

# USDA National Nutrient Database for Standard Reference, Release 16-1

## Energy (Kcal) Content of Selected Foods per Common Measure, sorted by nutrient content

| NDB_No | Description   | Weight (g) | Common Measure      | Content per Measure |
|--------|---|------------|---------------------|---------------------|
| 18330  | Pie crust, cookie-type, prepared from recipe, graham cracker, baked                         | 239        | 1 pie shell         | 1180.660            |
| 01095  | Milk, canned, condensed, sweetened  | 306        | 1 cup               | 982.260             |
| 18336  | Pie crust, standard-type, prepared from recipe, baked                                       | 180        | 1 pie shell         | 948.600             |
| 19087  | Candies, confectioner's coating, white  | 170        | 1 cup               | 916.300             |
| 19080  | Candies, semisweet chocolate  | 168        | 1 cup               | 804.720             |
| 19062  | Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds                     | 146        | 1 cup               | 706.640             |
| 20005  | Barley, pearled, raw  | 200        | 1 cup               | 704.000             |
| 20046  | Rice, white, long-grain, parboiled, enriched, dry   | 185        | 1 cup               | 686.350             |
| 20044  | Rice, white, long-grain, regular, raw, enriched   | 185        | 1 cup               | 675.250             |
| 20028  | Couscous, dry   | 173        | 1 cup               | 650.480             |
| 18335  | Pie crust, standard-type, frozen, ready-to-bake, baked                                      | 126        | 1 pie shell         | 647.640             |
| 21097  | Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments   | 195        | 1 sandwich          | 608.400             |
| 21126  | Fast foods, submarine sandwich, with tuna salad   | 256        | 1 sandwich, 6" roll | 583.680             |
| 21005  | Breakfast items, biscuit with egg and sausage   | 180        | 1 biscuit           | 581.400             |
| 21138  | Fast foods, potato, french fried in vegetable oil   | 169        | 1 large             | 577.980             |
| 21111  | Fast foods, hamburger, regular, double patty, with condiments                               | 215        | 1 sandwich          | 576.200             |
| 19061  | Snacks, trail mix, tropical   | 140        | 1 cup               | 569.800             |
| 21082  | Fast foods, taco  | 263        | 1 large             | 568.080             |
| 21098  | Fast foods, cheeseburger, large, single patty, with condiments and vegetables               | 219        | 1 sandwich          | 562.830             |
| 20068  | Tapioca, pearl, dry   | 152        | 1 cup               | 544.160             |
| 21114  | Fast foods, hamburger, large, double patty, with condiments and vegetables                  | 226        | 1 sandwich          | 540.140             |
| 18031  | Bread, indian (navajo) fry  | 160        | 10-1/2" bread       | 526.400             |
| 21106  | Fast foods, fish sandwich, with tartar sauce and cheese                                     | 183        | 1 sandwich          | 523.380             |
| 21025  | Fast foods, pancakes with butter and syrup  | 232        | 2 pancakes          | 519.680             |
| 21102  | Fast foods, chicken fillet sandwich, plain  | 182        | 1 sandwich          | 515.060             |
| 21024  | Fast foods, french toast sticks   | 141        | 5 sticks            | 513.240             |
| 21113  | Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables | 218        | 1 sandwich          | 512.300             |
| 20022  | Cornmeal, degermed, enriched, yellow  | 138        | 1 cup               | 505.080             |
| 18325  | Pie, pecan, prepared from recipe  | 122        | 1 piece             | 502.640             |
| 09087  | Dates, deglet noor  | 178        | 1 cup               | 501.960             |
| 20084  | Wheat flour, white, cake, enriched  | 137        | 1 cup               | 495.940             |
| 20083  | Wheat flour, white, bread, enriched   | 137        | 1 cup               | 494.570             |
| 20025  | Cornmeal, self-rising, degermed, enriched, yellow   | 138        | 1 cup               | 489.900             |
| 18309  | Pie, cherry, prepared from recipe   | 180        | 1 piece             | 486.000             |
| 22906  | Chicken pot pie, frozen entree  | 217        | 1 small pie         | 483.910             |
| 20012  | Bulgur, dry   | 140        | 1 cup               | 478.800             |
| 01164  | Cheese sauce, prepared from recipe  | 243        | 1 cup               | 478.710             |
| 12179  | Nuts, coconut meat, dried (desiccated), sweetened, shredded                                 | 93         | 1 cup               | 465.930             |
| 21094  | Fast foods, cheeseburger, regular, double patty and bun, plain                              | 160        | 1 sandwich          | 460.800             |
| 21120  | Fast foods, hotdog, with corn flour coating (corndog)                                       | 175        | 1 corn dog          | 460.250             |
| 21138  | Fast foods, potato, french fried in vegetable oil   | 134        | 1 medium            | 458.280             |
| 21092  | Fast foods, cheeseburger, regular, double patty, plain                                      | 155        | 1 sandwich          | 457.250             |

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| 21124  | Fast foods, submarine sandwich, with cold cuts                                  | 228        | 1 sandwich, 6" roll | 456.000             |
| 20081  | Wheat flour, white, all-purpose, enriched, bleached                             | 125        | 1 cup               | 455.000             |
| 21059  | Fast foods, shrimp, breaded and fried   | 164        | 6-8 shrimp          | 454.280             |
| 18324  | Pie, pecan, commercially prepared   | 113        | 1 piece             | 452.000             |
| 21043  | Fast foods, clams, breaded and fried  | 115        | 3/4 cup             | 450.800             |
| 05142  | Duck, domesticated, meat only, cooked, roasted                                  | 221        | 1/2 duck            | 444.210             |
| 20082  | Wheat flour, white, all-purpose, self-rising, enriched                          | 125        | 1 cup               | 442.500             |
| 20020  | Cornmeal, whole-grain, yellow   | 122        | 1 cup               | 441.640             |
| 18376  | Bread crumbs, dry, grated, seasoned   | 120        | 1 cup               | 440.400             |
| 09298  | Raisins, seedless   | 145        | 1 cup               | 433.550             |
| 01036  | Cheese, ricotta, whole milk   | 246        | 1 cup               | 428.040             |
| 21070  | Fast foods, chimichanga, with beef  | 174        | 1 chimichanga       | 424.560             |
| 14346  | Shake, fast food, chocolate   | 333        | 16 fl oz            | 422.910             |
| 21093  | Fast foods, cheeseburger, regular, double patty, with condiments and vegetables | 166        | 1 sandwich          | 416.660             |
| 11370  | Potatoes, hashed brown, home-prepared   | 156        | 1 cup               | 413.400             |
| 21012  | Fast foods, croissant, with egg, cheese, and bacon                              | 129        | 1 croissant         | 412.800             |
| 18302  | Pie, apple, prepared from recipe  | 155        | 1 piece             | 410.750             |
| 21125  | Fast foods, submarine sandwich, with roast beef                                 | 216        | 1 sandwich, 6" roll | 410.400             |
| 20080  | Wheat flour, whole-grain  | 120        | 1 cup               | 406.800             |
| 18319  | Pie, fried pies, fruit  | 128        | 1 pie               | 404.480             |
| 18444  | Pie, fried pies, cherry   | 128        | 1 pie               | 404.480             |
| 20011  | Buckwheat flour, whole-groat  | 120        | 1 cup               | 402.000             |
| 18102  | Cake, white, prepared from recipe with coconut frosting                         | 112        | 1 piece             | 398.720             |
| 09136  | Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C     | 216        | 6-fl-oz can         | 386.640             |
| 15128  | Fish, tuna salad  | 205        | 1 cup               | 383.350             |
| 14347  | Shake, fast food, vanilla   | 333        | 16 fl oz            | 369.630             |
| 21082  | Fast foods, taco  | 171        | 1 small             | 369.360             |
| 16008  | Beans, baked, canned, with franks   | 259        | 1 cup               | 367.780             |
| 06166  | Sauce, homemade, white, medium  | 250        | 1 cup               | 367.500             |
| 18119  | Cake, pineapple upside-down, prepared from recipe                               | 115        | 1 piece             | 366.850             |
| 05058  | Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter       | 140        | 1/2 breast          | 364.000             |
| 18321  | Pie, lemon meringue, prepared from recipe                                       | 127        | 1 piece             | 361.950             |
| 18306  | Pie, blueberry, prepared from recipe  | 147        | 1 piece             | 360.150             |
| 18016  | Biscuits, plain or buttermilk, prepared from recipe                             | 101        | 4" biscuit          | 357.540             |
| 11414  | Potato salad, home-prepared   | 250        | 1 cup               | 357.500             |
| 01110  | Milk shakes, thick chocolate  | 300        | 10.6 fl oz          | 357.000             |
| 21023  | Breakfast items, french toast with butter                                       | 135        | 2 slices            | 356.400             |
| 18173  | Cookies, graham crackers, plain or honey (includes cinnamon)                    | 84         | 1 cup               | 355.320             |
| 21015  | Fast foods, danish pastry, cheese   | 91         | 1 pastry            | 353.080             |
| 01111  | Milk shakes, thick vanilla  | 313        | 11 fl oz            | 350.560             |
| 12167  | Nuts, chestnuts, european, roasted  | 143        | 1 cup               | 350.350             |
| 21121  | Fast foods, roast beef sandwich, plain  | 139        | 1 sandwich          | 346.110             |
| 21078  | Fast foods, nachos, with cheese   | 113        | 6-8 nachos          | 345.780             |

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|--------|--|------------|----------------|---------------------|
| 18310  | Pie, chocolate creme, commercially prepared  | 113        | 1 piece        | 343.520             |
| 01057  | Eggnog   | 254        | 1 cup          | 342.900             |
| 18101  | Cake, chocolate, prepared from recipe without frosting   | 95         | 1 piece        | 340.100             |
| 01037  | Cheese, ricotta, part skim milk  | 246        | 1 cup          | 339.480             |
| 09214  | Orange juice, frozen concentrate, unsweetened, undiluted   | 213        | 6-fl-oz can    | 338.670             |
| 01096  | Milk, canned, evaporated, without added vitamin A  | 252        | 1 cup          | 337.680             |
| 10089  | Pork, fresh, spareribs, separable lean and fat, cooked, braised  | 85         | 3 oz           | 337.450             |
| 15086  | Fish, salmon, sockeye, cooked, dry heat  | 155        | 1/2 fillet     | 334.800             |
| 21017  | Fast foods, danish pastry, fruit   | 94         | 1 pastry       | 334.640             |
| 21086  | Fast foods, tostada, with beans, beef, and cheese  | 225        | 1 tostada      | 333.000             |
| 05126  | Chicken, stewing, meat only, cooked, stewed  | 140        | 1 cup          | 331.800             |
| 11373  | Potatoes, au gratin, home-prepared from recipe using butter  | 245        | 1 cup          | 323.400             |
| 21074  | Fast foods, enchilada, with cheese   | 163        | 1 enchilada    | 319.480             |
| 21089  | Sandwiches and burgers, cheeseburger, regular, single meat patty, plain                                | 102        | 1 sandwich     | 319.260             |
| 21037  | Fast foods, chicken, breaded and fried, boneless pieces, plain   | 106        | 6 pieces       | 319.060             |
| 18327  | Pie, pumpkin, prepared from recipe   | 155        | 1 piece        | 316.200             |
| 10193  | Pork, fresh, backribs, separable lean and fat, cooked, roasted   | 85         | 3 oz           | 314.500             |
| 16051  | Beans, white, mature seeds, canned   | 262        | 1 cup          | 306.540             |
| 17031  | Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted              | 85         | 3 oz           | 305.150             |
| 13073  | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted | 85         | 3 oz           | 304.300             |
| 18308  | Pie, cherry, commercially prepared   | 117        | 1 piece        | 304.200             |
| 18320  | Pie, lemon meringue, commercially prepared   | 113        | 1 piece        | 302.840             |
| 09125  | Grapefruit juice, white, frozen concentrate, unsweetened, undiluted                                    | 207        | 6-fl-oz can    | 302.220             |
| 16109  | Soybeans, mature cooked, boiled, without salt  | 172        | 1 cup          | 297.560             |
| 21119  | Fast foods, hotdog, with chili   | 114        | 1 sandwich     | 296.400             |
| 18031  | Bread, indian (navajo) fry   | 90         | 5" bread       | 296.100             |
| 21090  | Fast foods, cheeseburger, regular, single patty, with condiments                                       | 113        | 1 sandwich     | 294.930             |
| 17044  | Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised    | 85         | 3 oz           | 294.100             |
| 13050  | Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised     | 85         | 3 oz           | 293.250             |
| 19106  | Candies, gumdrops, starch jelly pieces   | 74         | 10 worms       | 293.040             |
| 21138  | Fast foods, potato, french fried in vegetable oil  | 85         | 1 small        | 290.700             |
| 21021  | Fast foods, english muffin, with egg, cheese, and canadian bacon                                       | 137        | 1 muffin       | 289.070             |
| 05172  | Turkey, all classes, giblets, cooked, simmered, some giblet fat  | 145        | 1 cup          | 288.550             |
| 16058  | Chickpeas (garbanzo beans, bengal gram), mature seeds, canned  | 240        | 1 cup          | 285.600             |
| 21033  | Fast foods, sundae, hot fudge  | 158        | 1 sundae       | 284.400             |
| 16010  | Beans, baked, canned, with pork and sweet sauce  | 253        | 1 cup          | 280.830             |
| 10075  | Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised                             | 85         | 3 oz           | 279.650             |
| 21083  | Fast foods, taco salad   | 198        | 1-1/2 cups     | 279.180             |
| 09310  | Rhubarb, frozen, cooked, with sugar  | 240        | 1 cup          | 278.400             |
| 18301  | Pie, apple, commercially prepared, enriched flour  | 117        | 1 piece        | 277.290             |
| 21130  | Fast foods, onion rings, breaded and fried   | 83         | 8-9 rings      | 275.560             |

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| 05180  | Turkey, all classes, neck, meat only, cooked, simmered  | 152        | 1 neck          | 273.600             |
| 19155  | Candies, M&M MARS, SNICKERS Bar   | 57         | 1 bar (2 oz)    | 273.030             |
| 21108  | Fast foods, hamburger, regular, single patty, with condiments   | 106        | 1 sandwich      | 272.420             |
| 18305  | Pie, blueberry, commercially prepared   | 117        | 1 piece         | 271.440             |
| 18316  | Pie, coconut custard, commercially prepared   | 104        | 1 piece         | 270.400             |
| 16057  | Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt                         | 164        | 1 cup           | 268.960             |
| 17024  | Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled                  | 85         | 3 oz            | 268.600             |
| 18245  | Danish pastry, cheese   | 71         | 1 danish        | 265.540             |
| 09292  | Plums, dried (prunes), stewed, without added sugar  | 248        | 1 cup           | 265.360             |
| 18139  | Cake, white, prepared from recipe without frosting  | 74         | 1 piece         | 264.180             |
| 19143  | Candies, MR. GOODBAR Chocolate Bar  | 49         | 1 bar (1.75 oz) | 263.620             |
| 18116  | Cake, gingerbread, prepared from recipe   | 74         | 1 piece         | 263.440             |
| 18246  | Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)             | 71         | 1 danish        | 263.410             |
| 18104  | Coffeecake, cinnamon with crumb topping, commercially prepared, enriched                                    | 63         | 1 piece         | 263.340             |
| 18257  | Eclairs, custard-filled with chocolate glaze, prepared from recipe  | 100        | 1 éclair        | 262.000             |
| 22907  | Pasta with meatballs in tomato sauce, canned entree   | 252        | 1 cup           | 259.560             |
| 16038  | Beans, navy, mature seeds, cooked, boiled, without salt   | 182        | 1 cup           | 258.440             |
| 19135  | Candies, M&M MARS, MARS MILKY WAY Bar   | 61         | 1 bar (2.15 oz) | 258.030             |
| 09306  | Raspberries, frozen, red, sweetened   | 250        | 1 cup           | 257.500             |
| 18147  | Cheesecake commercially prepared  | 80         | 1 piece         | 256.800             |
| 21129  | Fast foods, hush puppies  | 78         | 5 pieces        | 256.620             |
| 21042  | Fast foods, chili con carne   | 253        | 1 cup           | 255.530             |
| 22904  | Chili con carne with beans, canned entree   | 222        | 1 cup           | 255.300             |
| 22401  | Spaghetti w/Meat Sauce, frozen entree   | 283        | 1 package       | 254.700             |
| 21063  | Fast foods, burrito, with beans and meat  | 115.5      | 1 burrito       | 254.100             |
| 11451  | Soybeans, green, cooked, boiled, drained, without salt  | 180        | 1 cup           | 253.800             |
| 10205  | Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised                              | 85         | 3 oz            | 251.600             |
| 16011  | Beans, baked, canned, with pork and tomato sauce  | 253        | 1 cup           | 247.940             |
| 18003  | Bagels, egg   | 89         | 4" bagel        | 247.420             |
| 14017  | Alcoholic beverage, pina colada, prepared-from-recipe   | 141        | 4.5 fl oz       | 245.340             |
| 09189  | Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened | 250        | 1 cup           | 245.000             |
| 09320  | Strawberries, frozen, sweetened, sliced   | 255        | 1 cup           | 244.800             |
| 18001  | Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)                            | 89         | 4" bagel        | 244.750             |
| 11296  | Onion rings, breaded, par fried, frozen, prepared, heated in oven   | 60         | 10 rings        | 244.200             |
| 18005  | Bagels, cinnamon-raisin   | 89         | 4" bagel        | 243.860             |
| 18140  | Cake, yellow, commercially prepared, with chocolate frosting  | 64         | 1 piece         | 242.560             |
| 21118  | Fast foods, hotdog, plain   | 98         | 1 sandwich      | 242.060             |
| 18255  | Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)   | 60         | 1 medium        | 241.800             |
| 16043  | Beans, pinto, mature seeds, cooked, boiled, without salt  | 171        | 1 cup           | 239.400             |
| 18141  | Cake, yellow, commercially prepared, with vanilla frosting  | 64         | 1 piece         | 238.720             |
| 05092  | Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter                                    | 86         | 1 thigh         | 238.220             |

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| 05168  | Turkey, all classes, meat only, cooked, roasted   | 140        | 1 cup                  | 238.000             |
| 11371  | Potatoes, mashed, home-prepared, whole milk and margarine added                                     | 210        | 1 cup                  | 237.300             |
| 20113  | Noodles, chinese, chow mein   | 45         | 1 cup                  | 237.150             |
| 08218  | Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins              | 51         | 1/2 cup                | 237.150             |
| 17048  | Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised    | 85         | 3 oz                   | 237.150             |
| 16103  | Refried beans, canned (includes USDA commodity)   | 252        | 1 cup                  | 236.880             |
| 23578  | Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled                                       | 85         | 3 oz                   | 236.300             |
| 16006  | Beans, baked, canned, plain or vegetarian   | 254        | 1 cup                  | 236.220             |
| 10179  | Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried          | 85         | 3 oz                   | 235.450             |
| 19120  | Candies, milk chocolate   | 44         | 1 bar (1.55 oz)        | 235.400             |
| 09250  | Peaches, frozen, sliced, sweetened  | 250        | 1 cup                  | 235.000             |
| 18096  | Cake, chocolate, commercially prepared with chocolate frosting                                      | 64         | 1 piece                | 234.880             |
| 05277  | Chicken, canned, meat only, with broth  | 142        | 5 oz                   | 234.300             |
| 13160  | Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised | 85         | 3 oz                   | 233.750             |
| 10009  | Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted                              | 85         | 3 oz                   | 232.050             |
| 11512  | Sweetpotato, canned, vacuum pack  | 255        | 1 cup                  | 232.050             |
| 18090  | Cake, boston cream pie, commercially prepared   | 92         | 1 piece                | 231.840             |
| 19150  | Candies, REESE'S Peanut Butter Cups   | 45         | 1 package (contains 2) | 231.750             |
| 01121  | Yogurt, fruit, low fat, 10 grams protein per 8 ounce  | 227        | 8-oz container         | 231.540             |
| 18239  | Croissants, butter  | 57         | 1 croissant            | 231.420             |
| 16086  | Peas, split, mature seeds, cooked, boiled, without salt   | 196        | 1 cup                  | 231.280             |
| 20033  | Oat bran, raw   | 94         | 1 cup                  | 231.240             |
| 22120  | WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles  | 110        | 1 cup                  | 231.000             |
| 06007  | Soup, bean with ham, canned, chunky, ready-to-serve, commercial                                     | 243        | 1 cup                  | 230.850             |
| 23573  | Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled                                       | 85         | 3 oz                   | 230.350             |
| 16070  | Lentils, mature seeds, cooked, boiled, without salt   | 198        | 1 cup                  | 229.680             |
| 19145  | Candies, NESTLE, CRUNCH Bar and Dessert Topping   | 44         | 1 bar (1.55 oz)        | 229.680             |
| 09284  | Plums, canned, purple, heavy syrup pack, solids and liquids   | 258        | 1 cup                  | 229.620             |
| 05022  | Chicken, broilers or fryers, giblets, cooked, simmered  | 145        | 1 cup                  | 229.100             |
| 18326  | Pie, pumpkin, commercially prepared   | 109        | 1 piece                | 228.900             |
| 19047  | Snacks, pretzels, hard, plain, salted   | 60         | 10 pretzels            | 228.600             |
| 14310  | Malted drink mix, natural, with added nutrients, powder, prepared with whole milk                   | 265        | 1 cup                  | 227.900             |
| 11385  | Potatoes, au gratin, dry mix, prepared with water, whole milk and butter                            | 245        | 1 cup                  | 227.850             |
| 11387  | Potatoes, scalloped, dry mix, prepared with water, whole milk and butter                            | 245        | 1 cup                  | 227.850             |
| 16015  | Beans, black, mature seeds, cooked, boiled, without salt  | 172        | 1 cup                  | 227.040             |
| 18151  | Cookies, brownies, commercially prepared  | 56         | 1 brownie              | 226.800             |
| 14177  | Chocolate-flavor beverage mix, powder, prepared with whole milk                                     | 266        | 1 cup                  | 226.100             |
| 21077  | Fast foods, frijoles with cheese  | 167        | 1 cup                  | 225.450             |
| 18126  | Cake, shortcake, biscuit-type, prepared from recipe   | 65         | 1 shortcake            | 224.900             |
| 16033  | Beans, kidney, red, mature seeds, cooked, boiled, without salt                                      | 177        | 1 cup                  | 224.790             |

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| 11196  | Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt                                   | 170        | 1 cup           | 224.400             |
| 18356  | Sweet rolls, cinnamon, commercially prepared with raisins  | 60         | 1 roll          | 223.200             |
| 15041  | Fish, herring, Atlantic, pickled   | 85.05      | 3 oz            | 222.831             |
| 14316  | Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk                                  | 265        | 1 cup           | 222.600             |
| 15037  | Fish, halibut, Atlantic and Pacific, cooked, dry heat  | 159        | 1/2 fillet      | 222.600             |
| 13278  | Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled                          | 85         | 3 oz            | 219.300             |
| 17012  | Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted | 85         | 3 oz            | 219.300             |
| 01013  | Cheese, cottage, creamed, with fruit   | 226        | 1 cup           | 219.220             |
| 11658  | Spinach souffle, home-prepared   | 136        | 1 cup           | 218.960             |
| 09277  | Plantains, raw   | 179        | 1 medium        | 218.380             |
| 18367  | Waffles, plain, prepared from recipe   | 75         | 1 waffle        | 218.250             |
| 22905  | Beef stew, canned entree   | 232        | 1 cup           | 218.080             |
| 16034  | Beans, kidney, red, mature seeds, canned   | 256        | 1 cup           | 217.600             |
| 05059  | Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour   | 98         | 1/2 breast      | 217.560             |
| 19109  | Candies, KIT KAT Wafer Bar   | 42         | 1 bar (1.5 oz)  | 217.140             |
| 10047  | Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted                             | 85         | 3 oz            | 216.750             |
| 20037  | Rice, brown, long-grain, cooked  | 195        | 1 cup           | 216.450             |
| 01012  | Cheese, cottage, creamed, large or small curd  | 210        | 1 cup           | 216.300             |
| 16072  | Lima beans, large, mature seeds, cooked, boiled, without salt  | 188        | 1 cup           | 216.200             |
| 19132  | Candies, milk chocolate, with almonds  | 41         | 1 bar (1.45 oz) | 215.660             |
| 11546  | Tomato products, canned, paste, without salt added   | 262        | 1 cup           | 214.840             |
| 09027  | Apricots, canned, heavy syrup pack, with skin, solids and liquids  | 258        | 1 cup           | 214.140             |
| 08243  | Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS  | 55         | 1 cup           | 213.950             |
| 13058  | Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised                      | 85         | 3 oz            | 213.350             |
| 20110  | Noodles, egg, cooked, enriched   | 160        | 1 cup           | 212.800             |
| 13348  | Beef, cured, corned beef, canned   | 85.05      | 3 oz            | 212.625             |
| 23568  | Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled  | 85         | 3 oz            | 212.500             |
| 18016  | Biscuits, plain or buttermilk, prepared from recipe  | 60         | 2-1/2" biscuit  | 212.400             |
| 11647  | Sweetpotato, canned, syrup pack, drained solids  | 196        | 1 cup           | 211.680             |
| 20112  | Noodles, egg, spinach, cooked, enriched  | 160        | 1 cup           | 211.200             |
| 22402  | HEALTHY CHOICE Beef Macaroni, frozen entree  | 240        | 1 package       | 211.200             |
| 21047  | Entrees, fish fillet, battered or breaded, and fried   | 91         | 1 fillet        | 211.120             |
| 10078  | Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised  | 85         | 3 oz            | 210.800             |
| 11372  | Potatoes, scalloped, home-prepared with butter   | 245        | 1 cup           | 210.700             |
| 08261  | Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN   | 55         | 1 cup           | 209.000             |
| 16025  | Beans, great northern, mature seeds, cooked, boiled, without salt  | 177        | 1 cup           | 208.860             |
| 19126  | Candies, milk chocolate coated peanuts   | 40         | 10 pieces       | 207.600             |
| 01102  | Milk, chocolate, fluid, commercial,  | 250        | 1 cup           | 207.500             |
| 11672  | Potato pancakes, home-prepared   | 76         | 1 pancake       | 206.720             |
| 10151  | Pork, cured, ham, whole, separable lean and fat, roasted   | 85         | 3 oz            | 206.550             |
| 18361  | Toaster pastries, brown-sugar-cinnamon   | 50         | 1 pastry        | 206.000             |

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| NDB_No | Description   | Weight (g) | Common Measure    | Content per Measure |
|--------|---|------------|-------------------|---------------------|
| 15150  | Crustaceans, shrimp, mixed species, cooked, breaded and fried                                       | 85         | 3 oz              | 205.700             |
| 20045  | Rice, white, long-grain, regular, cooked  | 158        | 1 cup             | 205.400             |
| 18362  | Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)                             | 52         | 1 pastry          | 204.360             |
| 10038  | Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled            | 85         | 3 oz              | 204.000             |
| 11379  | Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added        | 210        | 1 cup             | 203.700             |
| 01015  | Cheese, cottage, lowfat, 2% milkfat   | 226        | 1 cup             | 203.400             |
| 06243  | Soup, cream of mushroom, canned, prepared with equal volume milk, commercial                        | 248        | 1 cup             | 203.360             |
| 12632  | Nuts, macadamia nuts, dry roasted, with salt added  | 28.35      | 1 oz (10-12 nuts) | 202.986             |
| 08262  | Cereals ready-to-eat, GENERAL MILLS, BASIC 4  | 55         | 1 cup             | 201.850             |
| 18482  | Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge                             | 52         | 1 pastry          | 201.240             |
| 05044  | Chicken, broilers or fryers, dark meat, meat only, cooked, fried                                    | 84         | 3 oz              | 200.760             |
| 15173  | Mollusks, scallop, mixed species, cooked, breaded and fried   | 93         | 6 large           | 199.950             |
| 01097  | Milk, canned, evaporated, nonfat  | 256        | 1 cup             | 199.680             |
| 16063  | Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt          | 172        | 1 cup             | 199.520             |
| 20047  | Rice, white, long-grain, parboiled, enriched, cooked  | 175        | 1 cup             | 199.500             |
| 22247  | Macaroni and Cheese, canned entree  | 252        | 1 cup             | 199.080             |
| 09270  | Pineapple, canned, heavy syrup pack, solids and liquids   | 254        | 1 cup             | 198.120             |
| 18248  | Doughnuts, cake-type, plain (includes unsugared, old-fashioned)                                     | 47         | 1 medium          | 197.870             |
| 20100  | Macaroni, cooked, enriched  | 140        | 1 cup             | 197.400             |
| 20121  | Spaghetti, cooked, enriched, without added salt   | 140        | 1 cup             | 197.400             |
| 18003  | Bagels, egg   | 71         | 3-1/2" bagel      | 197.380             |
| 17034  | Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted              | 85         | 3 oz              | 197.200             |
| 10176  | Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried             | 85         | 3 oz              | 197.200             |
| 09257  | Pears, canned, heavy syrup pack, solids and liquids   | 266        | 1 cup             | 196.840             |
| 12142  | Nuts, pecans  | 28.35      | 1 oz (20 halves)  | 195.899             |
| 18019  | Bread, banana, prepared from recipe, made with margarine  | 60         | 1 slice           | 195.600             |
| 18001  | Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)                    | 71         | 3-1/2" bagel      | 195.250             |
| 08220  | Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins                             | 50         | 1/2 cup           | 195.000             |
| 13176  | Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted | 85         | 3 oz              | 194.650             |
| 15011  | Fish, catfish, channel, cooked, breaded and fried   | 85         | 3 oz              | 194.650             |
| 13085  | Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted | 85         | 3 oz              | 194.650             |
| 08060  | Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN  | 61         | 1 cup             | 194.590             |
| 18005  | Bagels, cinnamon-raisin   | 71         | 3-1/2" bagel      | 194.540             |
| 09241  | Peaches, canned, heavy syrup pack, solids and liquids   | 262        | 1 cup             | 193.880             |
| 09020  | Applesauce, canned, sweetened, without salt   | 255        | 1 cup             | 193.800             |
| 17112  | Veal, rib, separable lean and fat, cooked, roasted  | 85         | 3 oz              | 193.800             |
| 20006  | Barley, pearled, cooked   | 157        | 1 cup             | 193.110             |
| 05067  | Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter                        | 72         | 1 drumstick       | 192.960             |

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| NDB_No | Description  | Weight (g) | Common Measure   | Content per Measure |
|--------|--|------------|------------------|---------------------|
| 05306  | Poultry food products, ground turkey, cooked   | 82         | 1 patty          | 192.700             |
| 08219  | Cereals ready-to-eat, QUAKER, Honey Nut Heaven   | 49         | 1 cup            | 192.080             |
| 06216  | Soup, cream of chicken, prepared with equal volume milk, commercial  | 248        | 1 cup            | 190.960             |
| 19090  | Ice creams, french vanilla, soft-serve   | 86         | 1/2 cup          | 190.920             |
| 12147  | Nuts, pine nuts, pignolia, dried   | 28.35      | 1 oz             | 190.796             |
| 16073  | Lima beans, large, mature seeds, canned  | 241        | 1 cup            | 190.390             |
| 10051  | Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted                        | 85         | 3 oz             | 189.550             |
| 08319  | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size                                      | 55         | 1 cup            | 189.200             |
| 11040  | Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt                              | 180        | 1 cup            | 189.000             |
| 21061  | Fast foods, burrito, with beans and cheese   | 93         | 1 burrito        | 188.790             |
| 18023  | Bread, cornbread, dry mix, prepared  | 60         | 1 piece          | 188.400             |
| 18127  | Cake, snack cakes, creme-filled, chocolate with frosting   | 50         | 1 cupcake        | 188.000             |
| 11674  | Potato, baked, flesh and skin, without salt  | 202        | 1 potato         | 187.860             |
| 18134  | Cake, sponge, prepared from recipe   | 63         | 1 piece          | 187.110             |
| 09055  | Blueberries, frozen, sweetened   | 230        | 1 cup            | 186.300             |
| 12537  | Seeds, sunflower seed kernels, dry roasted, with salt added  | 32         | 1/4 cup          | 186.240             |
| 18243  | Croutons, seasoned   | 40         | 1 cup            | 186.000             |
| 12078  | Nuts, brazilnuts, dried, unblanched  | 28.35      | 1 oz (6-8 nuts)  | 185.976             |
| 07014  | Braunschweiger (a liver sausage), pork   | 56.7       | 2 slices         | 185.409             |
| 12155  | Nuts, walnuts, english   | 28.35      | 1 oz (14 halves) | 185.409             |
| 19193  | Puddings, rice, ready-to-eat   | 113.4      | 4 oz             | 184.842             |
| 16064  | Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain                                  | 240        | 1 cup            | 184.800             |
| 11174  | Corn, sweet, yellow, canned, cream style, regular pack   | 256        | 1 cup            | 184.320             |
| 19089  | Ice creams, vanilla, rich  | 74         | 1/2 cup          | 184.260             |
| 21050  | Entrees, pizza with cheese, meat, and vegetables   | 79         | 1 slice          | 184.070             |
| 17027  | Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled                      | 85         | 3 oz             | 183.600             |
| 15086  | Fish, salmon, sockeye, cooked, dry heat  | 85         | 3 oz             | 183.600             |
| 09294  | Prune juice, canned  | 256        | 1 cup            | 181.760             |
| 05292  | Turkey patties, breaded, battered, fried   | 64         | 1 patty          | 181.120             |
| 21051  | Entrees, pizza with pepperoni  | 71         | 1 slice          | 181.050             |
| 09100  | Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids | 248        | 1 cup            | 181.040             |
| 15071  | Fish, rockfish, Pacific, mixed species, cooked, dry heat   | 149        | 1 fillet         | 180.290             |
| 21088  | Tostada with guacamole   | 130.5      | 1 tostada        | 180.090             |
| 01103  | Milk, chocolate, fluid, commercial, reduced fat  | 250        | 1 cup            | 180.000             |
| 10011  | Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted  | 85         | 3 oz             | 179.350             |
| 17095  | Veal, leg (top round), separable lean and fat, cooked, braised   | 85         | 3 oz             | 179.350             |
| 09278  | Plantains, cooked  | 154        | 1 cup            | 178.640             |
| 14150  | Carbonated beverage, orange  | 372        | 12 fl oz         | 178.560             |
| 12120  | Nuts, hazelnuts or filberts  | 28.35      | 1 oz             | 178.038             |
| 18082  | Bread stuffing, bread, dry mix, prepared   | 100        | 1/2 cup          | 178.000             |
| 13168  | Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised             | 85         | 3 oz             | 177.650             |



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|--------|--|------------|------------------|---------------------|
| 15088  | Fish, sardine, Atlantic, canned in oil, drained solids with bone                         | 85.05      | 3 oz             | 176.904             |
| 20029  | Couscous, cooked   | 157        | 1 cup            | 175.840             |
| 11399  | Potato puffs, frozen, prepared   | 79         | 10 puffs         | 175.380             |
| 06018  | Soup, chicken noodle, canned, chunky, ready-to-serve                                     | 240        | 1 cup            | 175.200             |
| 11038  | Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt      | 170        | 1 cup            | 175.100             |
| 12637  | Nuts, mixed nuts, oil roasted, with peanuts, with salt added                             | 28.35      | 1 oz             | 174.920             |
| 14414  | Alcoholic beverage, liqueur, coffee, 53 proof  | 52         | 1.5 fl oz        | 174.720             |
| 11657  | Potatoes, mashed, home-prepared, whole milk added  | 210        | 1 cup            | 174.300             |
| 18279  | Muffins, corn, commercially prepared   | 57         | 1 muffin         | 173.850             |
| 20125  | Spaghetti, whole-wheat, cooked   | 140        | 1 cup            | 173.600             |
| 08031  | Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original                            | 51         | 1 cup            | 173.400             |
| 18024  | Bread, cornbread, prepared from recipe, made with low fat (2%) milk                      | 65         | 1 piece          | 172.900             |
| 07008  | Bologna, beef and pork   | 56.7       | 2 slices         | 172.368             |
| 06404  | Soup, bean with pork, canned, prepared with equal volume water, commercial               | 253        | 1 cup            | 172.040             |
| 10042  | Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled    | 85         | 3 oz             | 171.700             |
| 08247  | Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran                                   | 55         | 1 cup            | 171.050             |
| 16089  | Peanuts, all types, oil-roasted, with salt   | 28.35      | 1 oz             | 169.817             |
| 15119  | Fish, tuna, light, canned in oil, drained solids   | 85.05      | 3 oz             | 168.399             |
| 12635  | Nuts, mixed nuts, dry roasted, with peanuts, with salt added                             | 28.35      | 1 oz             | 168.399             |
| 15034  | Fish, haddock, cooked, dry heat  | 150        | 1 fillet         | 168.000             |
| 19038  | Snacks, popcorn, caramel-coated, with peanuts  | 42         | 1 cup            | 168.000             |
| 15168  | Mollusks, oyster, eastern, cooked, breaded and fried                                     | 85         | 3 oz             | 167.450             |
| 18353  | Rolls, hard (includes kaiser)  | 57         | 1 roll           | 167.010             |
| 11176  | Corn, sweet, yellow, canned, vacuum pack, regular pack                                   | 210        | 1 cup            | 165.900             |
| 16090  | Peanuts, all types, dry-roasted, with salt   | 28.35      | 1 oz (approx 28) | 165.848             |
| 16390  | Peanuts, all types, dry-roasted, without salt  | 28.35      | 1 oz (approx 28) | 165.848             |
| 13287  | Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled | 85         | 3 oz             | 165.750             |
| 20089  | Wild rice, cooked  | 164        | 1 cup            | 165.640             |
| 06024  | Soup, chicken vegetable, canned, chunky, ready-to-serve                                  | 240        | 1 cup            | 165.600             |
| 18041  | Bread, pita, white, enriched   | 60         | 6-1/2" pita      | 165.000             |
| 06449  | Soup, pea, green, canned, prepared with equal volume water, commercial                   | 250        | 1 cup            | 165.000             |
| 12537  | Seeds, sunflower seed kernels, dry roasted, with salt added                              | 28.35      | 1 oz             | 164.997             |
| 14057  | Alcoholic beverage, wine, dessert, sweet   | 103        | 3.5 fl oz        | 164.800             |
| 12586  | Nuts, cashew nuts, oil roasted, with salt added  | 28.35      | 1 oz (18 nuts)   | 164.714             |
| 15111  | Fish, swordfish, cooked, dry heat  | 106        | 1 piece          | 164.300             |
| 12061  | Nuts, almonds  | 28.35      | 1 oz (24 nuts)   | 163.863             |
| 21028  | Fast foods, ice milk, vanilla, soft-serve, with cone                                     | 103        | 1 cone           | 163.770             |
| 06230  | Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial     | 248        | 1 cup            | 163.680             |
| 12585  | Nuts, cashew nuts, dry roasted, with salt added  | 28.35      | 1 oz             | 162.729             |
| 01016  | Cheese, cottage, lowfat, 1% milkfat  | 226        | 1 cup            | 162.720             |

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|--------|---|------------|----------------------------|---------------------|
| 18278  | Muffins, blueberry, prepared from recipe, made with low fat (2%) milk   | 57         | 1 muffin                   | 162.450             |
| 17014  | Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted | 85         | 3 oz                       | 162.350             |
| 20049  | Rice, white, long-grain, precooked or instant, enriched, prepared   | 165        | 1 cup                      | 161.700             |
| 05040  | Chicken, broilers or fryers, light meat, meat only, cooked, fried   | 84         | 3 oz                       | 161.280             |
| 06359  | Soup, tomato, canned, prepared with equal volume milk, commercial   | 248        | 1 cup                      | 161.200             |
| 12652  | Nuts, pistachio nuts, dry roasted, with salt added  | 28.35      | 1 oz (47 nuts)             | 161.028             |
| 18280  | Muffins, corn, dry mix, prepared  | 50         | 1 muffin                   | 160.500             |
| 11192  | Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt  | 165        | 1 cup                      | 160.050             |
| 14142  | Carbonated beverage, grape soda   | 372        | 12 fl oz                   | 159.960             |
| 19230  | Frostings, vanilla, creamy, ready-to-eat  | 38         | 1/12 package               | 159.600             |
| 12104  | Nuts, coconut meat, raw   | 45         | 1 piece                    | 159.300             |
| 19116  | Candies, marshmallows   | 50         | 1 cup                      | 159.000             |
| 05101  | Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter   | 49         | 1 wing                     | 158.760             |
| 19410  | Snacks, potato chips, made from dried potatoes, plain   | 28.35      | 1 oz                       | 158.193             |
| 18274  | Muffins, blueberry, commercially prepared   | 57         | 1 muffin                   | 157.890             |
| 01104  | Milk, chocolate, fluid, commercial, lowfat  | 250        | 1 cup                      | 157.500             |
| 05188  | Turkey, all classes, dark meat, cooked, roasted   | 84         | 3 oz                       | 157.080             |
| 19183  | Puddings, chocolate, ready-to-eat   | 113        | 4 oz                       | 157.070             |
| 19008  | Snacks, corn-based, extruded, puffs or twists, cheese-flavor  | 28.35      | 1 oz                       | 157.059             |
| 14536  | Alcoholic beverage, wine, dessert, dry  | 103        | 3.5 fl oz                  | 156.560             |
| 08131  | Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water                              | 155        | 1 packet                   | 156.550             |
| 08340  | Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT Cereal  | 46         | 2 biscuits                 | 156.400             |
| 14400  | Carbonated beverage, cola, contains caffeine  | 370        | 12 fl oz                   | 155.400             |
| 19046  | Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor                                       | 28.35      | 1 oz                       | 155.075             |
| 15027  | Fish, fish portions and sticks, frozen, preheated   | 57         | 1 portion (4" x 2" x 1/2") | 155.040             |
| 19190  | Puddings, chocolate, dry mix, regular, prepared with 2% milk  | 142        | 1/2 cup                    | 154.780             |
| 18128  | Cake, snack cakes, creme-filled, sponge   | 42.5       | 1 cake                     | 154.700             |
| 20010  | Buckwheat groats, roasted, cooked   | 168        | 1 cup                      | 154.560             |
| 19041  | Snacks, pork skins, plain   | 28.35      | 1 oz                       | 154.508             |
| 19123  | Puddings, chocolate, dry mix, instant, prepared with 2% milk  | 147        | 1/2 cup                    | 154.350             |
| 09135  | Grape juice, canned or bottled, unsweetened, without added vitamin C  | 253        | 1 cup                      | 154.330             |
| 18283  | Muffins, oat bran   | 57         | 1 muffin                   | 153.900             |
| 09220  | Tangerines, (mandarin oranges), canned, light syrup pack  | 252        | 1 cup                      | 153.720             |
| 19071  | Candies, carob  | 28.35      | 1 oz                       | 153.090             |
| 19003  | Snacks, corn-based, extruded, chips, plain  | 28.35      | 1 oz                       | 152.807             |
| 09121  | Grapefruit, sections, canned, light syrup pack, solids and liquids  | 254        | 1 cup                      | 152.400             |
| 19811  | Snacks, potato chips, plain, unsalted   | 28.35      | 1 oz                       | 151.956             |
| 19411  | Snacks, potato chips, plain, salted   | 28.35      | 1 oz                       | 151.956             |
| 19039  | Snacks, popcorn, caramel-coated, without peanuts  | 35.2       | 1 cup                      | 151.712             |
| 14157  | Carbonated beverage, root beer  | 370        | 12 fl oz                   | 151.700             |
| 21026  | Fast foods, potatoes, hashed brown  | 72         | 1/2 cup                    | 151.200             |

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|--------|--|------------|----------------------|---------------------|
| 20013  | Bulgur, cooked   | 182        | 1 cup                | 151.060             |
| 14153  | Carbonated beverage, pepper-type, contains caffeine  | 368        | 12 fl oz             | 150.880             |
| 19226  | Frostings, chocolate, creamy, ready-to-eat   | 38         | 1/12 package         | 150.860             |
| 19043  | Snacks, potato chips, sour-cream-and-onion-flavor  | 28.35      | 1 oz                 | 150.539             |
| 09268  | Pineapple, canned, juice pack, solids and liquids  | 249        | 1 cup                | 149.400             |
| 18269  | French toast, prepared from recipe, made with low fat (2%) milk                                  | 65         | 1 slice              | 148.850             |
| 13327  | Beef, variety meats and by-products, liver, cooked, pan-fried                                    | 85         | 3 oz                 | 148.750             |
| 15029  | Fish, flatfish (flounder and sole species), cooked, dry heat                                     | 127        | 1 fillet             | 148.590             |
| 07022  | Frankfurter, beef  | 45         | 1 frank              | 148.500             |
| 19004  | Snacks, corn-based, extruded, chips, barbecue-flavor   | 28.35      | 1 oz                 | 148.271             |
| 12516  | Seeds, pumpkin and squash seed kernels, roasted, with salt added                                 | 28.35      | 1 oz (142 seeds)     | 147.987             |
| 08121  | Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt        | 234        | 1 cup                | 147.420             |
| 14145  | Carbonated beverage, lemon-lime soda   | 368        | 12 fl oz             | 147.200             |
| 21127  | Fast foods, coleslaw   | 99         | 3/4 cup              | 146.520             |
| 01077  | Milk, whole, 3.25% milkfat   | 244        | 1 cup                | 146.400             |
| 09282  | Plums, canned, purple, juice pack, solids and liquids  | 252        | 1 cup                | 146.160             |
| 19201  | Puddings, vanilla, ready-to-eat  | 113        | 4 oz                 | 145.770             |
| 14003  | Alcoholic beverage, beer, regular  | 355        | 12 fl oz             | 145.550             |
| 11363  | Potatoes, baked, flesh, without salt   | 156        | 1 potato             | 145.080             |
| 19026  | Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter                        | 28.35      | 1 bar                | 144.302             |
| 14242  | Cranberry juice cocktail, bottled  | 253        | 8 fl oz              | 144.210             |
| 11659  | Sweetpotato, cooked, candied, home-prepared  | 105        | 1 piece              | 143.850             |
| 15241  | Fish, trout, rainbow, farmed, cooked, dry heat   | 85         | 3 oz                 | 143.650             |
| 19031  | Snacks, oriental mix, rice-based   | 28.35      | 1 oz (about 1/4 cup) | 143.451             |
| 01117  | Yogurt, plain, low fat, 12 grams protein per 8 ounce   | 227        | 8-oz container       | 143.010             |
| 13184  | Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted | 85         | 3 oz                 | 142.800             |
| 08164  | Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt        | 242        | 1 cup                | 142.780             |
| 08091  | Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt         | 242        | 1 cup                | 142.780             |
| 19270  | Ice creams, chocolate  | 66         | 1/2 cup              | 142.560             |
| 06931  | Sauce, pasta, spaghetti/marinara, ready-to-serve   | 250        | 1 cup                | 142.500             |
| 19045  | Snacks, potato chips, made from dried potatoes, light  | 28.35      | 1 oz                 | 142.034             |
| 19056  | Snacks, tortilla chips, plain  | 28.35      | 1 oz                 | 142.034             |
| 19078  | Baking chocolate, unsweetened, squares   | 28.35      | 1 square             | 142.034             |
| 10185  | Pork, cured, ham, extra lean and regular, canned, roasted  | 85         | 3 oz                 | 141.950             |
| 05064  | Chicken, broilers or fryers, breast, meat only, cooked, roasted                                  | 86         | 1/2 breast           | 141.900             |
| 07069  | Salami, cooked, beef and pork  | 56.7       | 2 slices             | 141.750             |
| 16112  | Miso   | 68.75      | 1 cup                | 141.625             |
| 19212  | Puddings, vanilla, dry mix, regular, prepared with 2% milk                                       | 140        | 1/2 cup              | 141.400             |
| 19057  | Snacks, tortilla chips, nacho-flavor   | 28.35      | 1 oz                 | 141.183             |
| 09403  | Apricot nectar, canned, with added ascorbic acid   | 251        | 1 cup                | 140.560             |
| 21049  | Entrees, pizza with cheese   | 63         | 1 slice              | 140.490             |
| 09273  | Pineapple juice, canned, unsweetened, without added ascorbic acid                                | 250        | 1 cup                | 140.000             |

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## Energy (Kcal) Content of Selected Foods per Common Measure, sorted by nutrient content

| NDB_No | Description   | Weight (g) | Common Measure                | Content per Measure |
|--------|---|------------|-------------------------------|---------------------|
| 18110  | Cake, fruitcake, commercially prepared  | 43         | 1 piece                       | 139.320             |
| 19042  | Snacks, potato chips, barbecue-flavor   | 28.35      | 1 oz                          | 139.199             |
| 01116  | Yogurt, plain, whole milk, 8 grams protein per 8 ounce  | 227        | 8-oz container                | 138.470             |
| 18177  | Cookies, molasses   | 32         | 1 cookie, large (3-1/2" to 4" | 137.600             |
| 07023  | Frankfurter, beef and pork  | 45         | 1 frank                       | 137.250             |
| 19441  | Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit                                     | 37         | 1 bar                         | 136.160             |
| 08143  | Cereals, WHEATENA, cooked with water  | 243        | 1 cup                         | 136.080             |
| 09176  | Mangos, raw   | 207        | 1 mango                       | 134.550             |
| 19218  | Puddings, tapioca, ready-to-eat   | 113        | 4 oz                          | 134.470             |
| 11367  | Potatoes, boiled, cooked without skin, flesh, without salt                                    | 156        | 1 cup                         | 134.160             |
| 18258  | English muffins, plain, enriched, with ca prop (includes sourdough)                           | 57         | 1 muffin                      | 133.950             |
| 19077  | Baking chocolate, unsweetened, liquid   | 28.35      | 1 oz                          | 133.812             |
| 15141  | Crustaceans, crab, blue, canned   | 135        | 1 cup                         | 133.650             |
| 19422  | Snacks, potato chips, reduced fat   | 28.35      | 1 oz                          | 133.529             |
| 19015  | Snacks, granola bars, hard, plain   | 28.35      | 1 bar                         | 133.529             |
| 09040  | Bananas, raw  | 150        | 1 cup                         | 133.500             |
| 10153  | Pork, cured, ham, whole, separable lean only, roasted   | 85         | 3 oz                          | 133.450             |
| 11179  | Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt               | 164        | 1 cup                         | 132.840             |
| 19095  | Ice creams, vanilla   | 66         | 1/2 cup                       | 132.660             |
| 18259  | English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)       | 52         | 1 muffin                      | 132.600             |
| 05186  | Turkey, all classes, light meat, cooked, roasted  | 84         | 3 oz                          | 131.880             |
| 05296  | Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted                        | 85.05      | 3 oz                          | 131.828             |
| 15111  | Fish, swordfish, cooked, dry heat   | 85         | 3 oz                          | 131.750             |
| 14293  | Lemonade, frozen concentrate, white, prepared with water                                      | 248        | 8 fl oz                       | 131.440             |
| 11508  | Sweetpotato, cooked, baked in skin, without salt  | 146        | 1 potato                      | 131.400             |
| 18452  | Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat                                | 43         | 1 cupcake                     | 131.150             |
| 08125  | Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water            | 149        | 1 packet                      | 129.630             |
| 06443  | Soup, cream of mushroom, canned, prepared with equal volume water, commercial                 | 244        | 1 cup                         | 129.320             |
| 08105  | Cereals, CREAM OF WHEAT, quick, cooked with water, without salt                               | 239        | 1 cup                         | 129.060             |
| 18088  | Cake, angelfood, dry mix, prepared  | 50         | 1 piece                       | 128.500             |
| 18164  | Cookies, chocolate chip, refrigerated dough, baked  | 26         | 1 cookie                      | 127.920             |
| 08194  | Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS  | 30         | 3/4 cup                       | 127.500             |
| 09137  | Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C | 250        | 1 cup                         | 127.500             |
| 01118  | Yogurt, plain, skim milk, 13 grams protein per 8 ounce  | 227        | 8-oz container                | 127.120             |
| 19022  | Snacks, granola bars, soft, uncoated, raisin  | 28.35      | 1 bar                         | 127.008             |
| 08272  | Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH                                    | 30         | 3/4 cup                       | 126.600             |
| 19424  | Snacks, tortilla chips, nacho-flavor, reduced fat   | 28.35      | 1 oz                          | 126.158             |
| 06204  | Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve                               | 242        | 1 cup                         | 125.840             |
| 15160  | Mollusks, clam, mixed species, canned, drained solids   | 85         | 3 oz                          | 125.800             |
| 18268  | French toast, frozen, ready-to-heat   | 59         | 1 slice                       | 125.670             |

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| NDB_No | Description   | Weight (g) | Common Measure       | Content per Measure |
|--------|---|------------|----------------------|---------------------|
| 08103  | Cereals, CREAM OF WHEAT, regular, cooked with water, without salt                               | 251        | 1 cup                | 125.500             |
| 14341  | Pineapple and orange juice drink, canned  | 250        | 8 fl oz              | 125.000             |
| 11313  | Peas, green, frozen, cooked, boiled, drained, without salt                                      | 160        | 1 cup                | 124.800             |
| 09223  | Tangerine juice, canned, sweetened  | 249        | 1 cup                | 124.500             |
| 14136  | Carbonated beverage, ginger ale   | 366        | 12 fl oz             | 124.440             |
| 09254  | Pears, canned, juice pack, solids and liquids   | 248        | 1 cup                | 124.000             |
| 04582  | Vegetable oil, canola   | 14         | 1 tbsp               | 123.760             |
| 01014  | Cheese, cottage, nonfat, uncreamed, dry, large or small curd                                    | 145        | 1 cup                | 123.250             |
| 06206  | Soup, PROGRESSO HEALTHY CLASSICS MINISTRONE, canned, ready-to-serve                             | 241        | 1 cup                | 122.910             |
| 08117  | Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt                      | 240        | 1 cup                | 122.400             |
| 08288  | Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal                            | 30         | 3/4 cup              | 122.400             |
| 06067  | Soup, vegetable, canned, chunky, ready-to-serve, commercial                                     | 240        | 1 cup                | 122.400             |
| 01079  | Milk, reduced fat, fluid, 2% milkfat, with added vitamin A                                      | 244        | 1 cup                | 122.000             |
| 19033  | Snacks, CHEX mix  | 28.35      | 1 oz (about 2/3 cup) | 120.488             |
| 04511  | Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce) | 13.6       | 1 tbsp               | 120.224             |
| 04034  | Oil, soybean, salad or cooking, (hydrogenated)  | 13.6       | 1 tbsp               | 120.224             |
| 04543  | Oil, soybean, salad or cooking, (hydrogenated) and cottonseed                                   | 13.6       | 1 tbsp               | 120.224             |
| 04506  | Oil, vegetable, sunflower, linoleic, (60% and over)   | 13.6       | 1 tbsp               | 120.224             |
| 04518  | Oil, vegetable corn, salad or cooking   | 13.6       | 1 tbsp               | 120.224             |
| 04058  | Oil, sesame, salad or cooking   | 13.6       | 1 tbsp               | 120.224             |
| 16120  | Soy milk, fluid   | 245        | 1 cup                | 120.050             |
| 05068  | Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour                     | 49         | 1 drumstick          | 120.050             |
| 14342  | Rice beverage, RICE DREAM, canned   | 245        | 1 cup                | 120.050             |
| 08049  | Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain  | 32         | 3/4 cup              | 120.000             |
| 08210  | Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE  | 32         | 3/4 cup              | 120.000             |
| 18350  | Rolls, hamburger or hotdog, plain   | 43         | 1 roll               | 119.970             |
| 18069  | Bread, white, commercially prepared (includes soft bread crumbs)                                | 45         | 1 cup                | 119.700             |
| 04042  | Oil, peanut, salad or cooking   | 13.5       | 1 tbsp               | 119.340             |
| 04053  | Oil, olive, salad or cooking  | 13.5       | 1 tbsp               | 119.340             |
| 06909  | Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve                                   | 63         | 1/4 cup              | 119.070             |
| 19404  | Snacks, granola bars, soft, uncoated, chocolate chip  | 28.35      | 1 bar                | 119.070             |
| 15037  | Fish, halibut, Atlantic and Pacific, cooked, dry heat   | 85         | 3 oz                 | 119.000             |
| 08065  | Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES  | 33         | 1-1/4 cup            | 118.800             |
| 09226  | Papayas, raw  | 304        | 1 papaya             | 118.560             |
| 11510  | Sweetpotato, cooked, boiled, without skin   | 156        | 1 potato             | 118.560             |
| 11365  | Potatoes, boiled, cooked in skin, flesh, without salt   | 136        | 1 potato             | 118.320             |
| 11584  | Vegetables, mixed, frozen, cooked, boiled, drained, without salt                                | 182        | 1 cup                | 118.300             |
| 15221  | Fish, tuna, yellowfin, fresh, cooked, dry heat  | 85         | 3 oz                 | 118.150             |
| 15084  | Fish, salmon, pink, canned, solids with bone and liquid   | 85         | 3 oz                 | 118.150             |
| 08014  | Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES   | 31         | 3/4 cup              | 118.110             |
| 08274  | Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX  | 30         | 3/4 cup              | 117.900             |

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## Energy (Kcal) Content of Selected Foods per Common Measure, sorted by nutrient content

| NDB_No | Description   | Weight (g) | Common Measure | Content per Measure |
|--------|---|------------|----------------|---------------------|
| 08030  | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS                              | 30         | 1 cup          | 117.900             |
| 08068  | Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS                                | 31         | 1 cup          | 117.800             |
| 08263  | Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS                      | 30         | 3/4 cup        | 117.600             |
| 14334  | Pineapple and grapefruit juice drink, canned                                      | 250        | 8 fl oz        | 117.500             |
| 08067  | Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K                                | 31         | 1 cup          | 117.490             |
| 19293  | Frozen yogurts, vanilla, soft-serve   | 72         | 1/2 cup        | 117.360             |
| 08078  | Cereals ready-to-eat, GENERAL MILLS, TRIX   | 30         | 1 cup          | 117.300             |
| 11308  | Peas, green, canned, regular pack, drained solids                                 | 170        | 1 cup          | 117.300             |
| 09024  | Apricots, canned, juice pack, with skin, solids and liquids                       | 244        | 1 cup          | 117.120             |
| 06416  | Soup, cream of chicken, canned, prepared with equal volume water, commercial      | 244        | 1 cup          | 117.120             |
| 06205  | Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve | 244        | 1 cup          | 117.120             |
| 09087  | Dates, deglet noor  | 41.5       | 5 dates        | 117.030             |
| 08271  | Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS                                  | 30         | 1 cup          | 117.000             |
| 08003  | Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS                              | 30         | 1 cup          | 117.000             |
| 08064  | Cereals ready-to-eat, GENERAL MILLS, Rice CHEX                                    | 31         | 1-1/4 cup      | 116.870             |
| 14267  | Fruit punch drink, with added nutrients, canned                                   | 248        | 8 fl oz        | 116.560             |
| 09016  | Apple juice, canned or bottled, unsweetened, without added ascorbic acid          | 248        | 1 cup          | 116.560             |
| 11367  | Potatoes, boiled, cooked without skin, flesh, without salt                        | 135        | 1 potato       | 116.100             |
| 07024  | Frankfurter, chicken  | 45         | 1 frank        | 115.650             |
| 09340  | Pears, asian, raw   | 275        | 1 pear         | 115.500             |
| 04002  | Lard  | 12.8       | 1 tbsp         | 115.456             |
| 19393  | Frozen yogurts, chocolate, soft-serve   | 72         | 1/2 cup        | 115.200             |
| 09124  | Grapefruit juice, white, canned, sweetened  | 250        | 1 cup          | 115.000             |
| 11364  | Potatoes, baked, skin, without salt   | 58         | 1 skin         | 114.840             |
| 18027  | Bread, egg  | 40         | 1/2" slice     | 114.800             |
| 06094  | Soup, onion mix, dehydrated, dry form   | 39         | 1 packet       | 114.660             |
| 08057  | Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX                               | 30         | 3/4 cup        | 114.300             |
| 01009  | Cheese, cheddar   | 28.35      | 1 oz           | 114.251             |
| 11226  | Jerusalem-artichokes, raw   | 150        | 1 cup          | 114.000             |
| 01007  | Cheese, camembert   | 38         | 1 wedge        | 114.000             |
| 08050  | Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS                                 | 30         | 1 cup          | 114.000             |
| 08069  | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES                           | 31         | 3/4 cup        | 113.770             |
| 14194  | Cocoa mix, powder, prepared with water  | 206        | 1 serving      | 113.300             |
| 04031  | Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)           | 12.8       | 1 tbsp         | 113.152             |
| 08048  | Cereals ready-to-eat, GENERAL MILLS, KIX  | 30         | 1-1/3 cup      | 113.100             |
| 14192  | Cocoa mix, powder   | 28.35      | 3 heaping tsp  | 112.833             |
| 14277  | Grape drink, canned   | 250        | 8 fl oz        | 112.500             |
| 18178  | Cookies, oatmeal, commercially prepared, regular                                  | 25         | 1 cookie       | 112.500             |
| 08012  | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH                 | 27         | 3/4 cup        | 112.320             |
| 09215  | Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water        | 249        | 1 cup          | 112.050             |
| 18079  | Bread crumbs, dry, grated, plain  | 28.35      | 1 oz           | 111.983             |

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| NDB_No | Description   | Weight (g) | Common Measure | Content per Measure |
|--------|---|------------|----------------|---------------------|
| 18217  | Crackers, matzo, plain  | 28.35      | 1 matzo        | 111.983             |
| 08246  | Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes  | 30         | 1-1/3 cup      | 111.900             |
| 08045  | Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS   | 30         | 1 cup          | 111.900             |
| 08019  | Cereals ready-to-eat, GENERAL MILLS, Corn CHEX  | 30         | 1 cup          | 111.900             |
| 08266  | Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES   | 30         | 3/4 cup        | 111.900             |
| 14297  | Lemonade-flavor drink, powder, prepared with water  | 266        | 8 fl oz        | 111.720             |
| 08035  | Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS   | 30         | 3/4 cup        | 111.600             |
| 09206  | Orange juice, raw   | 248        | 1 cup          | 111.600             |
| 14010  | Alcoholic beverage, daiquiri, prepared-from-recipe  | 60         | 2 fl oz        | 111.600             |
| 11299  | Parsnips, cooked, boiled, drained, without salt   | 156        | 1 cup          | 110.760             |
| 08013  | Cereals ready-to-eat, GENERAL MILLS, CHEERIOS   | 30         | 1 cup          | 110.700             |
| 14551  | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof                                      | 42         | 1.5 fl oz      | 110.460             |
| 09132  | Grapes, red or green (european type varieties, such as, Thompson seedless), raw                             | 160        | 1 cup          | 110.400             |
| 06930  | Sauce, cheese, ready-to-serve   | 63         | 1/4 cup        | 109.620             |
| 09209  | Orange juice, chilled, includes from concentrate  | 249        | 1 cup          | 109.560             |
| 08259  | Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX  | 29         | 1 cup          | 109.330             |
| 09238  | Peaches, canned, juice pack, solids and liquids   | 248        | 1 cup          | 109.120             |
| 09097  | Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids | 237        | 1 cup          | 109.020             |
| 19088  | Ice creams, vanilla, light  | 66         | 1/2 cup        | 108.900             |
| 15150  | Crustaceans, shrimp, mixed species, cooked, breaded and fried   | 45         | 6 large        | 108.900             |
| 15126  | Fish, tuna, white, canned in water, drained solids  | 85         | 3 oz           | 108.800             |
| 05098  | Chicken, broilers or fryers, thigh, meat only, cooked, roasted  | 52         | 1 thigh        | 108.680             |
| 18120  | Cake, pound, commercially prepared, butter  | 28         | 1 piece        | 108.640             |
| 18358  | Sweet rolls, cinnamon, refrigerated dough with frosting, baked  | 30         | 1 roll         | 108.600             |
| 08010  | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH  | 27         | 3/4 cup        | 108.270             |
| 01040  | Cheese, swiss   | 28.35      | 1 oz           | 107.730             |
| 09176  | Mangos, raw   | 165        | 1 cup          | 107.250             |
| 19097  | Sherbet, orange   | 74         | 1/2 cup        | 106.560             |
| 08089  | Cereals ready-to-eat, GENERAL MILLS, WHEATIES   | 30         | 1 cup          | 106.500             |
| 18388  | Muffins, wheat bran, toaster-type with raisins, toasted   | 34         | 1 muffin       | 106.420             |
| 19108  | Candies, jellybeans   | 28.35      | 10 large       | 106.313             |
| 01042  | Cheese, pasteurized process, american, with di sodium phosphate   | 28.35      | 1 oz           | 106.313             |
| 09040  | Bananas, raw  | 118        | 1 banana       | 105.020             |
| 14550  | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof                                      | 42         | 1.5 fl oz      | 105.000             |
| 09019  | Applesauce, canned, unsweetened, without added ascorbic acid  | 244        | 1 cup          | 104.920             |
| 21054  | Fast foods, salad, vegetable, tossed, without dressing, with chicken  | 218        | 1-1/2 cups     | 104.640             |
| 09207  | Orange juice, canned, unsweetened   | 249        | 1 cup          | 104.580             |
| 08071  | Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS   | 27         | 3/4 cup        | 104.490             |
| 01030  | Cheese, muenster  | 28.35      | 1 oz           | 104.328             |
| 08011  | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES   | 26         | 3/4 cup        | 104.260             |
| 18364  | Tortillas, ready-to-bake or -fry, flour   | 32         | 1 tortilla     | 104.000             |
| 08082  | Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX   | 30         | 1 cup          | 103.500             |
| 19140  | Candies, M&M MARS, "M&M's" Peanut Chocolate Candies   | 20         | 10 pieces      | 103.200             |

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| NDB_No | Description   | Weight (g) | Common Measure  | Content per Measure |
|--------|---|------------|-----------------|---------------------|
| 07065  | Pork and beef sausage, fresh, cooked  | 26         | 2 links         | 102.960             |
| 15058  | Fish, ocean perch, Atlantic, cooked, dry heat   | 85         | 3 oz            | 102.850             |
| 15071  | Fish, rockfish, Pacific, mixed species, cooked, dry heat                              | 85         | 3 oz            | 102.850             |
| 10124  | Pork, cured, bacon, cooked, broiled, pan-fried or roasted                             | 19         | 3 medium slices | 102.790             |
| 01082  | Milk, lowfat, fluid, 1% milkfat, with added vitamin A                                 | 244        | 1 cup           | 102.480             |
| 08109  | Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water                        | 142        | 1 packet        | 102.240             |
| 15152  | Crustaceans, shrimp, mixed species, canned  | 85.05      | 3 oz            | 102.060             |
| 21053  | Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg           | 217        | 1-1/2 cups      | 101.990             |
| 04585  | Margarine-butter blend, 60% corn oil margarine and 40% butter                         | 14.2       | 1 tbsp          | 101.956             |
| 01001  | Butter, salted  | 14.2       | 1 tbsp          | 101.814             |
| 01145  | Butter, without salt  | 14.2       | 1 tbsp          | 101.814             |
| 04611  | Margarine, regular, tub, composite, 80% fat, with salt                                | 14.2       | 1 tbsp          | 101.672             |
| 04132  | Margarine, regular, unspecified oils, with salt added                                 | 14.1       | 1 tbsp          | 101.379             |
| 09126  | Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water | 247        | 1 cup           | 101.270             |
| 01132  | Egg, whole, cooked, scrambled   | 61         | 1 large         | 101.260             |
| 08020  | Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes                                  | 28         | 1 cup           | 101.080             |
| 09291  | Plums, dried (prunes), uncooked   | 42         | 5 prunes        | 100.800             |
| 01004  | Cheese, blue  | 28.35      | 1 oz            | 100.076             |
| 11403  | Potatoes, french fried, frozen, home-prepared, heated in oven, without salt           | 50         | 10 strips       | 100.000             |
| 08058  | Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19                                   | 30         | 1 cup           | 99.900              |
| 15077  | Fish, salmon, chinook, smoked   | 85.05      | 3 oz            | 99.509              |
| 01035  | Cheese, provolone   | 28.35      | 1 oz            | 99.509              |
| 19013  | Snacks, fruit leather, pieces   | 28.35      | 1 oz            | 99.509              |
| 15029  | Fish, flatfish (flounder and sole species), cooked, dry heat                          | 85         | 3 oz            | 99.450              |
| 14006  | Alcoholic beverage, beer, light   | 354        | 12 fl oz        | 99.120              |
| 04025  | Salad dressing, mayonnaise, soybean oil, with salt                                    | 13.8       | 1 tbsp          | 98.946              |
| 15121  | Fish, tuna, light, canned in water, drained solids                                    | 85         | 3 oz            | 98.600              |
| 01088  | Milk, buttermilk, fluid, cultured, lowfat   | 245        | 1 cup           | 98.000              |
| 08123  | Cereals, oats, instant, fortified, plain, prepared with water                         | 177        | 1 packet        | 97.350              |
| 08077  | Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL                                | 30         | 3/4 cup         | 97.200              |
| 14037  | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof                | 42         | 1.5 fl oz       | 97.020              |
| 09128  | Grapefruit juice, white, raw  | 247        | 1 cup           | 96.330              |
| 09404  | Grapefruit juice, pink, raw   | 247        | 1 cup           | 96.330              |
| 09252  | Pears, raw  | 166        | 1 pear          | 96.280              |
| 06800  | Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve                        | 62         | 1/4 cup         | 96.100              |
| 15067  | Fish, pollock, walleye, cooked, dry heat  | 85         | 3 oz            | 96.050              |
| 16098  | Peanut butter, smooth style, with salt  | 16         | 1 tbsp          | 95.840              |
| 15034  | Fish, haddock, cooked, dry heat   | 85         | 3 oz            | 95.200              |
| 05286  | Turkey and gravy, frozen  | 142        | 5-oz package    | 95.140              |
| 11547  | Tomato products, canned, puree, without salt added                                    | 250        | 1 cup           | 95.000              |
| 18189  | Cookies, peanut butter, prepared from recipe  | 20         | 1 cookie        | 95.000              |
| 01044  | Cheese, pasteurized process, swiss, with di sodium phosphate                          | 28.35      | 1 oz            | 94.689              |



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## Energy (Kcal) Content of Selected Foods per Common Measure, sorted by nutrient content

| NDB_No | Description   | Weight (g) | Common Measure   | Content per Measure |
|--------|---|------------|------------------|---------------------|
| 09094  | Figs, dried, uncooked   | 38         | 2 figs           | 94.620              |
| 11655  | Carrot juice, canned  | 236        | 1 cup            | 94.400              |
| 16097  | Peanut butter, chunk style, with salt   | 16         | 1 tbsp           | 94.240              |
| 09123  | Grapefruit juice, white, canned, unsweetened  | 247        | 1 cup            | 93.860              |
| 11488  | Squash, winter, butternut, frozen, cooked, boiled, without salt   | 240        | 1 cup            | 93.600              |
| 01046  | Cheese food, pasteurized process, american, without di sodium phosphate   | 28.35      | 1 oz             | 93.555              |
| 18015  | Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked  | 27         | 2-1/2" biscuit   | 93.420              |
| 09246  | Peaches, dried, sulfured, uncooked  | 39         | 3 halves         | 93.210              |
| 08093  | Cereals, QUAKER, corn grits, instant, plain, prepared with water  | 137        | 1 packet         | 93.160              |
| 15142  | Crustaceans, crab, blue, crab cakes   | 60         | 1 cake           | 93.000              |
| 01128  | Egg, whole, cooked, fried   | 46         | 1 large          | 92.460              |
| 07029  | Ham, sliced, regular (approximately 11% fat)  | 56.7       | 2 slices         | 92.421              |
| 11283  | Onions, cooked, boiled, drained, without salt   | 210        | 1 cup            | 92.400              |
| 08028  | Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes   | 29         | 3/4 cup          | 92.220              |
| 07064  | Pork sausage, fresh, cooked   | 27         | 1 patty          | 91.530              |
| 19438  | Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares   | 22         | 1 bar            | 91.080              |
| 22121  | WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen   | 85         | 1 patty          | 90.950              |
| 15192  | Fish, cod, Pacific, cooked, dry heat  | 85         | 3 oz             | 89.250              |
| 12166  | Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)                               | 15         | 1 tbsp           | 89.250              |
| 15017  | Fish, cod, Atlantic, canned, solids and liquid  | 85         | 3 oz             | 89.250              |
| 06202  | Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve                           | 239        | 1 cup            | 88.430              |
| 04133  | Salad dressing, french, home recipe   | 14         | 1 tbsp           | 88.340              |
| 07064  | Pork sausage, fresh, cooked   | 26         | 2 links          | 88.140              |
| 14371  | Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared               | 259        | 8 fl oz          | 88.060              |
| 09064  | Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned) | 244        | 1 cup            | 87.840              |
| 20034  | Oat bran, cooked  | 219        | 1 cup            | 87.600              |
| 19101  | Candies, fudge, chocolate, with nuts, prepared-from-recipe  | 19         | 1 piece          | 87.590              |
| 07017  | Chicken roll, light meat  | 56.7       | 2 slices         | 87.318              |
| 18403  | Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)  | 33         | 1 waffle         | 87.120              |
| 19106  | Candies, gumdrops, starch jelly pieces  | 22         | 10 bears         | 87.120              |
| 15138  | Crustaceans, crab, alaska king, imitation, made from surimi   | 85         | 3 oz             | 86.700              |
| 18133  | Cake, sponge, commercially prepared   | 30         | 1 shortcake      | 86.700              |
| 15140  | Crustaceans, crab, blue, cooked, moist heat   | 85         | 3 oz             | 86.700              |
| 09081  | Cranberry sauce, canned, sweetened  | 57         | 1 slice          | 86.070              |
| 10131  | Pork, cured, canadian-style bacon, grilled  | 46.5       | 2 slices         | 86.025              |
| 09326  | Watermelon, raw   | 286        | 1 wedge          | 85.800              |
| 01029  | Cheese, mozzarella, part skim milk, low moisture  | 28.35      | 1 oz             | 85.617              |
| 06559  | Soup, tomato, canned, prepared with equal volume water, commercial  | 244        | 1 cup            | 85.400              |
| 01123  | Egg, whole, raw, fresh  | 58         | 1 extra large    | 85.260              |
| 19314  | Pie fillings, canned, cherry  | 74         | 1/8 of 21-oz can | 85.100              |
| 01026  | Cheese, mozzarella, whole milk  | 28.35      | 1 oz             | 85.050              |

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## Energy (Kcal) Content of Selected Foods per Common Measure, sorted by nutrient content

| NDB_No | Description   | Weight (g) | Common Measure  | Content per Measure |
|--------|---|------------|-----------------|---------------------|
| 09200  | Oranges, raw, all commercial varieties                                    | 180        | 1 cup           | 84.600              |
| 18197  | Cookies, brownies, dry mix, special dietary, prepared                     | 22         | 1 brownie       | 84.480              |
| 09032  | Apricots, dried, sulfured, uncooked                                       | 35         | 10 halves       | 84.350              |
| 11008  | Artichokes, (globe or french), cooked, boiled, drained, without salt      | 168        | 1 cup           | 84.000              |
| 18342  | Rolls, dinner, plain, commercially prepared (includes brown-and-serve)    | 28         | 1 roll          | 84.000              |
| 19173  | Gelatin desserts, dry mix, prepared with water                            | 135        | 1/2 cup         | 83.700              |
| 07072  | Salami, dry or hard, pork, beef   | 20         | 2 slices        | 83.600              |
| 01085  | Milk, nonfat, fluid, with added vitamin A (fat free or skim)              | 245        | 1 cup           | 83.300              |
| 15148  | Crustaceans, lobster, northern, cooked, moist heat                        | 85         | 3 oz            | 83.300              |
| 11424  | Pumpkin, canned, without salt   | 245        | 1 cup           | 83.300              |
| 11303  | Peas, edible-podded, frozen, cooked, boiled, drained, without salt        | 160        | 1 cup           | 83.200              |
| 11168  | Corn, sweet, yellow, cooked, boiled, drained, without salt                | 77         | 1 ear           | 83.160              |
| 11901  | Corn, sweet, white, cooked, boiled, drained, without salt                 | 77         | 1 ear           | 83.160              |
| 06409  | Soup, beef noodle, canned, prepared with equal volume water, commercial   | 244        | 1 cup           | 82.960              |
| 18060  | Bread, rye  | 32         | 1 slice         | 82.880              |
| 18292  | Pancakes, plain, dry mix, incomplete, prepared                            | 38         | 1 pancake       | 82.840              |
| 11159  | Coleslaw, home-prepared   | 120        | 1 cup           | 82.800              |
| 09050  | Blueberries, raw  | 145        | 1 cup           | 82.650              |
| 18505  | KELLOGG'S Eggo Lowfat Homestyle Waffles                                   | 35         | 1 waffle        | 82.600              |
| 15137  | Crustaceans, crab, alaska king, cooked, moist heat                        | 85         | 3 oz            | 82.450              |
| 18288  | Pancakes plain, frozen, ready-to-heat (includes buttermilk)               | 36         | 1 pancake       | 82.440              |
| 01092  | Milk, dry, nonfat, instant, with added vitamin A                          | 23         | 1/3 cup         | 82.340              |
| 01048  | Cheese spread, pasteurized process, american, without di sodium phosphate | 28.35      | 1 oz            | 82.215              |
| 06440  | Soup, minestrone, canned, prepared with equal volume water, commercial    | 241        | 1 cup           | 81.940              |
| 19002  | Snacks, beef jerky, chopped and formed                                    | 19.8       | 1 large piece   | 81.180              |
| 06207  | Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve        | 238        | 1 cup           | 80.920              |
| 14309  | Malted drink mix, natural, with added nutrients, powder                   | 21         | 4-5 heaping tsp | 80.430              |
| 18044  | Bread, pumpernickel   | 32         | 1 slice         | 80.000              |
| 11581  | Vegetables, mixed, canned, drained solids                                 | 163        | 1 cup           | 79.870              |
| 18045  | Bread, pumpernickel, toasted  | 29         | 1 slice         | 79.750              |
| 11269  | Mushrooms, shiitake, cooked, without salt                                 | 145        | 1 cup           | 79.750              |
| 18451  | Cake, pound, commercially prepared, fat-free                              | 28         | 1 slice         | 79.240              |
| 11549  | Tomato products, canned, sauce  | 245        | 1 cup           | 78.400              |
| 06428  | Soup, clam chowder, manhattan, canned, prepared with equal volume water   | 244        | 1 cup           | 78.080              |
| 06471  | Soup, vegetable beef, prepared with equal volume water, commercial        | 244        | 1 cup           | 78.080              |
| 18165  | Cookies, chocolate chip, prepared from recipe, made with margarine        | 16         | 1 cookie        | 78.080              |
| 08001  | Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original                | 30         | 1/2 cup         | 78.000              |
| 18220  | Crackers, melba toast, plain  | 20         | 4 pieces        | 78.000              |
| 19014  | Snacks, fruit leather, rolls  | 21         | 1 large         | 77.910              |
| 09011  | Apples, dried, sulfured, uncooked   | 32         | 5 rings         | 77.760              |
| 01129  | Egg, whole, cooked, hard-boiled   | 50         | 1 large         | 77.500              |

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## Energy (Kcal) Content of Selected Foods per Common Measure, sorted by nutrient content

| NDB_No | Description  | Weight (g) | Common Measure           | Content per Measure |
|--------|--|------------|--------------------------|---------------------|
| 04539  | Salad dressing, blue or roquefort cheese dressing, commercial, regular           | 15.3       | 1 tbsp                   | 77.112              |
| 18041  | Bread, pita, white, enriched   | 28         | 4" pita                  | 77.000              |
| 15027  | Fish, fish portions and sticks, frozen, preheated                                | 28         | 1 stick (4" x 1" x 1/2") | 76.160              |
| 19135  | Candies, M&M MARS, MARS MILKY WAY Bar  | 18         | 1 fun size bar           | 76.140              |
| 18193  | Cookies, shortbread, commercially prepared, pecan                                | 14         | 1 cookie                 | 75.880              |
| 11644  | Squash, winter, all varieties, cooked, baked, without salt                       | 205        | 1 cup                    | 75.850              |
| 06200  | Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve          | 237        | 1 cup                    | 75.840              |
| 05073  | Chicken, broilers or fryers, drumstick, meat only, cooked, roasted               | 44         | 1 drumstick              | 75.680              |
| 15232  | Fish, roughy, orange, cooked, dry heat   | 85         | 3 oz                     | 75.650              |
| 04015  | Salad dressing, russian dressing   | 15.3       | 1 tbsp                   | 75.582              |
| 14175  | Chocolate-flavor beverage mix for milk, powder, without added nutrients          | 21.6       | 2-3 heaping tsp          | 75.384              |
| 14315  | Malted drink mix, chocolate, with added nutrients, powder                        | 21         | 3 heaping tsp            | 75.180              |
| 01019  | Cheese, feta   | 28.35      | 1 oz                     | 74.844              |
| 11081  | Beets, cooked, boiled, drained   | 170        | 1 cup                    | 74.800              |
| 19312  | Pie fillings, apple, canned  | 74         | 1/8 of 21-oz can         | 74.740              |
| 06419  | Soup, chicken noodle, canned, prepared with equal volume water, commercial       | 241        | 1 cup                    | 74.710              |
| 09266  | Pineapple, raw, all varieties  | 155        | 1 cup                    | 74.400              |
| 07028  | Ham, sliced, extra lean, (approximately 5% fat)                                  | 56.7       | 2 slices                 | 74.277              |
| 14096  | Alcoholic beverage, wine, table, red   | 103        | 3.5 fl oz                | 74.160              |
| 04612  | Margarine, vegetable oil spread, 60% fat, stick                                  | 14.3       | 1 tbsp                   | 74.074              |
| 18290  | Pancakes, plain, dry mix, complete, prepared                                     | 38         | 1 pancake                | 73.720              |
| 01031  | Cheese, neufchatel   | 28.35      | 1 oz                     | 73.710              |
| 01131  | Egg, whole, cooked, poached  | 50         | 1 large                  | 73.500              |
| 01123  | Egg, whole, raw, fresh   | 50         | 1 large                  | 73.500              |
| 16127  | Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)        | 120        | 1 piece                  | 73.200              |
| 18040  | Bread, oatmeal, toasted  | 25         | 1 slice                  | 73.000              |
| 18039  | Bread, oatmeal   | 27         | 1 slice                  | 72.630              |
| 18206  | Cookies, sugar, refrigerated dough, baked  | 15         | 1 cookie                 | 72.600              |
| 09241  | Peaches, canned, heavy syrup pack, solids and liquids                            | 98         | 1 half                   | 72.520              |
| 18210  | Cookies, vanilla sandwich with creme filling                                     | 15         | 1 cookie                 | 72.450              |
| 06468  | Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial | 241        | 1 cup                    | 72.300              |
| 18086  | Cake, angelfood, commercially prepared   | 28         | 1 piece                  | 72.240              |
| 09003  | Apples, raw, with skin   | 138        | 1 apple                  | 71.760              |
| 18204  | Cookies, sugar, commercially prepared, regular (includes vanilla)                | 15         | 1 cookie                 | 71.700              |
| 18185  | Cookies, peanut butter, commercially prepared, regular                           | 15         | 1 cookie                 | 71.550              |
| 04120  | Salad dressing, french dressing, commercial, regular                             | 15.6       | 1 tbsp                   | 71.292              |
| 18048  | Bread, raisin, toasted, enriched   | 24         | 1 slice                  | 71.280              |
| 18047  | Bread, raisin, enriched  | 26         | 1 slice                  | 71.240              |
| 18235  | Crackers, whole-wheat  | 16         | 4 crackers               | 70.880              |
| 04135  | Salad dressing, home recipe, vinegar and oil                                     | 15.6       | 1 tbsp                   | 70.044              |
| 14106  | Alcoholic beverage, wine, table, white   | 103        | 3.5 fl oz                | 70.040              |
| 11590  | Waterchestnuts, chinese, canned, solids and liquids                              | 140        | 1 cup                    | 70.000              |

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## Energy (Kcal) Content of Selected Foods per Common Measure, sorted by nutrient content

| NDB_No | Description   | Weight (g) | Common Measure    | Content per Measure |
|--------|---|------------|-------------------|---------------------|
| 19100  | Candies, fudge, chocolate, prepared-from-recipe                           | 17         | 1 piece           | 69.870              |
| 18076  | Bread, whole-wheat, commercially prepared, toasted                        | 25         | 1 slice           | 69.250              |
| 18075  | Bread, whole-wheat, commercially prepared                                 | 28         | 1 slice           | 68.880              |
| 18029  | Bread, french or vienna (includes sourdough)                              | 25         | 1/2" slice        | 68.500              |
| 18061  | Bread, rye, toasted   | 24         | 1 slice           | 68.160              |
| 15067  | Fish, pollock, walleye, cooked, dry heat                                  | 60         | 1 fillet          | 67.800              |
| 11282  | Onions, raw   | 160        | 1 cup             | 67.200              |
| 11301  | Peas, edible-podded, cooked, boiled, drained, without salt                | 160        | 1 cup             | 67.200              |
| 18069  | Bread, white, commercially prepared (includes soft bread crumbs)          | 25         | 1 slice           | 66.500              |
| 19348  | Syrups, chocolate, fudge-type   | 19         | 1 tbsp            | 66.500              |
| 21139  | Fast foods, potato, mashed  | 80         | 1/3 cup           | 66.400              |
| 11436  | Rutabagas, cooked, boiled, drained, without salt                          | 170        | 1 cup             | 66.300              |
| 11533  | Tomatoes, red, ripe, canned, stewed                                       | 255        | 1 cup             | 66.300              |
| 09236  | Peaches, raw  | 170        | 1 cup             | 66.300              |
| 18208  | Cookies, sugar, prepared from recipe, made with margarine                 | 14         | 1 cookie          | 66.080              |
| 18036  | Bread, mixed-grain, toasted (includes whole-grain, 7-grain)               | 24         | 1 slice           | 65.280              |
| 19104  | Candies, fudge, vanilla with nuts for 19104                               | 15         | 1 piece           | 65.250              |
| 18184  | Cookies, oatmeal, prepared from recipe, with raisins                      | 15         | 1 cookie          | 65.250              |
| 11101  | Brussels sprouts, frozen, cooked, boiled, drained, without salt           | 155        | 1 cup             | 65.100              |
| 18025  | Bread, cracked-wheat  | 25         | 1 slice           | 65.000              |
| 18035  | Bread, mixed-grain (includes whole-grain, 7-grain)                        | 26         | 1 slice           | 65.000              |
| 18064  | Bread, wheat (includes wheat berry)                                       | 25         | 1 slice           | 65.000              |
| 18065  | Bread, wheat, toasted (includes wheat berry)                              | 23         | 1 slice           | 64.860              |
| 01123  | Egg, whole, raw, fresh  | 44         | 1 medium          | 64.680              |
| 18177  | Cookies, molasses   | 15         | 1 cookie, medium  | 64.500              |
| 18070  | Bread, white, commercially prepared, toasted                              | 22         | 1 slice           | 64.460              |
| 09302  | Raspberries, raw  | 123        | 1 cup             | 63.960              |
| 19296  | Honey   | 21         | 1 tbsp            | 63.840              |
| 11391  | Potatoes, hashed brown, frozen, plain, prepared                           | 29         | 1 patty           | 63.220              |
| 19263  | Frozen juice novelties, fruit and juice bars                              | 77         | 1 bar (2.5 fl oz) | 63.140              |
| 15157  | Mollusks, clam, mixed species, raw  | 85         | 3 oz              | 62.900              |
| 18013  | Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked       | 21         | 2-1/4" biscuit    | 62.790              |
| 16126  | Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari) | 81         | 1/4 block         | 62.370              |
| 18360  | Taco shells, baked  | 13.3       | 1 medium          | 62.244              |
| 09042  | Blackberries, raw   | 144        | 1 cup             | 61.920              |
| 09200  | Oranges, raw, all commercial varieties                                    | 131        | 1 orange          | 61.570              |
| 19281  | Ice novelties, italian, restaurant-prepared                               | 116        | 1/2 cup           | 61.480              |
| 19103  | Candies, fudge, vanilla, prepared-from-recipe                             | 16         | 1 piece           | 61.440              |
| 18179  | Cookies, oatmeal, commercially prepared, soft-type                        | 15         | 1 cookie          | 61.350              |
| 11164  | Collards, frozen, chopped, cooked, boiled, drained, without salt          | 170        | 1 cup             | 61.200              |
| 09184  | Melons, honeydew, raw   | 170        | 1 cup             | 61.200              |
| 11464  | Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt   | 190        | 1 cup             | 60.800              |
| 15058  | Fish, ocean perch, Atlantic, cooked, dry heat                             | 50         | 1 fillet          | 60.500              |

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## Energy (Kcal) Content of Selected Foods per Common Measure, sorted by nutrient content

| NDB_No | Description  | Weight (g) | Common Measure  | Content per Measure |
|--------|--|------------|-----------------|---------------------|
| 06423  | Soup, chicken with rice, canned, prepared with equal volume water, commercial      | 241        | 1 cup           | 60.250              |
| 18229  | Crackers, standard snack-type, regular   | 12         | 4 crackers      | 60.240              |
| 11008  | Artichokes, (globe or french), cooked, boiled, drained, without salt               | 120        | 1 medium        | 60.000              |
| 09191  | Nectarines, raw  | 136        | 1 nectarine     | 59.840              |
| 18173  | Cookies, graham crackers, plain or honey (includes cinnamon)                       | 14         | 2 squares       | 59.220              |
| 18248  | Doughnuts, cake-type, plain (includes unsugared, old-fashioned)                    | 14         | 1 hole          | 58.940              |
| 19350  | Syrups, corn, light  | 20         | 1 tbsp          | 58.600              |
| 11181  | Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt | 63         | 1 ear           | 58.590              |
| 06528  | Soup, chicken noodle, dehydrated, prepared with water                              | 252.3      | 1 cup           | 58.029              |
| 12147  | Nuts, pine nuts, pignolia, dried   | 8.6        | 1 tbsp          | 57.878              |
| 19040  | Snacks, popcorn, cheese-flavor   | 11         | 1 cup           | 57.860              |
| 04017  | Salad dressing, thousand island, commercial, regular                               | 15.6       | 1 tbsp          | 57.720              |
| 18363  | Tortillas, ready-to-bake or -fry, corn   | 26         | 1 tortilla      | 57.720              |
| 09184  | Melons, honeydew, raw  | 160        | 1/8 melon       | 57.600              |
| 15167  | Mollusks, oyster, eastern, wild, raw   | 84         | 6 medium        | 57.120              |
| 08156  | Cereals ready-to-eat, rice, puffed, fortified                                      | 14         | 1 cup           | 56.280              |
| 09257  | Pears, canned, heavy syrup pack, solids and liquids                                | 76         | 1 half          | 56.240              |
| 11099  | Brussels sprouts, cooked, boiled, drained, without salt                            | 156        | 1 cup           | 56.160              |
| 14390  | Cocoa mix, with aspartame, powder, prepared from item 14196                        | 192        | 1 serving       | 55.680              |
| 18170  | Cookies, fig bars  | 16         | 1 cookie        | 55.680              |
| 19297  | Jams and preserves   | 20         | 1 tbsp          | 55.600              |
| 14196  | Cocoa mix, no sugar added, powder  | 15         | 1/2 oz envelope | 55.500              |
| 19035  | Snacks, popcorn, oil-popped  | 11         | 1 cup           | 55.000              |
| 11125  | Carrots, cooked, boiled, drained, without salt                                     | 156        | 1 cup           | 54.600              |
| 11091  | Broccoli, cooked, boiled, drained, without salt                                    | 156        | 1 cup           | 54.600              |
| 09226  | Papayas, raw   | 140        | 1 cup           | 54.600              |
| 09181  | Melons, cantaloupe, raw  | 160        | 1 cup           | 54.400              |
| 18033  | Bread, italian   | 20         | 1 slice         | 54.200              |
| 11131  | Carrots, frozen, cooked, boiled, drained, without salt                             | 146        | 1 cup           | 54.020              |
| 11252  | Lettuce, iceberg (includes crisphead types), raw                                   | 539        | 1 head          | 53.900              |
| 01125  | Egg, yolk, raw, fresh  | 16.6       | 1 large         | 53.452              |
| 09316  | Strawberries, raw  | 166        | 1 cup           | 53.120              |
| 09004  | Apples, raw, without skin  | 110        | 1 cup           | 52.800              |
| 01143  | Egg substitute, liquid   | 62.75      | 1/4 cup         | 52.710              |
| 11084  | Beets, canned, drained solids  | 170        | 1 cup           | 52.700              |
| 18255  | Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)                  | 13         | 1 hole          | 52.390              |
| 14181  | Chocolate syrup  | 18.75      | 1 tbsp          | 52.313              |
| 19353  | Syrups, maple  | 20         | 1 tbsp          | 52.200              |
| 18228  | Crackers, saltines (includes oyster, soda, soup)                                   | 12         | 4 crackers      | 52.080              |
| 01053  | Cream, fluid, heavy whipping   | 15         | 1 tbsp          | 51.750              |
| 09112  | Grapefruit, raw, pink and red, all areas   | 123        | 1/2 grapefruit  | 51.660              |
| 09161  | Lime juice, canned or bottled, unsweetened   | 246        | 1 cup           | 51.660              |
| 11093  | Broccoli, frozen, chopped, cooked, boiled, drained, without salt                   | 184        | 1 cup           | 51.520              |

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| NDB_No | Description   | Weight (g) | Common Measure | Content per Measure |
|--------|---|------------|----------------|---------------------|
| 11281  | Okra, frozen, cooked, boiled, drained, without salt                       | 184        | 1 cup          | 51.520              |
| 09153  | Lemon juice, canned or bottled  | 244        | 1 cup          | 51.240              |
| 09340  | Pears, asian, raw   | 122        | 1 pear         | 51.240              |
| 01017  | Cheese, cream   | 14.5       | 1 tbsp         | 50.605              |
| 19300  | Jellies   | 19         | 1 tbsp         | 50.540              |
| 18214  | Crackers, cheese, regular   | 10         | 10 crackers    | 50.300              |
| 11162  | Collards, cooked, boiled, drained, without salt                           | 190        | 1 cup          | 49.400              |
| 11461  | Spinach, canned, drained solids   | 214        | 1 cup          | 49.220              |
| 01168  | Cheese, low fat, cheddar or colby   | 28.35      | 1 oz           | 49.046              |
| 11423  | Pumpkin, cooked, boiled, drained, without salt                            | 245        | 1 cup          | 49.000              |
| 18651  | NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes           | 16         | 1 cookie       | 48.800              |
| 18210  | Cookies, vanilla sandwich with creme filling                              | 10         | 1 cookie       | 48.300              |
| 18159  | Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched | 10         | 1 cookie       | 48.100              |
| 07027  | Ham, chopped, not canned  | 21         | 2 slices       | 48.090              |
| 11242  | Kohlrabi, cooked, boiled, drained, without salt                           | 165        | 1 cup          | 47.850              |
| 18057  | Bread, reduced-calorie, white   | 23         | 1 slice        | 47.610              |
| 11575  | Turnip greens, frozen, cooked, boiled, drained, without salt              | 164        | 1 cup          | 47.560              |
| 12201  | Seeds, sesame seed kernels, dried (decorticated)                          | 8          | 1 tbsp         | 47.360              |
| 09038  | Avocados, raw, California   | 28.35      | 1 oz           | 47.345              |
| 18166  | Cookies, chocolate sandwich, with creme filling, regular                  | 10         | 1 cookie       | 47.200              |
| 06119  | Gravy, chicken, canned  | 59.5       | 1/4 cup        | 47.005              |
| 19305  | Molasses, blackstrap  | 20         | 1 tbsp         | 47.000              |
| 19129  | Syrups, table blends, pancake   | 20         | 1 tbsp         | 46.800              |
| 18053  | Bread, reduced-calorie, rye   | 23         | 1 slice        | 46.690              |
| 09148  | Kiwi fruit, (chinese gooseberries), fresh, raw                            | 76         | 1 medium       | 46.360              |
| 11282  | Onions, raw   | 110        | 1 whole        | 46.200              |
| 11578  | Vegetable juice cocktail, canned  | 242        | 1 cup          | 45.980              |
| 09326  | Watermelon, raw   | 152        | 1 cup          | 45.600              |
| 18055  | Bread, reduced-calorie, wheat   | 23         | 1 slice        | 45.540              |
| 18158  | Cookies, chocolate chip, commercially prepared, regular, lower fat        | 10         | 1 cookie       | 45.300              |
| 11205  | Cucumber, with peel, raw  | 301        | 1 large        | 45.150              |
| 11124  | Carrots, raw  | 110        | 1 cup          | 45.100              |
| 11439  | Sauerkraut, canned, solids and liquids                                    | 236        | 1 cup          | 44.840              |
| 07083  | Sausage, Vienna, canned, beef and pork                                    | 16         | 1 sausage      | 44.640              |
| 19164  | Candies, SPECIAL DARK Chocolate Bar                                       | 8.4        | 1 miniature    | 44.604              |
| 01052  | Cream, fluid, light whipping  | 15         | 1 tbsp         | 43.800              |
| 11053  | Beans, snap, green, cooked, boiled, drained, without salt                 | 125        | 1 cup          | 43.750              |
| 11724  | Beans, snap, yellow, cooked, boiled, drained, without salt                | 125        | 1 cup          | 43.750              |
| 08157  | Cereals ready-to-eat, wheat, puffed, fortified                            | 12         | 1 cup          | 43.680              |
| 11261  | Mushrooms, cooked, boiled, drained, without salt                          | 156        | 1 cup          | 43.680              |
| 13350  | Beef, cured, dried  | 28.35      | 1 oz           | 43.376              |
| 09238  | Peaches, canned, juice pack, solids and liquids                           | 98         | 1 half         | 43.120              |
| 09070  | Cherries, sweet, raw  | 68         | 10 cherries    | 42.840              |

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## Energy (Kcal) Content of Selected Foods per Common Measure, sorted by nutrient content

| NDB_No | Description   | Weight (g) | Common Measure      | Content per Measure |
|--------|---|------------|---------------------|---------------------|
| 04114  | Salad dressing, italian dressing, commercial, regular                           | 14.7       | 1 tbsp              | 42.777              |
| 19283  | Ice novelties, pop  | 59         | 1 bar (2 fl oz)     | 42.480              |
| 09298  | Raisins, seedless   | 14         | 1 packet            | 41.860              |
| 11458  | Spinach, cooked, boiled, drained, without salt                                  | 180        | 1 cup               | 41.400              |
| 11283  | Onions, cooked, boiled, drained, without salt                                   | 94         | 1 medium            | 41.360              |
| 11540  | Tomato juice, canned, with salt added   | 243        | 1 cup               | 41.310              |
| 09284  | Plums, canned, purple, heavy syrup pack, solids and liquids                     | 46         | 1 plum              | 40.940              |
| 11531  | Tomatoes, red, ripe, canned, whole, regular pack                                | 240        | 1 cup               | 40.800              |
| 18192  | Cookies, shortbread, commercially prepared, plain                               | 8          | 1 cookie            | 40.160              |
| 06174  | Soup, stock, fish, home-prepared  | 233        | 1 cup               | 39.610              |
| 11236  | Kale, frozen, cooked, boiled, drained, without salt                             | 130        | 1 cup               | 39.000              |
| 11264  | Mushrooms, canned, drained solids   | 156        | 1 cup               | 39.000              |
| 19127  | Candies, milk chocolate coated raisins  | 10         | 10 pieces           | 39.000              |
| 09116  | Grapefruit, raw, white, all areas   | 118        | 1/2 grapefruit      | 38.940              |
| 11087  | Beet greens, cooked, boiled, drained, without salt                              | 144        | 1 cup               | 38.880              |
| 11821  | Peppers, sweet, red, raw  | 149        | 1 cup               | 38.740              |
| 09206  | Orange juice, raw   | 86         | juice from 1 orange | 38.700              |
| 19074  | Candies, caramels   | 10.1       | 1 piece             | 38.582              |
| 19036  | Snacks, popcorn, cakes  | 10         | 1 cake              | 38.400              |
| 09236  | Peaches, raw  | 98         | 1 peach             | 38.220              |
| 09270  | Pineapple, canned, heavy syrup pack, solids and liquids                         | 49         | 1 slice             | 38.220              |
| 11334  | Peppers, sweet, green, cooked, boiled, drained, without salt                    | 136        | 1 cup               | 38.080              |
| 11823  | Peppers, sweet, red, cooked, boiled, drained, without salt                      | 136        | 1 cup               | 38.080              |
| 09254  | Pears, canned, juice pack, solids and liquids                                   | 76         | 1 half              | 38.000              |
| 18232  | Crackers, wheat, regular  | 8          | 4 crackers          | 37.840              |
| 04020  | Salad dressing, french dressing, reduced fat                                    | 16.3       | 1 tbsp              | 37.816              |
| 11732  | Beans, snap, yellow, frozen, cooked, boiled, drained, without salt              | 135        | 1 cup               | 37.800              |
| 11061  | Beans, snap, green, frozen, cooked, boiled, drained without salt                | 135        | 1 cup               | 37.800              |
| 09218  | Tangerines, (mandarin oranges), raw   | 84         | 1 tangerine         | 36.960              |
| 18226  | Crackers, rye, wafers, plain  | 11         | 1 wafer             | 36.740              |
| 11128  | Carrots, canned, regular pack, drained solids                                   | 146        | 1 cup               | 36.500              |
| 11234  | Kale, cooked, boiled, drained, without salt                                     | 130        | 1 cup               | 36.400              |
| 11642  | Squash, summer, all varieties, cooked, boiled, drained, without salt            | 180        | 1 cup               | 36.000              |
| 18456  | Cookies, oatmeal, commercially prepared, fat-free                               | 11         | 1 cookie            | 35.860              |
| 09060  | Carambola, (starfruit), raw   | 108        | 1 cup               | 35.640              |
| 07073  | Sandwich spread, pork, beef   | 15         | 1 tbsp              | 35.250              |
| 11279  | Okra, cooked, boiled, drained, without salt                                     | 160        | 1 cup               | 35.200              |
| 06175  | Sauce, hoisin, ready-to-serve   | 16         | 1 tbsp              | 35.200              |
| 19051  | Snacks, rice cakes, brown rice, plain   | 9          | 1 cake              | 34.830              |
| 18215  | Crackers, cheese, sandwich-type with peanut butter filling                      | 7          | 1 sandwich          | 34.720              |
| 11210  | Eggplant, cooked, boiled, drained, without salt                                 | 99         | 1 cup               | 34.650              |
| 11208  | Dandelion greens, cooked, boiled, drained, without salt                         | 105        | 1 cup               | 34.650              |
| 09132  | Grapes, red or green (european type varieties, such as, Thompson seedless), raw | 50         | 10 grapes           | 34.500              |
| 19141  | Candies, M&M MARS, "M&M's" Milk Chocolate Candies                               | 7          | 10 pieces           | 34.440              |

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| NDB_No | Description  | Weight (g) | Common Measure | Content per Measure |
|--------|--|------------|----------------|---------------------|
| 11565  | Turnips, cooked, boiled, drained, without salt                                     | 156        | 1 cup          | 34.320              |
| 11138  | Cauliflower, frozen, cooked, boiled, drained, without salt                         | 180        | 1 cup          | 34.200              |
| 09039  | Avocados, raw, Florida   | 28.35      | 1 oz           | 34.020              |
| 11206  | Cucumber, peeled, raw  | 280        | 1 large        | 33.600              |
| 18230  | Crackers, standard snack-type, sandwich, with cheese filling                       | 7          | 1 sandwich     | 33.390              |
| 19069  | Candies, NESTLE, BUTTERFINGER Bar  | 7          | 1 fun size bar | 33.320              |
| 11110  | Cabbage, cooked, boiled, drained, without salt                                     | 150        | 1 cup          | 33.000              |
| 05028  | Chicken, liver, all classes, cooked, simmered                                      | 19.6       | 1 liver        | 32.732              |
| 11019  | Asparagus, frozen, cooked, boiled, drained, without salt                           | 180        | 1 cup          | 32.400              |
| 11529  | Tomatoes, red, ripe, raw, year round average                                       | 180        | 1 cup          | 32.400              |
| 11247  | Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt        | 104        | 1 cup          | 32.240              |
| 05090  | Chicken, broilers or fryers, neck, meat only, cooked, simmered                     | 18         | 1 neck         | 32.220              |
| 11291  | Onions, spring or scallions (includes tops and bulb), raw                          | 100        | 1 cup          | 32.000              |
| 04023  | Salad dressing, thousand island dressing, reduced fat                              | 15.3       | 1 tbsp         | 31.212              |
| 11043  | Mung beans, mature seeds, sprouted, raw  | 104        | 1 cup          | 31.200              |
| 19336  | Sugars, powdered   | 8          | 1 tbsp         | 31.120              |
| 11821  | Peppers, sweet, red, raw   | 119        | 1 pepper       | 30.940              |
| 06116  | Gravy, beef, canned  | 58.25      | 1/4 cup        | 30.873              |
| 20027  | Cornstarch   | 8.064      | 1 tbsp         | 30.724              |
| 19034  | Snacks, popcorn, air-popped  | 8          | 1 cup          | 30.560              |
| 06125  | Gravy, turkey, canned  | 59.6       | 1/4 cup        | 30.396              |
| 09279  | Plums, raw   | 66         | 1 plum         | 30.360              |
| 09060  | Carambola, (starfruit), raw  | 91         | 1 fruit        | 30.030              |
| 11090  | Broccoli, raw  | 88         | 1 cup          | 29.920              |
| 11333  | Peppers, sweet, green, raw   | 149        | 1 cup          | 29.800              |
| 06121  | Gravy, mushroom, canned  | 59.6       | 1/4 cup        | 29.800              |
| 11124  | Carrots, raw   | 72         | 1 carrot       | 29.520              |
| 19294  | Fruit butters, apple   | 17         | 1 tbsp         | 29.410              |
| 01050  | Cream, fluid, light (coffee cream or table cream)                                  | 15         | 1 tbsp         | 29.250              |
| 06432  | Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial | 241        | 1 cup          | 28.920              |
| 11569  | Turnip greens, cooked, boiled, drained, without salt                               | 144        | 1 cup          | 28.800              |
| 11136  | Cauliflower, cooked, boiled, drained, without salt                                 | 124        | 1 cup          | 28.520              |
| 09268  | Pineapple, canned, juice pack, solids and liquids                                  | 47         | 1 slice        | 28.200              |
| 19076  | Candies, caramels, chocolate-flavor roll   | 7          | 1 piece        | 27.860              |
| 08084  | Cereals ready-to-eat, wheat germ, toasted, plain                                   | 7.119      | 1 tbsp         | 27.195              |
| 06494  | Soup, onion, dehydrated, prepared with water                                       | 246        | 1 cup          | 27.060              |
| 11144  | Celery, cooked, boiled, drained, without salt                                      | 150        | 1 cup          | 27.000              |
| 11932  | Beans, snap, yellow, canned, regular pack, drained solids                          | 135        | 1 cup          | 27.000              |
| 11056  | Beans, snap, green, canned, regular pack, drained solids                           | 135        | 1 cup          | 27.000              |
| 09282  | Plums, canned, purple, juice pack, solids and liquids                              | 46         | 1 plum         | 26.680              |
| 11044  | Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt          | 124        | 1 cup          | 26.040              |
| 01056  | Cream, sour, cultured  | 12         | 1 tbsp         | 25.680              |
| 04613  | Margarine, vegetable oil spread, 60% fat, tub/bottle                               | 4.8        | 1 tsp          | 25.488              |



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| NDB_No | Description   | Weight (g) | Common Measure | Content per Measure |
|--------|---|------------|----------------|---------------------|
| 09193  | Olives, ripe, canned (small-extra large)  | 22         | 5 large        | 25.300              |
| 01094  | Milk, buttermilk, dried   | 6.5        | 1 tbsp         | 25.155              |
| 04134  | Salad dressing, home recipe, cooked   | 16         | 1 tbsp         | 25.120              |
| 11135  | Cauliflower, raw  | 100        | 1 cup          | 25.000              |
| 11028  | Bamboo shoots, canned, drained solids   | 131        | 1 cup          | 24.890              |
| 04612  | Margarine, vegetable oil spread, 60% fat, stick                                 | 4.8        | 1 tsp          | 24.864              |
| 19128  | Syrups, table blends, pancake, reduced-calorie                                  | 15         | 1 tbsp         | 24.600              |
| 11333  | Peppers, sweet, green, raw  | 119        | 1 pepper       | 23.800              |
| 19107  | Candies, hard   | 6          | 1 piece        | 23.640              |
| 09181  | Melons, cantaloupe, raw   | 69         | 1/8 melon      | 23.460              |
| 19176  | Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water | 117        | 1/2 cup        | 23.400              |
| 18155  | Cookies, butter, commercially prepared, enriched                                | 5          | 1 cookie       | 23.350              |
| 16158  | Hummus, commercial  | 14         | 1 tbsp         | 23.240              |
| 04022  | Salad dressing, russian dressing, low calorie                                   | 16.3       | 1 tbsp         | 22.983              |
| 11529  | Tomatoes, red, ripe, raw, year round average                                    | 123        | 1 tomato       | 22.140              |
| 11081  | Beets, cooked, boiled, drained  | 50         | 1 beet         | 22.000              |
| 11112  | Cabbage, red, raw   | 70         | 1 cup          | 21.700              |
| 01032  | Cheese, parmesan, grated  | 5          | 1 tbsp         | 21.550              |
| 01058  | Sour dressing, non-butterfat, cultured, filled cream-type                       | 12         | 1 tbsp         | 21.360              |
| 11250  | Lettuce, butterhead (includes boston and bibb types), raw                       | 163        | 1 head         | 21.190              |
| 11271  | Mustard greens, cooked, boiled, drained, without salt                           | 140        | 1 cup          | 21.000              |
| 18375  | Leavening agents, yeast, baker's, active dry                                    | 7          | 1 pkg          | 20.650              |
| 11117  | Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt              | 170        | 1 cup          | 20.400              |
| 01067  | Cream substitute, liquid, with hydrogenated vegetable oil and soy protein       | 15         | 1 tbsp         | 20.400              |
| 01055  | Cream, sour, reduced fat, cultured  | 15         | 1 tbsp         | 20.250              |
| 19156  | Candies, M&M MARS, STARBURST Fruit Chews  | 5          | 1 piece        | 19.800              |
| 11945  | Pickle relish, sweet  | 15         | 1 tbsp         | 19.500              |
| 01049  | Cream, fluid, half and half   | 15         | 1 tbsp         | 19.500              |
| 11819  | Peppers, hot chili, red, raw  | 45         | 1 pepper       | 19.350              |
| 11114  | Cabbage, savoy, raw   | 70         | 1 cup          | 18.900              |
| 11641  | Squash, summer, all varieties, raw  | 113        | 1 cup          | 18.080              |
| 11670  | Peppers, hot chili, green, raw  | 45         | 1 pepper       | 18.000              |
| 18374  | Leavening agents, yeast, baker's, compressed                                    | 17         | 1 cake         | 17.850              |
| 16055  | Carob flour   | 8          | 1 tbsp         | 17.760              |
| 18212  | Cookies, vanilla wafers, lower fat  | 4          | 1 cookie       | 17.640              |
| 11284  | Onions, dehydrated flakes   | 5          | 1 tbsp         | 17.450              |
| 01124  | Egg, white, raw, fresh  | 33.4       | 1 large        | 17.368              |
| 09150  | Lemons, raw, without peel   | 58         | 1 lemon        | 16.820              |
| 11143  | Celery, raw   | 120        | 1 cup          | 16.800              |
| 11109  | Cabbage, raw  | 70         | 1 cup          | 16.800              |
| 09021  | Apricots, raw   | 35         | 1 apricot      | 16.800              |
| 11120  | Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt               | 119        | 1 cup          | 16.660              |
| 19106  | Candies, gumdrops, starch jelly pieces  | 4.2        | 1 medium       | 16.632              |

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|--------|--|------------|------------------|---------------------|
| 04128  | Margarine-like spread, (approximately 40% fat), unspecified oils | 4.8        | 1 tsp            | 16.560              |
| 19335  | Sugars, granulated   | 4.2        | 1 tsp            | 16.254              |
| 11205  | Cucumber, with peel, raw   | 104        | 1 cup            | 15.600              |
| 11260  | Mushrooms, raw   | 70         | 1 cup            | 15.400              |
| 06112  | Sauce, teriyaki, ready-to-serve                                  | 18         | 1 tbsp           | 15.120              |
| 01186  | Cheese, cream, fat free  | 15.6       | 1 tbsp           | 14.976              |
| 11206  | Cucumber, peeled, raw  | 119        | 1 cup            | 14.280              |
| 06075  | Soup, beef broth or bouillon, powder, dry                        | 6          | 1 packet         | 14.280              |
| 11935  | Catsup   | 15         | 1 tbsp           | 14.250              |
| 11015  | Asparagus, canned, drained solids                                | 72         | 4 spears         | 13.680              |
| 11012  | Asparagus, cooked, boiled, drained                               | 60         | 4 spears         | 13.200              |
| 11091  | Broccoli, cooked, boiled, drained, without salt                  | 37         | 1 spear          | 12.950              |
| 01073  | Dessert topping, semi solid, frozen                              | 4          | 1 tbsp           | 12.720              |
| 11136  | Cauliflower, cooked, boiled, drained, without salt               | 54         | 3 flowerets      | 12.420              |
| 19165  | Cocoa, dry powder, unsweetened                                   | 5.4        | 1 tbsp           | 12.366              |
| 02050  | Vanilla extract  | 4.2        | 1 tsp            | 12.096              |
| 19334  | Sugars, brown  | 3.2        | 1 tsp            | 12.064              |
| 19107  | Candies, hard  | 3          | 1 small piece    | 11.820              |
| 06150  | Sauce, barbecue sauce  | 15.75      | 1 tbsp           | 11.813              |
| 18375  | Leavening agents, yeast, baker's, active dry                     | 4          | 1 tsp            | 11.800              |
| 09152  | Lemon juice, raw   | 47         | juice of 1 lemon | 11.750              |
| 11937  | Pickles, cucumber, dill  | 65         | 1 pickle         | 11.700              |
| 04021  | Salad dressing, italian dressing, reduced fat                    | 15         | 1 tbsp           | 11.250              |
| 01069  | Cream substitute, powdered                                       | 2          | 1 tsp            | 10.920              |
| 11954  | Tomatillos, raw  | 34         | 1 medium         | 10.880              |
| 11019  | Asparagus, frozen, cooked, boiled, drained, without salt         | 60         | 4 spears         | 10.800              |
| 11268  | Mushrooms, shiitake, dried                                       | 3.6        | 1 mushroom       | 10.656              |
| 01072  | Dessert topping, pressurized                                     | 4          | 1 tbsp           | 10.560              |
| 11090  | Broccoli, raw  | 31         | 1 spear          | 10.540              |
| 09160  | Lime juice, raw  | 38         | juice of 1 lime  | 10.260              |
| 11001  | Alfalfa seeds, sprouted, raw                                     | 33         | 1 cup            | 9.570               |
| 11251  | Lettuce, cos or romaine, raw                                     | 56         | 1 cup            | 9.520               |
| 02020  | Spices, garlic powder  | 2.8        | 1 tsp            | 9.296               |
| 11961  | Hearts of palm, canned   | 33         | 1 piece          | 9.240               |
| 11213  | Endive, raw  | 50         | 1 cup            | 8.500               |
| 16123  | Soy sauce made from soy and wheat (shoyu)                        | 16         | 1 tbsp           | 8.480               |
| 11253  | Lettuce, green leaf, raw   | 56         | 1 cup            | 8.400               |
| 02009  | Spices, chili powder   | 2.6        | 1 tsp            | 8.164               |
| 02007  | Spices, celery seed  | 2          | 1 tsp            | 7.840               |
| 18373  | Leavening agents, cream of tartar                                | 3          | 1 tsp            | 7.740               |
| 01054  | Cream, whipped, cream topping, pressurized                       | 3          | 1 tbsp           | 7.710               |
| 01071  | Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk  | 4          | 1 tbsp           | 7.560               |
| 11084  | Beets, canned, drained solids                                    | 24         | 1 beet           | 7.440               |
| 02026  | Spices, onion powder   | 2.1        | 1 tsp            | 7.287               |

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|--------|--|------------|-------------------|---------------------|
| 11677  | Shallots, raw  | 10         | 1 tbsp            | 7.200               |
| 14209  | Coffee, brewed from grounds, prepared with tap water                                     | 178        | 6 fl oz           | 7.120               |
| 11632  | Peppers, jalapeno, canned, solids and liquids  | 26         | 1/4 cup           | 7.020               |
| 11457  | Spinach, raw   | 30         | 1 cup             | 6.900               |
| 11144  | Celery, cooked, boiled, drained, without salt  | 37.5       | 1 stalk           | 6.750               |
| 02015  | Spices, curry powder   | 2          | 1 tsp             | 6.500               |
| 11956  | Tomatoes, sun-dried, packed in oil, drained  | 3          | 1 piece           | 6.390               |
| 02028  | Spices, paprika  | 2.1        | 1 tsp             | 6.069               |
| 02010  | Spices, cinnamon, ground   | 2.3        | 1 tsp             | 6.003               |
| 11282  | Onions, raw  | 14         | 1 slice           | 5.880               |
| 09316  | Strawberries, raw  | 18         | 1 strawberry      | 5.760               |
| 11935  | Catsup   | 6          | 1 packet          | 5.700               |
| 11143  | Celery, raw  | 40         | 1 stalk           | 5.600               |
| 11252  | Lettuce, iceberg (includes crisphead types), raw   | 55         | 1 cup             | 5.500               |
| 14210  | Coffee, brewed, espresso, restaurant-prepared  | 60         | 2 fl oz           | 5.400               |
| 02030  | Spices, pepper, black  | 2.1        | 1 tsp             | 5.355               |
| 11955  | Tomatoes, sun-dried  | 2          | 1 piece           | 5.160               |
| 18371  | Leavening agents, baking powder, low-sodium  | 5          | 1 tsp             | 4.850               |
| 11291  | Onions, spring or scallions (includes tops and bulb), raw                                | 15         | 1 whole           | 4.800               |
| 14376  | Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared                  | 237        | 8 fl oz           | 4.740               |
| 14290  | Lemonade, low calorie, with aspartame, powder, prepared with water                       | 237        | 8 fl oz           | 4.740               |
| 02027  | Spices, oregano, dried   | 1.5        | 1 tsp             | 4.590               |
| 06164  | Sauce, ready-to-serve, salsa   | 16         | 1 tbsp            | 4.480               |
| 11215  | Garlic, raw  | 3          | 1 clove           | 4.470               |
| 11445  | Seaweed, kelp, raw   | 10         | 2 tbsp            | 4.300               |
| 09316  | Strawberries, raw  | 12         | 1 strawberry      | 3.840               |
| 11297  | Parsley, raw   | 10         | 10 sprigs         | 3.600               |
| 11529  | Tomatoes, red, ripe, raw, year round average   | 20         | 1 slice           | 3.600               |
| 02029  | Spices, parsley, dried   | 1.3        | 1 tbsp            | 3.588               |
| 14215  | Coffee, instant, regular, prepared with water  | 179        | 6 fl oz           | 3.580               |
| 14416  | Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine | 355        | 12 fl oz          | 3.550               |
| 11960  | Carrots, baby, raw   | 10         | 1 medium          | 3.500               |
| 02046  | Mustard, prepared, yellow  | 5          | 1 tsp or 1 packet | 3.300               |
| 11135  | Cauliflower, raw   | 13         | 1 floweret        | 3.250               |
| 09161  | Lime juice, canned or bottled, unsweetened   | 15.4       | 1 tbsp            | 3.234               |
| 09153  | Lemon juice, canned or bottled   | 15.2       | 1 tbsp            | 3.192               |
| 11740  | Broccoli, flower clusters, raw   | 11         | 1 floweret        | 3.080               |
| 11529  | Tomatoes, red, ripe, raw, year round average   | 17         | 1 cherry tomato   | 3.060               |
| 11943  | Pimento, canned  | 12         | 1 tbsp            | 2.760               |
| 11667  | Seaweed, spirulina, dried  | 0.93       | 1 tbsp            | 2.697               |
| 18369  | Leavening agents, baking powder, double-acting, sodium aluminum sulfate                  | 4.6        | 1 tsp             | 2.438               |
| 02055  | Horseradish, prepared  | 5          | 1 tsp             | 2.400               |
| 14367  | Tea, instant, unsweetened, powder, prepared  | 237        | 8 fl oz           | 2.370               |

# USDA National Nutrient Database for Standard Reference, Release 16-1

## Energy (Kcal) Content of Selected Foods per Common Measure, sorted by nutrient content

| NDB_No | Description   | Weight (g) | Common Measure | Content per Measure |
|--------|---|------------|----------------|---------------------|
| 18370  | Leavening agents, baking powder, double-acting, straight phosphate            | 4.6        | 1 tsp          | 2.346               |
| 11457  | Spinach, raw  | 10         | 1 leaf         | 2.300               |
| 02048  | Vinegar, cider  | 15         | 1 tbsp         | 2.100               |
| 11333  | Peppers, sweet, green, raw  | 10         | 1 ring         | 2.000               |
| 14381  | Tea, herb, other than chamomile, brewed                                       | 178        | 6 fl oz        | 1.780               |
| 14545  | Tea, herb, chamomile, brewed  | 178        | 6 fl oz        | 1.780               |
| 14355  | Tea, brewed, prepared with tap water  | 178        | 6 fl oz        | 1.780               |
| 11251  | Lettuce, cos or romaine, raw  | 10         | 1 leaf         | 1.700               |
| 11253  | Lettuce, green leaf, raw  | 10         | 1 leaf         | 1.500               |
| 11250  | Lettuce, butterhead (includes boston and bibb types), raw                     | 7.5        | 1 medium leaf  | 0.975               |
| 11156  | Chives, raw   | 3          | 1 tbsp         | 0.900               |
| 11252  | Lettuce, iceberg (includes crisphead types), raw                              | 8          | 1 medium       | 0.800               |
| 11429  | Radishes, raw   | 4.5        | 1 radish       | 0.720               |
| 06168  | Sauce, ready-to-serve, pepper or hot  | 4.7        | 1 tsp          | 0.517               |
| 02045  | Dill weed, fresh  | 1          | 5 sprigs       | 0.430               |
| 14143  | Carbonated beverage, low calorie, other than cola or pepper, without caffeine | 355        | 12 fl oz       | 0.000               |
| 02047  | Salt, table   | 6          | 1 tsp          | 0.000               |
| 14121  | Carbonated beverage, club soda  | 355        | 12 fl oz       | 0.000               |
| 18372  | Leavening agents, baking soda   | 4.6        | 1 tsp          | 0.000               |
| 14429  | Water, municipal  | 237        | 8 fl oz        | 0.000               |