

**USDA National Nutrient Database for Standard Reference, Release 16-1**  
**Carbohydrate, by difference (g) Content of Selected Foods per Common Measure, sorted by nutrient content**

<b>NDB_No</b>	<b>Description</b>	<b>Weight (g)</b>	<b>Common Measure</b>	<b>Content per Measure</b>
01095	Milk, canned, condensed, sweetened	306	1 cup	166.464
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	155.828
20005	Barley, pearled, raw	200	1 cup	155.440
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	151.182
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	147.908
20068	Tapioca, pearl, dry	152	1 cup	134.809
20028	Couscous, dry	173	1 cup	133.954
09087	Dates, deglet noor	178	1 cup	133.553
09298	Raisins, seedless	145	1 cup	114.811
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	107.198
20084	Wheat flour, white, cake, enriched	137	1 cup	106.901
20012	Bulgur, dry	140	1 cup	106.218
19080	Candies, semisweet chocolate	168	1 cup	106.008
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	103.210
19087	Candies, confectioner's coating, white	170	1 cup	100.725
20083	Wheat flour, white, bread, enriched	137	1 cup	99.366
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	95.839
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	95.388
20020	Cornmeal, whole-grain, yellow	122	1 cup	93.806
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	92.775
19061	Snacks, trail mix, tropical	140	1 cup	91.840
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	90.898
20080	Wheat flour, whole-grain	120	1 cup	87.084
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	85.500
18031	Bread, indian (navajo) fry	160	10-1/2" bread	85.280
20011	Buckwheat flour, whole-groat	120	1 cup	84.708
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	84.480
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	81.302
12167	Nuts, chestnuts, european, roasted	143	1 cup	75.733
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	74.880
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	73.186
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	71.539
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	70.784
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	69.638
18309	Pie, cherry, prepared from recipe	180	1 piece	69.300
14346	Shake, fast food, chocolate	333	16 fl oz	68.265
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	67.279
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	66.096
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	65.554
09306	Raspberries, frozen, red, sweetened	250	1 cup	65.400
18324	Pie, pecan, commercially prepared	113	1 piece	64.636
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	64.512
18325	Pie, pecan, prepared from recipe	122	1 piece	63.684
01110	Milk shakes, thick chocolate	300	10.6 fl oz	63.450

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18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	62.496
20033	Oat bran, raw	94	1 cup	62.247
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	60.575
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	59.959
09250	Peaches, frozen, sliced, sweetened	250	1 cup	59.950
14347	Shake, fast food, vanilla	333	16 fl oz	59.607
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	58.075
21024	Fast foods, french toast sticks	141	5 sticks	57.852
18302	Pie, apple, prepared from recipe	155	1 piece	57.505
16051	Beans, white, mature seeds, canned	262	1 cup	57.483
09277	Plantains, raw	179	1 medium	57.083
21120	Fast foods, hotdog, with corn flour coating (corn dog)	175	1 corn dog	55.790
01111	Milk shakes, thick vanilla	313	11 fl oz	55.558
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	55.393
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	55.373
11370	Potatoes, hashed brown, home-prepared	156	1 cup	54.772
18444	Pie, fried pies, cherry	128	1 pie	54.528
18319	Pie, fried pies, fruit	128	1 pie	54.528
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	54.288
11512	Sweetpotato, canned, vacuum pack	255	1 cup	53.856
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	53.345
18320	Pie, lemon meringue, commercially prepared	113	1 piece	53.336
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	53.079
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	52.243
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	52.121
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	51.308
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	51.049
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	50.992
09020	Applesauce, canned, sweetened, without salt	255	1 cup	50.771
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	50.730
09055	Blueberries, frozen, sweetened	230	1 cup	50.485
11647	Sweetpotato, canned, syrup pack, drained solids	196	1 cup	49.706
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	49.657
11546	Tomato products, canned, paste, without salt added	262	1 cup	49.544
18306	Pie, blueberry, prepared from recipe	147	1 piece	49.245
18005	Bagels, cinnamon-raisin	89	4" bagel	49.128
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	49.057
09278	Plantains, cooked	154	1 cup	47.971
18031	Bread, indian (navajo) fry	90	5" bread	47.970
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	47.884
21033	Fast foods, sundae, hot fudge	158	1 sundae	47.669
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	47.635
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	47.526

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19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	47.520
18003	Bagels, egg	89	4" bagel	47.170
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	46.897
18308	Pie, cherry, commercially prepared	117	1 piece	46.566
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	46.543
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	46.413
14150	Carbonated beverage, orange	372	12 fl oz	45.756
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	45.650
21017	Fast foods, danish pastry, fruit	94	1 pastry	45.064
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	45.046
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	44.969
20037	Rice, brown, long-grain, cooked	195	1 cup	44.772
09294	Prune juice, canned	256	1 cup	44.672
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI- WHEATS, bite size	55	1 cup	44.550
20045	Rice, white, long-grain, regular, cooked	158	1 cup	44.509
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	44.333
20006	Barley, pearled, cooked	157	1 cup	44.305
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	44.302
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	44.256
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	43.737
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	43.278
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	43.244
22401	Spaghetti w/Meat Sauce, frozen entree	283	1 package	43.129
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	42.804
11674	Potato, baked, flesh and skin, without salt	202	1 potato	42.723
22906	Chicken pot pie, frozen entree	217	1 small pie	42.706
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	42.494
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	42.350
18139	Cake, white, prepared from recipe without frosting	74	1 piece	42.328
14142	Carbonated beverage, grape soda	372	12 fl oz	41.664
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	41.454
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	41.356
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	41.250
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	41.148
21082	Fast foods, taco	263	1 large	41.107
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	41.004
18327	Pie, pumpkin, prepared from recipe	155	1 piece	40.920
18305	Pie, blueberry, commercially prepared	117	1 piece	40.833
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	40.824
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	40.799
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	40.781
19116	Candies, marshmallows	50	1 cup	40.650

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08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	40.590
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	40.392
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	40.356
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	40.273
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	40.003
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	40.000
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	39.910
16008	Beans, baked, canned, with franks	259	1 cup	39.860
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	39.857
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	39.780
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	39.775
20110	Noodles, egg, cooked, enriched	160	1 cup	39.744
20100	Macaroni, cooked, enriched	140	1 cup	39.676
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	39.676
18090	Cake, boston cream pie, commercially prepared	92	1 piece	39.468
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	39.254
14157	Carbonated beverage, root beer	370	12 fl oz	39.220
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	39.218
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	39.192
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	39.136
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	39.093
21043	Fast foods, clams, breaded and fried	115	3/4 cup	38.813
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	38.800
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	38.743
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	38.693
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	38.391
14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	38.272
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	38.272
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	38.178
08340	Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT Cereal	46	2 biscuits	38.134
18310	Pie, chocolate creme, commercially prepared	113	1 piece	37.968
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	37.926
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	37.914
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	37.849
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	37.632
18003	Bagels, egg	71	3-1/2" bagel	37.630
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	37.336
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	37.329
20125	Spaghetti, whole-wheat, cooked	140	1 cup	37.156
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	37.128

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18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	36.972
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	36.813
20029	Couscous, cooked	157	1 cup	36.455
14242	Cranberry juice cocktail, bottled	253	8 fl oz	36.432
18116	Cake, gingerbread, prepared from recipe	74	1 piece	36.408
18134	Cake, sponge, prepared from recipe	63	1 piece	36.351
21078	Fast foods, nachos, with cheese	113	6-8 nachos	36.330
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	36.119
21023	Breakfast items, french toast with butter	135	2 slices	36.045
16073	Lima beans, large, mature seeds, canned	241	1 cup	35.933
18151	Cookies, brownies, commercially prepared	56	1 brownie	35.784
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	35.707
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	35.511
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	35.456
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	35.192
09176	Mangos, raw	207	1 mango	35.190
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	35.096
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	35.010
20089	Wild rice, cooked	164	1 cup	34.998
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	34.944
21129	Fast foods, hush puppies	78	5 pieces	34.897
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	34.450
01057	Eggnog	254	1 cup	34.392
09040	Bananas, raw	150	1 cup	34.260
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	34.249
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	34.050
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	34.050
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	33.938
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	33.894
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	33.839
20013	Bulgur, cooked	182	1 cup	33.816
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	33.750
11363	Potatoes, baked, flesh, without salt	156	1 potato	33.618
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	33.528
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	33.527
20010	Buckwheat groats, roasted, cooked	168	1 cup	33.499
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	33.456
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	33.443
18041	Bread, pita, white, enriched	60	6-1/2" pita	33.420
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	33.010
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	32.844

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18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	32.760
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	32.712
14136	Carbonated beverage, ginger ale	366	12 fl oz	32.098
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	32.091
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	31.951
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	31.875
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	31.753
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	31.681
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	31.652
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	31.525
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	31.458
18316	Pie, coconut custard, commercially prepared	104	1 piece	31.408
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	31.324
21119	Fast foods, hotdog, with chili	114	1 sandwich	31.293
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	31.287
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	31.216
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	31.145
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	31.145
09087	Dates, deglet noor	41.5	5 dates	31.137
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	31.062
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	30.971
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	30.540
11508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	30.237
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	30.150
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	30.110
18353	Rolls, hard (includes kaiser)	57	1 roll	30.039
09223	Tangerine juice, canned, sweetened	249	1 cup	29.880
09226	Papayas, raw	304	1 papaya	29.822
18326	Pie, pumpkin, commercially prepared	109	1 piece	29.757
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	29.686
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	29.655
14341	Pineapple and orange juice drink, canned	250	8 fl oz	29.500
18104	Coffeeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	29.421
18088	Cake, angelfood, dry mix, prepared	50	1 piece	29.350
09340	Pears, asian, raw	275	1 pear	29.288
11659	Sweetpotato, cooked, candied, home-prepared	105	1 piece	29.253
01097	Milk, canned, evaporated, nonfat	256	1 cup	29.056
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	29.040
18279	Muffins, corn, commercially prepared	57	1 muffin	29.013
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	29.000

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22247	Macaroni and Cheese, canned entree	252	1 cup	28.980
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	28.966
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	28.960
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	28.938
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	28.896
14277	Grape drink, canned	250	8 fl oz	28.875
18023	Bread, cornbread, dry mix, prepared	60	1 piece	28.860
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	28.728
21077	Fast foods, frijoles with cheese	167	1 cup	28.707
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	28.694
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	28.692
21015	Fast foods, danish pastry, cheese	91	1 pastry	28.692
08143	Cereals, WHEATENA, cooked with water	243	1 cup	28.674
21074	Fast foods, enchilada, with cheese	163	1 enchilada	28.541
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	28.276
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	28.275
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	28.108
09176	Mangos, raw	165	1 cup	28.050
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	27.993
11414	Potato salad, home-prepared	250	1 cup	27.925
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	27.900
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	27.843
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	27.825
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	27.768
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	27.761
11510	Sweetpotato, cooked, boiled, without skin	156	1 potato	27.643
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	27.612
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	27.548
18283	Muffins, oat bran	57	1 muffin	27.531
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	27.482
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	27.377
18274	Muffins, blueberry, commercially prepared	57	1 muffin	27.360
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	27.300
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	27.158
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	27.119
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	27.014
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	27.001
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	26.973
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	26.951
09040	Bananas, raw	118	1 banana	26.951
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	26.932

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09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	26.842
09291	Plums, dried (prunes), uncooked	42	5 prunes	26.830
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	26.768
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	26.760
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	26.742
21082	Fast foods, taco	171	1 small	26.727
11364	Potatoes, baked, skin, without salt	58	1 skin	26.715
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	26.700
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	26.700
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	26.660
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	26.627
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	26.580
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	26.536
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	26.532
19108	Candies, jellybeans	28.35	10 large	26.521
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	26.500
18110	Cake, fruitcake, commercially prepared	43	1 piece	26.488
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	26.477
18245	Danish pastry, cheese	71	1 danish	26.412
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	26.411
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	26.400
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	26.250
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	26.220
11226	Jerusalem-artichokes, raw	150	1 cup	26.160
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	26.136
18239	Croissants, butter	57	1 croissant	26.106
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	26.100
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	26.100
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	26.100
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	26.100
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	26.000
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	26.000
19183	Puddings, chocolate, ready-to-eat	113	4 oz	25.990
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	25.942
20113	Noodles, chinese, chow mein	45	1 cup	25.893
01102	Milk, chocolate, fluid, commercial,	250	1 cup	25.850
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	25.800
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	25.800
09206	Orange juice, raw	248	1 cup	25.792
08117	Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt	240	1 cup	25.680
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	25.665



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09252	Pears, raw	166	1 pear	25.664
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	25.654
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	25.485
18243	Croutons, seasoned	40	1 cup	25.400
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	25.301
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	25.272
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	25.200
20034	Oat bran, cooked	219	1 cup	25.054
09209	Orange juice, chilled, includes from concentrate	249	1 cup	25.049
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	24.992
19193	Puddings, rice, ready-to-eat	113.4	4 oz	24.948
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	24.940
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	24.912
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	24.900
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	24.900
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	24.900
14342	Rice beverage, RICE DREAM, canned	245	1 cup	24.843
19201	Puddings, vanilla, ready-to-eat	113	4 oz	24.747
18367	Waffles, plain, prepared from recipe	75	1 waffle	24.675
18280	Muffins, corn, dry mix, prepared	50	1 muffin	24.550
09207	Orange juice, canned, unsweetened	249	1 cup	24.527
22904	Chili con carne with beans, canned entree	222	1 cup	24.487
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	24.336
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	24.300
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	24.300
09094	Figs, dried, uncooked	38	2 figs	24.271
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	24.200
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	24.120
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	24.112
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	24.080
11399	Potato puffs, frozen, prepared	79	10 puffs	24.071
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	24.033
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	24.030
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	24.016
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	24.000
14194	Cocoa mix, powder, prepared with water	206	1 serving	23.978
14192	Cocoa mix, powder	28.35	3 heaping tsp	23.961
19013	Snacks, fruit leather, pieces	28.35	1 oz	23.956
09246	Peaches, dried, sulfured, uncooked	39	3 halves	23.919
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	23.824
18217	Crackers, matzo, plain	28.35	1 matzo	23.729
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	23.700

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21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	23.646
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	23.616
21083	Fast foods, taco salad	198	1-1/2 cups	23.582
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	23.400
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	23.359
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	23.199
06166	Sauce, homemade, white, medium	250	1 cup	22.925
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	22.910
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	22.901
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	22.896
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	22.816
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	22.795
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	22.775
09404	Grapefruit juice, pink, raw	247	1 cup	22.724
09128	Grapefruit juice, white, raw	247	1 cup	22.724
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	22.701
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	22.500
19097	Sherbet, orange	74	1/2 cup	22.496
11547	Tomato products, canned, puree, without salt added	250	1 cup	22.450
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	22.295
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	22.200
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	22.200
09081	Cranberry sauce, canned, sweetened	57	1 slice	22.173
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	22.131
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	22.118
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	22.093
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	22.057
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	22.010
21042	Fast foods, chili con carne	253	1 cup	21.935
11655	Carrot juice, canned	236	1 cup	21.924
09032	Apricots, dried, sulfured, uncooked	35	10 halves	21.924
19218	Puddings, tapioca, ready-to-eat	113	4 oz	21.922
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	21.814
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	21.812
11672	Potato pancakes, home-prepared	76	1 pancake	21.766
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	21.758
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	21.700
09326	Watermelon, raw	286	1 wedge	21.593
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	21.442
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	21.386
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	21.315

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21050	Entrees, pizza with cheese, meat, and vegetables	79	1 slice	21.291
18350	Rolls, hamburger or hotdog, plain	43	1 roll	21.264
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	21.257
09200	Oranges, raw, all commercial varieties	180	1 cup	21.150
09011	Apples, dried, sulfured, uncooked	32	5 rings	21.085
09050	Blueberries, raw	145	1 cup	21.011
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	20.869
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	20.720
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	20.706
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	20.632
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	20.550
21049	Entrees, pizza with cheese	63	1 slice	20.500
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	20.406
18147	Cheesecake commercially prepared	80	1 piece	20.400
06206	Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve	241	1 cup	20.340
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	242	1 cup	20.304
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	20.299
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	19.890
21051	Entrees, pizza with pepperoni	71	1 slice	19.866
11424	Pumpkin, canned, without salt	245	1 cup	19.821
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	19.788
19126	Candies, milk chocolate coated peanuts	40	10 pieces	19.760
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	19.590
09266	Pineapple, raw, all varieties	155	1 cup	19.577
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	19.541
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	19.505
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	19.388
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	19.335
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	19.335
15128	Fish, tuna salad	205	1 cup	19.291
16112	Miso	68.75	1 cup	19.223
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	19.157
18027	Bread, egg	40	1/2" slice	19.120
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	19.092
09003	Apples, raw, with skin	138	1 apple	19.058
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	19.008
19422	Snacks, potato chips, reduced fat	28.35	1 oz	18.966
18268	French toast, frozen, ready-to-heat	59	1 slice	18.939
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	18.888
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	18.870
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	18.824
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	18.782

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19270	Ice creams, chocolate	66	1/2 cup	18.612
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	18.456
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	18.399
18133	Cake, sponge, commercially prepared	30	1 shortcake	18.330
19015	Snacks, granola bars, hard, plain	28.35	1 bar	18.257
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	18.143
11549	Tomato products, canned, sauce	245	1 cup	18.057
21118	Fast foods, hotdog, plain	98	1 sandwich	18.032
19014	Snacks, fruit leather, rolls	21	1 large	17.997
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	17.928
19056	Snacks, tortilla chips, plain	28.35	1 oz	17.832
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	17.792
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	17.732
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	17.724
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	17.710
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	17.690
19088	Ice creams, vanilla, light	66	1/2 cup	17.642
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	17.434
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	17.424
19296	Honey	21	1 tbsp	17.304
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	17.220
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	17.175
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	17.080
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	17.080
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	17.052
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	17.040
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	16.974
11081	Beets, cooked, boiled, drained	170	1 cup	16.932
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	16.830
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	16.616
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	16.592
19089	Ice creams, vanilla, rich	74	1/2 cup	16.495
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	16.457
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	16.250
09236	Peaches, raw	170	1 cup	16.218
18086	Cake, angelfood, commercially prepared	28	1 piece	16.184
11282	Onions, raw	160	1 cup	16.176
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	16.150
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	16.131
21088	Tostada with guacamole	130.5	1 tostada	16.012
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	15.981
19071	Candies, carob	28.35	1 oz	15.958
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	15.933
19350	Syrups, corn, light	20	1 tbsp	15.926

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09153	Lemon juice, canned or bottled	244	1 cup	15.811
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	15.785
22905	Beef stew, canned entree	232	1 cup	15.706
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	15.696
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	15.686
19281	Ice novelties, italian, restaurant-prepared	116	1/2 cup	15.660
18041	Bread, pita, white, enriched	28	4" pita	15.596
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	15.595
19095	Ice creams, vanilla	66	1/2 cup	15.576
19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	15.554
18060	Bread, rye	32	1 slice	15.456
09184	Melons, honeydew, raw	170	1 cup	15.453
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	15.453
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	15.443
09200	Oranges, raw, all commercial varieties	131	1 orange	15.393
18220	Crackers, melba toast, plain	20	4 pieces	15.320
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	15.275
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	15.252
18044	Bread, pumpernickel	32	1 slice	15.200
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	15.139
18045	Bread, pumpernickel, toasted	29	1 slice	15.138
11581	Vegetables, mixed, canned, drained solids	163	1 cup	15.094
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	15.004
19411	Snacks, potato chips, plain, salted	28.35	1 oz	14.997
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	14.997
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	14.979
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	14.969
11159	Coleslaw, home-prepared	120	1 cup	14.892
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	14.858
09302	Raspberries, raw	123	1 cup	14.686
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	14.634
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	14.600
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	14.569
09184	Melons, honeydew, raw	160	1/8 melon	14.544
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	14.544
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	14.459
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	14.432
09191	Nectarines, raw	136	1 nectarine	14.348
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	14.112
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	14.101
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	14.068
09004	Apples, raw, without skin	110	1 cup	14.036

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18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	13.946
09042	Blackberries, raw	144	1 cup	13.838
19297	Jams and preserves	20	1 tbsp	13.772
09226	Papayas, raw	140	1 cup	13.734
18120	Cake, pound, commercially prepared, butter	28	1 piece	13.664
18048	Bread, raisin, toasted, enriched	24	1 slice	13.656
18047	Bread, raisin, enriched	26	1 slice	13.598
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	13.538
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	13.431
19353	Syrups, maple	20	1 tbsp	13.418
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	13.416
01164	Cheese sauce, prepared from recipe	243	1 cup	13.316
19300	Jellies	19	1 tbsp	13.291
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	13.233
18040	Bread, oatmeal, toasted	25	1 slice	13.175
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	13.165
14003	Alcoholic beverage, beer, regular	355	12 fl oz	13.135
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	13.112
18039	Bread, oatmeal	27	1 slice	13.095
09181	Melons, cantaloupe, raw	160	1 cup	13.056
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	13.002
09340	Pears, asian, raw	122	1 pear	12.993
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	12.975
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	12.925
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	12.912
18075	Bread, whole-wheat, commercially prepared	28	1 slice	12.908
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	12.906
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	12.896
21139	Fast foods, potato, mashed	80	1/3 cup	12.896
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	12.825
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	12.823
21127	Fast foods, coleslaw	99	3/4 cup	12.751
09316	Strawberries, raw	166	1 cup	12.749
18061	Bread, rye, toasted	24	1 slice	12.744
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	12.653
01037	Cheese, ricotta, part skim milk	246	1 cup	12.644
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	12.586
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	12.572
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	12.500
18025	Bread, cracked-wheat	25	1 slice	12.375
19129	Syrups, table blends, pancake	20	1 tbsp	12.294
11084	Beets, canned, drained solids	170	1 cup	12.257
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	12.224

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14181	Chocolate syrup	18.75	1 tbsp	12.206
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	12.176
19305	Molasses, blackstrap	20	1 tbsp	12.160
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	12.152
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	12.116
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	12.096
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	12.092
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	12.087
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	12.064
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	12.020
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	12.005
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	12.004
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	11.978
18070	Bread, white, commercially prepared, toasted	22	1 slice	11.968
19348	Syrups, chocolate, fudge-type	19	1 tbsp	11.951
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	11.880
18064	Bread, wheat (includes wheat berry)	25	1 slice	11.800
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	11.799
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	11.780
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	11.736
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	11.634
09326	Watermelon, raw	152	1 cup	11.476
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	11.419
16120	Soy milk, fluid	245	1 cup	11.368
18170	Cookies, fig bars	16	1 cookie	11.344
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	11.339
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	11.286
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	11.280
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	11.265
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	11.231
19104	Candies, fudge, vanilla with nuts for 19104	15	1 piece	11.211
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	11.201
19283	Ice novelties, pop	59	1 bar (2 fl oz)	11.151
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	11.142
11282	Onions, raw	110	1 whole	11.121
09298	Raisins, seedless	14	1 packet	11.085
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	11.076
18177	Cookies, molasses	15	1 cookie, medium	11.070
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	11.039
01077	Milk, whole, 3.25% milkfat	244	1 cup	11.029
11578	Vegetable juice cocktail, canned	242	1 cup	11.011
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	10.982
18235	Crackers, whole-wheat	16	4 crackers	10.976

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11205	Cucumber, with peel, raw	301	1 large	10.926
09070	Cherries, sweet, raw	68	10 cherries	10.887
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	10.815
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	10.752
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	10.690
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	10.580
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	10.578
11124	Carrots, raw	110	1 cup	10.538
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	10.460
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	10.445
01013	Cheese, cottage, creamed, with fruit	226	1 cup	10.419
11540	Tomato juice, canned, with salt added	243	1 cup	10.303
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	10.260
18057	Bread, reduced-calorie, white	23	1 slice	10.189
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	10.185
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	10.175
11439	Sauerkraut, canned, solids and liquids	236	1 cup	10.101
05292	Turkey patties, breaded, battered, fried	64	1 patty	10.048
18055	Bread, reduced-calorie, wheat	23	1 slice	10.028
18033	Bread, italian	20	1 slice	10.000
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	9.924
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	9.898
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	9.877
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	9.855
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	9.850
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	9.850
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	9.844
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	9.840
09254	Pears, canned, juice pack, solids and liquids	76	1 half	9.834
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	9.804
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	9.750
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	9.611
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	9.552
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	9.541
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	9.433
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	9.421
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	9.400
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	9.384
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	9.351
09236	Peaches, raw	98	1 peach	9.349
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	9.344
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	9.329
18053	Bread, reduced-calorie, rye	23	1 slice	9.315



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06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	9.296
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	9.272
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	9.268
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	9.259
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	9.112
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	9.112
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	9.050
11821	Peppers, sweet, red, raw	149	1 cup	8.985
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	8.979
09206	Orange juice, raw	86	juice from 1 orange	8.944
18226	Crackers, rye, wafers, plain	11	1 wafer	8.844
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	8.835
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	8.708
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	8.708
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	8.687
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	8.646
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	8.643
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	8.580
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	8.550
19078	Baking chocolate, unsweetened, squares	28.35	1 square	8.460
09060	Carambola, (starfruit), raw	108	1 cup	8.456
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	8.400
18360	Taco shells, baked	13.3	1 medium	8.299
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	8.252
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	8.204
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	8.199
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	8.167
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	8.162
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	8.149
11128	Carrots, canned, regular pack, drained solids	146	1 cup	8.088
19036	Snacks, popcorn, cakes	10	1 cake	8.010
19336	Sugars, powdered	8	1 tbsp	7.968
11264	Mushrooms, canned, drained solids	156	1 cup	7.940
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	7.925
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	7.894
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	7.862
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	7.809
19074	Candies, caramels	10.1	1 piece	7.777
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	7.758
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	7.702
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	7.592
09279	Plums, raw	66	1 plum	7.537

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22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	7.531
01036	Cheese, ricotta, whole milk	246	1 cup	7.478
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	7.379
20027	Cornstarch	8.064	1 tbsp	7.360
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	7.340
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	7.335
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	7.330
18229	Crackers, standard snack-type, regular	12	4 crackers	7.320
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	7.319
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	7.280
11461	Spinach, canned, drained solids	214	1 cup	7.276
19294	Fruit butters, apple	17	1 tbsp	7.271
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	7.210
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	7.187
11821	Peppers, sweet, red, raw	119	1 pepper	7.176
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	7.158
09060	Carambola, (starfruit), raw	91	1 fruit	7.125
16055	Carob flour	8	1 tbsp	7.110
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	7.056
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	7.053
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	7.030
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	6.969
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	6.958
11333	Peppers, sweet, green, raw	149	1 cup	6.914
11124	Carrots, raw	72	1 carrot	6.898
12104	Nuts, coconut meat, raw	45	1 piece	6.854
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	6.834
19127	Candies, milk chocolate coated raisins	10	10 pieces	6.830
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	6.824
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	6.799
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	6.750
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	6.750
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	6.720
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	6.690
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	6.680
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	6.650
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	6.645
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	6.622
05286	Turkey and gravy, frozen	142	5-oz package	6.546
19035	Snacks, popcorn, oil-popped	11	1 cup	6.292
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	6.278
19034	Snacks, popcorn, air-popped	8	1 cup	6.232

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11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	6.178
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	6.147
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	6.098
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	6.098
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	6.075
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	6.075
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	6.070
11206	Cucumber, peeled, raw	280	1 large	6.048
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	6.015
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	5.962
19107	Candies, hard	6	1 piece	5.880
11090	Broccoli, raw	88	1 cup	5.843
18214	Crackers, cheese, regular	10	10 crackers	5.820
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	5.762
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	5.759
19040	Snacks, popcorn, cheese-flavor	11	1 cup	5.676
09181	Melons, cantaloupe, raw	69	1/8 melon	5.630
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	5.628
12061	Nuts, almonds	28.35	1 oz (24 nuts)	5.596
11333	Peppers, sweet, green, raw	119	1 pepper	5.522
09150	Lemons, raw, without peel	58	1 lemon	5.406
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	5.361
11135	Cauliflower, raw	100	1 cup	5.300
11945	Pickle relish, sweet	15	1 tbsp	5.258
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	5.196
18232	Crackers, wheat, regular	8	4 crackers	5.192
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	5.162
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	5.160
11112	Cabbage, red, raw	70	1 cup	5.159
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	5.096
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	5.074
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	5.068
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	4.990
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	4.985
11081	Beets, cooked, boiled, drained	50	1 beet	4.980
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	4.937
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	4.822
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	4.773
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	4.752
12120	Nuts, hazelnuts or filberts	28.35	1 oz	4.734
14006	Alcoholic beverage, beer, light	354	12 fl oz	4.602
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	4.499

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13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	4.386
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	4.361
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	4.326
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	4.319
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	4.303
11114	Cabbage, savoy, raw	70	1 cup	4.270
11670	Peppers, hot chili, green, raw	45	1 pepper	4.257
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	4.225
11028	Bamboo shoots, canned, drained solids	131	1 cup	4.218
19335	Sugars, granulated	4.2	1 tsp	4.199
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	4.164
11284	Onions, dehydrated flakes	5	1 tbsp	4.164
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	4.154
09152	Lemon juice, raw	47	juice of 1 lemon	4.056
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	3.972
12142	Nuts, pecans	28.35	1 oz (20 halves)	3.929
11109	Cabbage, raw	70	1 cup	3.906
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve	62	1/4 cup	3.894
09021	Apricots, raw	35	1 apricot	3.892
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	3.887
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	3.807
11641	Squash, summer, all varieties, raw	113	1 cup	3.786
11205	Cucumber, with peel, raw	104	1 cup	3.775
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	3.728
12147	Nuts, pine nuts, pignolia, dried	28.35	1 oz	3.708
11819	Peppers, hot chili, red, raw	45	1 pepper	3.668
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	3.637
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	3.635
11935	Catsup	15	1 tbsp	3.582
11143	Celery, raw	120	1 cup	3.564
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	3.531
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	3.479
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	3.456
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	3.445
09160	Lime juice, raw	38	juice of 1 lime	3.424
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	3.395
16097	Peanut butter, chunk style, with salt	16	1 tbsp	3.374
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	3.284
06121	Gravy, mushroom, canned	59.6	1/4 cup	3.260
06119	Gravy, chicken, canned	59.5	1/4 cup	3.225
01094	Milk, buttermilk, dried	6.5	1 tbsp	3.185
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	3.179
19334	Sugars, brown	3.2	1 tsp	3.115

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<b>NDB_No</b>	<b>Description</b>	<b>Weight (g)</b>	<b>Common Measure</b>	<b>Content per Measure</b>
07008	Bologna, beef and pork	56.7	2 slices	3.113
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	3.077
07024	Frankfurter, chicken	45	1 frank	3.056
06125	Gravy, turkey, canned	59.6	1/4 cup	3.040
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	3.026
16098	Peanut butter, smooth style, with salt	16	1 tbsp	2.947
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	2.944
19107	Candies, hard	3	1 small piece	2.940
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	2.940
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	2.932
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	2.871
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	2.868
11658	Spinach souffle, home-prepared	136	1 cup	2.829
06116	Gravy, beef, canned	58.25	1/4 cup	2.802
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	2.713
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	2.683
11937	Pickles, cucumber, dill	65	1 pickle	2.678
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	2.674
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	2.657
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	2.611
11206	Cucumber, peeled, raw	119	1 cup	2.570
06909	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	2.520
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	2.475
11012	Asparagus, cooked, boiled, drained	60	4 spears	2.466
09038	Avocados, raw, California	28.35	1 oz	2.449
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	2.430
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	2.406
04134	Salad dressing, home recipe, cooked	16	1 tbsp	2.384
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	2.345
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	2.284
11260	Mushrooms, raw	70	1 cup	2.268
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	2.220
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	2.219
09039	Avocados, raw, Florida	28.35	1 oz	2.217
15157	Mollusks, clam, mixed species, raw	85	3 oz	2.185
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	2.178
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	2.176
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	2.172
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	2.160
11090	Broccoli, raw	31	1 spear	2.058
02020	Spices, garlic powder	2.8	1 tsp	2.036
06150	Sauce, barbecue sauce	15.75	1 tbsp	2.016

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16158	Hummus, commercial	14	1 tbsp	2.001
11954	Tomatillos, raw	34	1 medium	1.986
18373	Leavening agents, cream of tartar	3	1 tsp	1.845
11251	Lettuce, cos or romaine, raw	56	1 cup	1.842
02010	Spices, cinnamon, ground	2.3	1 tsp	1.837
07022	Frankfurter, beef	45	1 frank	1.827
07073	Sandwich spread, pork, beef	15	1 tbsp	1.791
11015	Asparagus, canned, drained solids	72	4 spears	1.771
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	1.759
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	1.758
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	1.751
11084	Beets, canned, drained solids	24	1 beet	1.730
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	1.707
02026	Spices, onion powder	2.1	1 tsp	1.694
11677	Shallots, raw	10	1 tbsp	1.680
11213	Endive, raw	50	1 cup	1.675
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	1.607
04015	Salad dressing, russian dressing	15.3	1 tbsp	1.591
11253	Lettuce, green leaf, raw	56	1 cup	1.562
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	1.533
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	1.528
01040	Cheese, swiss	28.35	1 oz	1.525
11961	Hearts of palm, canned	33	1 piece	1.525
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	1.504
11935	Catsup	6	1 packet	1.433
02009	Spices, chili powder	2.6	1 tsp	1.421
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	1.419
11282	Onions, raw	14	1 slice	1.415
07017	Chicken roll, light meat	56.7	2 slices	1.383
09316	Strawberries, raw	18	1 strawberry	1.382
09193	Olives, ripe, canned (small-extra large)	22	5 large	1.377
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	1.362
02030	Spices, pepper, black	2.1	1 tsp	1.361
01132	Egg, whole, cooked, scrambled	61	1 large	1.342
07069	Salami, cooked, beef and pork	56.7	2 slices	1.276
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	1.274
11001	Alfalfa seeds, sprouted, raw	33	1 cup	1.247
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	1.235
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	1.232
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	1.232
11143	Celery, raw	40	1 stalk	1.188
02028	Spices, paprika	2.1	1 tsp	1.171
02015	Spices, curry powder	2	1 tsp	1.163

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05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	1.160
01019	Cheese, feta	28.35	1 oz	1.160
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	1.152
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	1.150
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	1.132
12147	Nuts, pine nuts, pignolia, dried	8.6	1 tbsp	1.125
11955	Tomatoes, sun-dried	2	1 piece	1.115
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	1.109
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	1.101
01069	Cream substitute, powdered	2	1 tsp	1.098
11457	Spinach, raw	30	1 cup	1.089
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	1.088
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	1.086
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	1.043
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	1.030
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	0.998
11215	Garlic, raw	3	1 clove	0.992
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.985
02027	Spices, oregano, dried	1.5	1 tsp	0.966
11445	Seaweed, kelp, raw	10	2 tbsp	0.957
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.922
09316	Strawberries, raw	12	1 strawberry	0.922
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.918
01186	Cheese, cream, fat free	15.6	1 tbsp	0.905
02048	Vinegar, cider	15	1 tbsp	0.885
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0.876
01031	Cheese, neufchatel	28.35	1 oz	0.833
02007	Spices, celery seed	2	1 tsp	0.827
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.824
11960	Carrots, baby, raw	10	1 medium	0.824
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	0.799
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.784
13350	Beef, cured, dried	28.35	1 oz	0.782
07023	Frankfurter, beef and pork	45	1 frank	0.774
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.702
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.700
11135	Cauliflower, raw	13	1 floweret	0.689
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.686
02029	Spices, parsley, dried	1.3	1 tbsp	0.672
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.666
01004	Cheese, blue	28.35	1 oz	0.663
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.661
01049	Cream, fluid, half and half	15	1 tbsp	0.645

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01072	Dessert topping, pressurized	4	1 tbsp	0.643
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.639
11297	Parsley, raw	10	10 sprigs	0.633
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.628
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	0.624
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0.621
11943	Pimento, canned	12	1 tbsp	0.612
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.609
01035	Cheese, provolone	28.35	1 oz	0.607
01125	Egg, yolk, raw, fresh	16.6	1 large	0.596
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	0.595
11740	Broccoli, flower clusters, raw	11	1 floweret	0.576
02055	Horseradish, prepared	5	1 tsp	0.565
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.562
01129	Egg, whole, cooked, hard-boiled	50	1 large	0.560
07028	Ham, sliced, extra lean, (approximately 5% fat)	56.7	2 slices	0.550
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.549
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.541
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	0.538
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.534
02050	Vanilla extract	4.2	1 tsp	0.531
07072	Salami, dry or hard, pork, beef	20	2 slices	0.518
01056	Cream, sour, cultured	12	1 tbsp	0.512
04133	Salad dressing, french, home recipe	14	1 tbsp	0.476
11333	Peppers, sweet, green, raw	10	1 ring	0.464
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	0.454
01123	Egg, whole, raw, fresh	58	1 extra large	0.447
01052	Cream, fluid, light whipping	15	1 tbsp	0.444
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.419
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0.417
01128	Egg, whole, cooked, fried	46	1 large	0.405
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.403
01143	Egg substitute, liquid	62.75	1/4 cup	0.402
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0.390
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.389
01017	Cheese, cream	14.5	1 tbsp	0.386
01123	Egg, whole, raw, fresh	50	1 large	0.385
01131	Egg, whole, cooked, poached	50	1 large	0.380
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.375
11457	Spinach, raw	10	1 leaf	0.363
01009	Cheese, cheddar	28.35	1 oz	0.363
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.356
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.356
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.355



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05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	0.353
01123	Egg, whole, raw, fresh	44	1 medium	0.339
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.329
07083	Sausage, Vienna, canned, beef and pork	16	1 sausage	0.326
01030	Cheese, muenster	28.35	1 oz	0.318
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	0.288
11253	Lettuce, green leaf, raw	10	1 leaf	0.279
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.272
01124	Egg, white, raw, fresh	33.4	1 large	0.244
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.222
01032	Cheese, parmesan, grated	5	1 tbsp	0.203
01007	Cheese, camembert	38	1 wedge	0.175
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	0.171
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.167
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.167
11429	Radishes, raw	4.5	1 radish	0.153
11156	Chives, raw	3	1 tbsp	0.131
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	0.127
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	0.092
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	0.085
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.082
02045	Dill weed, fresh	1	5 sprigs	0.070
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.042
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	0.020
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	0.019
01145	Butter, without salt	14.2	1 tbsp	0.009
01001	Butter, salted	14.2	1 tbsp	0.009
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	0.007
07064	Pork sausage, fresh, cooked	27	1 patty	0.000
07064	Pork sausage, fresh, cooked	26	2 links	0.000
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	0.000
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	0.000
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	0.000
07027	Ham, chopped, not canned	21	2 slices	0.000
15077	Fish, salmon, chinook, smoked	85.05	3 oz	0.000
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	0.000
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0.000
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0.000
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	0.000
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	0.000
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.000
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	0.000
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	0.000
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	0.000

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10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	0.000
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	0.000
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	0.000
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	0.000
15034	Fish, haddock, cooked, dry heat	150	1 fillet	0.000
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	0.000
15034	Fish, haddock, cooked, dry heat	85	3 oz	0.000
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.000
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0.000
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.000
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	0.000
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	0.000
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	0.000
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	0.000
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	0.000
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	0.000
15141	Crustaceans, crab, blue, canned	135	1 cup	0.000
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0.000
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	0.000
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	0.000
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.000
15111	Fish, swordfish, cooked, dry heat	85	3 oz	0.000
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.000
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0.000
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.000
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.000
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.000
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	0.000
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	0.000
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.000
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	0.000
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	0.000
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	0.000
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0.000
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	0.000
15111	Fish, swordfish, cooked, dry heat	106	1 piece	0.000
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.000

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04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0.000
02047	Salt, table	6	1 tsp	0.000
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.000
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	0.000
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	0.000
04002	Lard	12.8	1 tbsp	0.000
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	0.000
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	0.000
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	0.000
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.000
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	0.000
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0.000
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	0.000
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.000
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0.000
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.000
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0.000
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.000
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	0.000
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.000
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	0.000
04582	Vegetable oil, canola	14	1 tbsp	0.000
04506	Oil, vegetable, sunflower, linoleic, (60% and over)	13.6	1 tbsp	0.000
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0.000
04518	Oil, vegetable corn, salad or cooking	13.6	1 tbsp	0.000
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	0.000
13278	Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	0.000
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	0.000
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.000
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0.000
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.000
14429	Water, municipal	237	8 fl oz	0.000
18372	Leavening agents, baking soda	4.6	1 tsp	0.000
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.000
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.000
14121	Carbonated beverage, club soda	355	12 fl oz	0.000
06174	Soup, stock, fish, home-prepared	233	1 cup	0.000
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.000
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	0.000
13287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	0.000

**USDA National Nutrient Database for Standard Reference, Release 16-1**  
**Carbohydrate, by difference (g) Content of Selected Foods per Common Measure, sorted by nutrient content**

<b>NDB_No</b>	<b>Description</b>	<b>Weight (g)</b>	<b>Common Measure</b>	<b>Content per Measure</b>
05277	Chicken, canned, meat only, with broth	142	5 oz	0.000
13184	Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.000
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.000
13168	Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.000
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	0.000
19041	Snacks, pork skins, plain	28.35	1 oz	0.000
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.000
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	0.000
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.000
05306	Poultry food products, ground turkey, cooked	82	1 patty	0.000
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.000
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.000
13348	Beef, cured, corned beef, canned	85.05	3 oz	0.000