725
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	1.709
19348	Syrups, chocolate, fudge-type	19	1 tbsps	1.691
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	1.667
15141	Crustaceans, crab, blue, canned	135	1 cup	1.661
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	1.658
18232	Crackers, wheat, regular	8	4 crackers	1.648
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	1.635
06121	Gravy, mushroom, canned	59.6	1/4 cup	1.615
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	1.611
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	1.591
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	1.569
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	1.540
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	1.530
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	1.525
04134	Salad dressing, home recipe, cooked	16	1 tbsps	1.520
18005	Bagels, cinnamon-raisin	89	4" bagel	1.513
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	1.505
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	1.503
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	242	1 cup	1.500
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	1.500
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsps	1.496
18003	Bagels, egg	71	3-1/2" bagel	1.491
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	1.490
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	1.482
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	1.481
19127	Candies, milk chocolate coated raisins	10	10 pieces	1.480
19097	Sherbet, orange	74	1/2 cup	1.480

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	1.479
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	1.477
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	1.472
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	1.469
01032	Cheese, parmesan, grated	5	1 tbsp	1.431
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	1.424
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	1.416
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	1.414
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	1.402
15034	Fish, haddock, cooked, dry heat	150	1 fillet	1.395
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	1.388
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	1.385
06116	Gravy, beef, canned	58.25	1/4 cup	1.375
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	1.353
16158	Hummus, commercial	14	1 tbsp	1.344
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	1.330
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	1.320
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	1.309
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	1.301
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	1.290
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	1.285
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	1.280
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	1.276
06125	Gravy, turkey, canned	59.6	1/4 cup	1.252
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	1.246
11546	Tomato products, canned, paste, without salt added	262	1 cup	1.231
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	1.230
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	1.225
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	1.221
08143	Cereals, WHEATENA, cooked with water	243	1 cup	1.215
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	1.213
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	1.207
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	1.200
18040	Bread, oatmeal, toasted	25	1 slice	1.200
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	1.200
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	1.197
18039	Bread, oatmeal	27	1 slice	1.188
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	1.188
20084	Wheat flour, white, cake, enriched	137	1 cup	1.178
18075	Bread, whole-wheat, commercially prepared	28	1 slice	1.176
18170	Cookies, fig bars	16	1 cookie	1.168
18048	Bread, raisin, toasted, enriched	24	1 slice	1.152

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18047	Bread, raisin, enriched	26	1 slice	1.144
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	1.143
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	1.140
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	1.140
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	1.136
14192	Cocoa mix, powder	28.35	3 heaping tsp	1.134
14194	Cocoa mix, powder, prepared with water	206	1 serving	1.133
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	1.122
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	1.114
20028	Couscous, dry	173	1 cup	1.107
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	1.100
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	1.099
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	1.092
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	1.075
11461	Spinach, canned, drained solids	214	1 cup	1.070
18060	Bread, rye	32	1 slice	1.056
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	1.050
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	1.050
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	1.045
20010	Buckwheat groats, roasted, cooked	168	1 cup	1.042
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	1.040
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	1.037
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	1.037
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	1.036
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	1.026
18064	Bread, wheat (includes wheat berry)	25	1 slice	1.025
01073	Dessert topping, semi solid, frozen	4	1 tbsp	1.012
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	1.012
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	0.996
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	0.994
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	0.993
18044	Bread, pumpernickel	32	1 slice	0.992
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	0.992
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	0.988
18045	Bread, pumpernickel, toasted	29	1 slice	0.986
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.986
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	0.986
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	0.984
18025	Bread, cracked-wheat	25	1 slice	0.975
21139	Fast foods, potato, mashed	80	1/3 cup	0.968
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0.960
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	0.960

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.957
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0.952
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	0.950
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	0.950
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.940
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0.938
20100	Macaroni, cooked, enriched	140	1 cup	0.938
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	0.929
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	0.912
01072	Dessert topping, pressurized	4	1 tbsp	0.892
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	0.885
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	0.880
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.880
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.870
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	0.870
18061	Bread, rye, toasted	24	1 slice	0.864
15157	Mollusks, clam, mixed species, raw	85	3 oz	0.825
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.823
19074	Candies, caramels	10.1	1 piece	0.818
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	0.816
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.810
09302	Raspberries, raw	123	1 cup	0.800
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	0.797
15034	Fish, haddock, cooked, dry heat	85	3 oz	0.791
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	0.780
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	0.765
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	0.764
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.762
16051	Beans, white, mature seeds, canned	262	1 cup	0.760
20125	Spaghetti, whole-wheat, cooked	140	1 cup	0.756
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	0.756
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	0.752
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	0.750
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.750
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.740
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	0.733
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.731
18041	Bread, pita, white, enriched	60	6-1/2" pita	0.720
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	0.718
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	0.714
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	0.714
01069	Cream substitute, powdered	2	1 tsp	0.710
09153	Lemon juice, canned or bottled	244	1 cup	0.708

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09042	Blackberries, raw	144	1 cup	0.706
18033	Bread, italian	20	1 slice	0.700
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0.697
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	0.697
09087	Dates, deglet noor	178	1 cup	0.694
20006	Barley, pearled, cooked	157	1 cup	0.691
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	0.689
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	0.689
11424	Pumpkin, canned, without salt	245	1 cup	0.686
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	0.684
09209	Orange juice, chilled, includes from concentrate	249	1 cup	0.672
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.672
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.670
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	0.670
09298	Raisins, seedless	145	1 cup	0.667
18053	Bread, reduced-calorie, rye	23	1 slice	0.667
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.667
09277	Plantains, raw	179	1 medium	0.662
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0.652
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.650
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0.645
18220	Crackers, melba toast, plain	20	4 pieces	0.640
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	0.640
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	0.637
09340	Pears, asian, raw	275	1 pear	0.633
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	0.630
19014	Snacks, fruit leather, rolls	21	1 large	0.630
11647	Sweetpotato, canned, syrup pack, drained solids	196	1 cup	0.627
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	0.627
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.609
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	0.608
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.608
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0.605
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.600
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	0.600
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	0.600
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	0.600
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	0.595
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	0.593
11549	Tomato products, canned, sauce	245	1 cup	0.588
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	0.588
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	0.580

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11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	0.578
18057	Bread, reduced-calorie, white	23	1 slice	0.575
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	0.566
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0.566
09176	Mangos, raw	207	1 mango	0.559
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0.558
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0.558
20089	Wild rice, cooked	164	1 cup	0.558
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	0.552
08340	Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT Cereal	46	2 biscuits	0.552
13350	Beef, cured, dried	28.35	1 oz	0.550
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.542
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	0.540
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	0.536
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.533
18055	Bread, reduced-calorie, wheat	23	1 slice	0.529
11547	Tomato products, canned, puree, without salt added	250	1 cup	0.525
11028	Bamboo shoots, canned, drained solids	131	1 cup	0.524
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	0.520
01097	Milk, canned, evaporated, nonfat	256	1 cup	0.512
11512	Sweetpotato, canned, vacuum pack	255	1 cup	0.510
02007	Spices, celery seed	2	1 tsp	0.505
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.502
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	0.500
09223	Tangerine juice, canned, sweetened	249	1 cup	0.498
09316	Strawberries, raw	166	1 cup	0.498
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.496
09206	Orange juice, raw	248	1 cup	0.496
09040	Bananas, raw	150	1 cup	0.495
11819	Peppers, hot chili, red, raw	45	1 pepper	0.491
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	0.485
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	0.483
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0.481
09050	Blueberries, raw	145	1 cup	0.479
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	0.478
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	0.477
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.473
11015	Asparagus, canned, drained solids	72	4 spears	0.468
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	0.468
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	0.468
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	0.466

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08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.460
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.460
09020	Applesauce, canned, sweetened, without salt	255	1 cup	0.459
11264	Mushrooms, canned, drained solids	156	1 cup	0.452
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	0.450
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.450
11206	Cucumber, peeled, raw	280	1 large	0.448
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	0.447
11821	Peppers, sweet, red, raw	149	1 cup	0.447
09176	Mangos, raw	165	1 cup	0.446
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.442
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	0.442
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.438
20013	Bulgur, cooked	182	1 cup	0.437
02009	Spices, chili powder	2.6	1 tsp	0.436
09191	Nectarines, raw	136	1 nectarine	0.435
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	0.432
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0.429
09326	Watermelon, raw	286	1 wedge	0.429
09226	Papayas, raw	304	1 papaya	0.426
09236	Peaches, raw	170	1 cup	0.425
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.422
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	0.420
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.415
16073	Lima beans, large, mature seeds, canned	241	1 cup	0.410
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0.409
11581	Vegetables, mixed, canned, drained solids	163	1 cup	0.408
09306	Raspberries, frozen, red, sweetened	250	1 cup	0.400
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	0.399
18217	Crackers, matzo, plain	28.35	1 matzo	0.397
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	0.397
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	0.396
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	0.395
09040	Bananas, raw	118	1 banana	0.389
09060	Carambola, (starfruit), raw	108	1 cup	0.378
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.376
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0.374
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	0.368
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.368
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	0.360
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	0.359
11821	Peppers, sweet, red, raw	119	1 pepper	0.357
11655	Carrot juice, canned	236	1 cup	0.354

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09094	Figs, dried, uncooked	38	2 figs	0.353
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	0.350
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	0.350
09207	Orange juice, canned, unsweetened	249	1 cup	0.349
11954	Tomatillos, raw	34	1 medium	0.347
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.346
19034	Snacks, popcorn, air-popped	8	1 cup	0.336
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.336
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	0.336
18041	Bread, pita, white, enriched	28	4" pita	0.336
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	0.332
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	0.331
11205	Cucumber, with peel, raw	301	1 large	0.331
11439	Sauerkraut, canned, solids and liquids	236	1 cup	0.330
11090	Broccoli, raw	88	1 cup	0.326
09250	Peaches, frozen, sliced, sweetened	250	1 cup	0.325
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.323
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.322
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.321
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	0.319
09060	Carambola, (starfruit), raw	91	1 fruit	0.319
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	0.312
19036	Snacks, popcorn, cakes	10	1 cake	0.310
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0.310
11081	Beets, cooked, boiled, drained	170	1 cup	0.306
09181	Melons, cantaloupe, raw	160	1 cup	0.304
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	0.300
09055	Blueberries, frozen, sweetened	230	1 cup	0.299
09246	Peaches, dried, sulfured, uncooked	39	3 halves	0.296
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	0.288
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	0.284
06150	Sauce, barbecue sauce	15.75	1 tbsp	0.284
19013	Snacks, fruit leather, pieces	28.35	1 oz	0.284
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	0.281
09340	Pears, asian, raw	122	1 pear	0.281
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0.279
11128	Carrots, canned, regular pack, drained solids	146	1 cup	0.277
09278	Plantains, cooked	154	1 cup	0.277
02015	Spices, curry powder	2	1 tsp	0.276
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	0.273
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.273
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	0.272
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	0.272

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	0.272
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	0.272
02028	Spices, paprika	2.1	1 tsp	0.272
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	0.270
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	0.269
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.264
11124	Carrots, raw	110	1 cup	0.264
11674	Potato, baked, flesh and skin, without salt	202	1 potato	0.263
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	0.262
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	0.260
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	0.258
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	0.256
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0.254
11333	Peppers, sweet, green, raw	149	1 cup	0.253
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.253
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.252
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	0.252
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0.252
20029	Couscous, cooked	157	1 cup	0.251
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.250
09404	Grapefruit juice, pink, raw	247	1 cup	0.247
09128	Grapefruit juice, white, raw	247	1 cup	0.247
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	0.247
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	0.246
09236	Peaches, raw	98	1 peach	0.245
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.244
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	0.244
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.243
08117	Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt	240	1 cup	0.240
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	0.240
11260	Mushrooms, raw	70	1 cup	0.238
11084	Beets, canned, drained solids	170	1 cup	0.238
09184	Melons, honeydew, raw	170	1 cup	0.238
09003	Apples, raw, with skin	138	1 apple	0.235
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	0.232
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	0.230
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	0.230
09326	Watermelon, raw	152	1 cup	0.228
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.228
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.228
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0.226
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	0.226

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	0.225
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	0.225
09184	Melons, honeydew, raw	160	1/8 melon	0.224
18086	Cake, angelfood, commercially prepared	28	1 piece	0.224
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	0.224
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	0.221
11508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	0.219
11510	Sweetpotato, cooked, boiled, without skin	156	1 potato	0.218
11578	Vegetable juice cocktail, canned	242	1 cup	0.218
09200	Oranges, raw, all commercial varieties	180	1 cup	0.216
01186	Cheese, cream, fat free	15.6	1 tbsp	0.212
14181	Chocolate syrup	18.75	1 tbsp	0.212
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	0.208
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	0.206
11961	Hearts of palm, canned	33	1 piece	0.205
11143	Celery, raw	120	1 cup	0.204
11641	Squash, summer, all varieties, raw	113	1 cup	0.203
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	0.202
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	0.202
11333	Peppers, sweet, green, raw	119	1 pepper	0.202
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.200
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0.199
09252	Pears, raw	166	1 pear	0.199
09226	Papayas, raw	140	1 cup	0.196
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	0.196
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	0.192
11206	Cucumber, peeled, raw	119	1 cup	0.190
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	0.190
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0.187
09266	Pineapple, raw, all varieties	155	1 cup	0.186
09279	Plums, raw	66	1 plum	0.185
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.184
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0.182
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.179
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0.179
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0.174
09150	Lemons, raw, without peel	58	1 lemon	0.174
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.174
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	0.174
11124	Carrots, raw	72	1 carrot	0.173
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.172
09206	Orange juice, raw	86	juice from 1 orange	0.172

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	0.172
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	0.168
11251	Lettuce, cos or romaine, raw	56	1 cup	0.168
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	0.166
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.165
09087	Dates, deglet noor	41.5	5 dates	0.162
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0.161
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.160
09291	Plums, dried (prunes), uncooked	42	5 prunes	0.160
09200	Oranges, raw, all commercial varieties	131	1 orange	0.157
11363	Potatoes, baked, flesh, without salt	156	1 potato	0.156
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	0.156
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.156
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.156
02027	Spices, oregano, dried	1.5	1 tsp	0.154
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0.152
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.150
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.149
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.149
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	0.144
09004	Apples, raw, without skin	110	1 cup	0.143
09021	Apricots, raw	35	1 apricot	0.137
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	0.136
09070	Cherries, sweet, raw	68	10 cherries	0.136
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	0.135
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	0.135
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	0.135
11012	Asparagus, cooked, boiled, drained	60	4 spears	0.132
09181	Melons, cantaloupe, raw	69	1/8 melon	0.131
11282	Onions, raw	160	1 cup	0.128
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.125
11937	Pickles, cucumber, dill	65	1 pickle	0.124
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	0.122
11540	Tomato juice, canned, with salt added	243	1 cup	0.122
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	0.120
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0.118
11457	Spinach, raw	30	1 cup	0.117
11090	Broccoli, raw	31	1 spear	0.115
11205	Cucumber, with peel, raw	104	1 cup	0.114
11112	Cabbage, red, raw	70	1 cup	0.112
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	0.112
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.108
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.102

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19116	Candies, marshmallows	50	1 cup	0.100
11213	Endive, raw	50	1 cup	0.100
11135	Cauliflower, raw	100	1 cup	0.100
18226	Crackers, rye, wafers, plain	11	1 wafer	0.099
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.099
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0.098
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	0.098
11081	Beets, cooked, boiled, drained	50	1 beet	0.090
11670	Peppers, hot chili, green, raw	45	1 pepper	0.090
11935	Catsup	15	1 tbsp	0.089
11282	Onions, raw	110	1 whole	0.088
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.086
11253	Lettuce, green leaf, raw	56	1 cup	0.084
11109	Cabbage, raw	70	1 cup	0.084
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.084
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	0.080
11297	Parsley, raw	10	10 sprigs	0.079
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.078
19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.077
09294	Prune juice, canned	256	1 cup	0.077
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	0.074
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.074
02010	Spices, cinnamon, ground	2.3	1 tsp	0.073
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.072
11945	Pickle relish, sweet	15	1 tbsp	0.071
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0.070
11114	Cabbage, savoy, raw	70	1 cup	0.070
02030	Spices, pepper, black	2.1	1 tsp	0.068
11143	Celery, raw	40	1 stalk	0.068
09298	Raisins, seedless	14	1 packet	0.064
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.061
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.060
11955	Tomatoes, sun-dried	2	1 piece	0.059
11364	Potatoes, baked, skin, without salt	58	1 skin	0.058
02029	Spices, parsley, dried	1.3	1 tbsp	0.058
01124	Egg, white, raw, fresh	33.4	1 large	0.057
11445	Seaweed, kelp, raw	10	2 tbsp	0.056
09316	Strawberries, raw	18	1 strawberry	0.054
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.054
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.053
16055	Carob flour	8	1 tbsp	0.052
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0.052
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	0.050

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09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.046
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.044
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.040
19353	Syrups, maple	20	1 tbsp	0.040
11457	Spinach, raw	10	1 leaf	0.039
11740	Broccoli, flower clusters, raw	11	1 floweret	0.039
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	0.038
09160	Lime juice, raw	38	juice of 1 lime	0.038
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.038
11943	Pimento, canned	12	1 tbsp	0.036
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.036
09316	Strawberries, raw	12	1 strawberry	0.036
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.036
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.035
11935	Catsup	6	1 packet	0.035
02055	Horseradish, prepared	5	1 tsp	0.035
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.034
11084	Beets, canned, drained solids	24	1 beet	0.034
20068	Tapioca, pearl, dry	152	1 cup	0.030
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.030
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	0.029
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.029
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	0.024
19281	Ice novelties, italian, restaurant-prepared	116	1/2 cup	0.023
11284	Onions, dehydrated flakes	5	1 tbsp	0.023
02026	Spices, onion powder	2.1	1 tsp	0.022
11156	Chives, raw	3	1 tbsp	0.022
02020	Spices, garlic powder	2.8	1 tsp	0.021
19350	Syrups, corn, light	20	1 tbsp	0.020
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.020
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.017
11333	Peppers, sweet, green, raw	10	1 ring	0.017
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.017
11215	Garlic, raw	3	1 clove	0.015
11253	Lettuce, green leaf, raw	10	1 leaf	0.015
11226	Jerusalem-artichokes, raw	150	1 cup	0.015
19108	Candies, jellybeans	28.35	10 large	0.014
19297	Jams and preserves	20	1 tbsp	0.014
11135	Cauliflower, raw	13	1 floweret	0.013
11960	Carrots, baby, raw	10	1 medium	0.013
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.013
19107	Candies, hard	6	1 piece	0.012
02045	Dill weed, fresh	1	5 sprigs	0.011
11282	Onions, raw	14	1 slice	0.011

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11677	Shallots, raw	10	1 tbsp	0.010
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.009
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.009
19336	Sugars, powdered	8	1 tbsp	0.008
19107	Candies, hard	3	1 small piece	0.006
11429	Radishes, raw	4.5	1 radish	0.005
20027	Cornstarch	8.064	1 tbsp	0.004
19300	Jellies	19	1 tbsp	0.004
02050	Vanilla extract	4.2	1 tsp	0.003
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.000
18373	Leavening agents, cream of tartar	3	1 tsp	0.000
19335	Sugars, granulated	4.2	1 tsp	0.000
18372	Leavening agents, baking soda	4.6	1 tsp	0.000
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.000
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.000
19283	Ice novelties, pop	59	1 bar (2 fl oz)	0.000
19305	Molasses, blackstrap	20	1 tbsp	0.000
19296	Honey	21	1 tbsp	0.000
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.000
19129	Syrups, table blends, pancake	20	1 tbsp	0.000
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.000
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.000
09152	Lemon juice, raw	47	juice of 1 lemon	0.000
19294	Fruit butters, apple	17	1 tbsp	0.000
19334	Sugars, brown	3.2	1 tsp	0.000
02047	Salt, table	6	1 tsp	0.000
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.000
14150	Carbonated beverage, orange	372	12 fl oz	0.000
14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	0.000
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.000
14142	Carbonated beverage, grape soda	372	12 fl oz	0.000
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.000
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.000
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.000
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.000
02048	Vinegar, cider	15	1 tbsp	0.000
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.000
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.000
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.000
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.000
14006	Alcoholic beverage, beer, light	354	12 fl oz	0.000
14003	Alcoholic beverage, beer, regular	355	12 fl oz	0.000
14121	Carbonated beverage, club soda	355	12 fl oz	0.000

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14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.000
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.000
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.000
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.000
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.000
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.000
14429	Water, municipal	237	8 fl oz	0.000
14157	Carbonated beverage, root beer	370	12 fl oz	0.000
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.000
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.000
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.000
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.000
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.000
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0.000
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	0.000
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.000
14277	Grape drink, canned	250	8 fl oz	0.000
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.000