

USDA National Nutrient Database for Standard Reference, Release 18

Carbohydrate, by difference (g) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01095	Milk, canned, condensed, sweetened	306	1 cup	166.46
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	155.83
20005	Barley, pearled, raw	200	1 cup	155.44
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	148.80
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	147.91
20068	Tapioca, pearl, dry	152	1 cup	134.81
20028	Couscous, dry	173	1 cup	133.95
09087	Dates, deglet noor	178	1 cup	133.55
09298	Raisins, seedless	145	1 cup	114.81
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	107.20
20084	Wheat flour, white, cake, enriched	137	1 cup	106.90
20012	Bulgur, dry	140	1 cup	106.22
19080	Candies, semisweet chocolate	168	1 cup	106.01
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	103.21
19087	Candies, white chocolate	170	1 cup	100.71
20083	Wheat flour, white, bread, enriched	137	1 cup	99.37
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	95.84
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	95.39
20020	Cornmeal, whole-grain, yellow	122	1 cup	93.81
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	92.78
19061	Snacks, trail mix, tropical	140	1 cup	91.84
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	90.90
20080	Wheat flour, whole-grain	120	1 cup	87.08
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	85.50
20011	Buckwheat flour, whole-groat	120	1 cup	84.71
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	82.19
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	81.30
35142	Bread, Indian, fry, made with lard (Navajo)	160	10-1/2" bread	77.22
12167	Nuts, chestnuts, european, roasted	143	1 cup	75.73
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	74.88
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	73.19
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	71.54
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	70.78
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	69.64
18309	Pie, cherry, prepared from recipe	180	1 piece	69.30
14346	Shake, fast food, chocolate	333	16 fl oz	68.27
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	66.10
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	65.55
09306	Raspberries, frozen, red, sweetened	250	1 cup	65.40
14347	Shake, fast food, vanilla	333	16 fl oz	65.23
18324	Pie, pecan, commercially prepared	113	1 piece	64.64
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	64.51
18325	Pie, pecan, prepared from recipe	122	1 piece	63.68
01110	Milk shakes, thick chocolate	300	10.6 fl oz	63.45
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	63.39
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	62.50
20033	Oat bran, raw	94	1 cup	62.25
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	60.58

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09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	59.96
09250	Peaches, frozen, sliced, sweetened	250	1 cup	59.95
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	58.08
21024	Fast foods, french toast sticks	141	5 sticks	57.85
18302	Pie, apple, prepared from recipe	155	1 piece	57.51
16051	Beans, white, mature seeds, canned	262	1 cup	57.48
09277	Plantains, raw	179	1 medium	57.08
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	55.79
01111	Milk shakes, thick vanilla	313	11 fl oz	55.56
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	55.39
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	55.37
11370	Potatoes, hashed brown, home-prepared	156	1 cup	54.77
18444	Pie, fried pies, cherry	128	1 pie	54.53
18319	Pie, fried pies, fruit	128	1 pie	54.53
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	54.29
11512	Sweet potato, canned, vacuum pack	255	1 cup	53.86
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	53.70
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	53.43
18320	Pie, lemon meringue, commercially prepared	113	1 piece	53.34
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	52.24
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	51.31
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	51.05
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	50.99
09020	Applesauce, canned, sweetened, without salt	255	1 cup	50.77
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	50.73
09055	Blueberries, frozen, sweetened	230	1 cup	50.49
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	50.26
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	49.71
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	49.66
11546	Tomato products, canned, paste, without salt added	262	1 cup	49.54
18306	Pie, blueberry, prepared from recipe	147	1 piece	49.25
18005	Bagels, cinnamon-raisin	89	4" bagel	49.13
09278	Plantains, cooked	154	1 cup	47.97
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	47.86
21033	Fast foods, sundae, hot fudge	158	1 sundae	47.67
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	47.63
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	47.41
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	47.29
18003	Bagels, egg	89	4" bagel	47.17
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	46.90
18308	Pie, cherry, commercially prepared	117	1 piece	46.57
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	46.54
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	46.41
14150	Carbonated beverage, orange	372	12 fl oz	45.76
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	45.65
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	45.59
21017	Fast foods, danish pastry, fruit	94	1 pastry	45.06
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	45.05

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16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	44.97
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	44.95
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	44.84
20037	Rice, brown, long-grain, cooked	195	1 cup	44.77
09294	Prune juice, canned	256	1 cup	44.67
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	44.55
20045	Rice, white, long-grain, regular, cooked	158	1 cup	44.51
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	44.33
20006	Barley, pearled, cooked	157	1 cup	44.31
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	44.30
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	44.26
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	43.74
35142	Bread, Indian, fry, made with lard (Navajo)	90	5" bread	43.43
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	43.24
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	43.20
20100	Macaroni, cooked, enriched	140	1 cup	43.20
22401	Spaghetti with meat sauce, frozen entree	283	1 package	43.13
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	42.80
11674	Potato, baked, flesh and skin, without salt	202	1 potato	42.72
22906	Chicken pot pie, frozen entree	217	1 small pie	42.71
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	42.35
18139	Cake, white, prepared from recipe without frosting	74	1 piece	42.33
14142	Carbonated beverage, grape soda	372	12 fl oz	41.66
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	41.45
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	41.42
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	41.36
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	41.25
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	41.15
21082	Fast foods, taco	263	1 large	41.11
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	41.00
18327	Pie, pumpkin, prepared from recipe	155	1 piece	40.92
18305	Pie, blueberry, commercially prepared	117	1 piece	40.83
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	40.82
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	40.80
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	40.78
19116	Candies, marshmallows	50	1 cup	40.65
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	40.59
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	40.39
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	40.36
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	40.27
20110	Noodles, egg, cooked, enriched	160	1 cup	40.26
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	40.00
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	40.00
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	39.91
16008	Beans, baked, canned, with franks	259	1 cup	39.86

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16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	39.86
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	39.78
18090	Cake, boston cream pie, commercially prepared	92	1 piece	39.47
14277	Grape drink, canned	250	8 fl oz	39.38
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	39.25
14157	Carbonated beverage, root beer	370	12 fl oz	39.22
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	39.22
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	39.19
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	39.14
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	39.09
21043	Fast foods, clams, breaded and fried	115	3/4 cup	38.81
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	38.80
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	38.74
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	38.69
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	38.39
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	38.27
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	38.18
18310	Pie, chocolate creme, commercially prepared	113	1 piece	37.97
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	37.93
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	37.85
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	37.63
18003	Bagels, egg	71	3-1/2" bagel	37.63
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	37.34
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	37.33
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	368	12 fl oz	37.32
20125	Spaghetti, whole-wheat, cooked	140	1 cup	37.16
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	37.13
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	36.97
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	36.83
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	36.81
20029	Couscous, cooked	157	1 cup	36.46
18116	Cake, gingerbread, prepared from recipe	74	1 piece	36.41
18134	Cake, sponge, prepared from recipe	63	1 piece	36.35
21078	Fast foods, nachos, with cheese	113	6-8 nachos	36.33
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	36.23
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	36.12
21023	Breakfast items, french toast with butter	135	2 slices	36.05
16073	Lima beans, large, mature seeds, canned	241	1 cup	35.93
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	35.86
18151	Cookies, brownies, commercially prepared	56	1 brownie	35.78
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	35.71
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	35.51
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	35.46
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	35.37
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	35.19
09176	Mangos, raw	207	1 mango	35.19

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11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	35.01
20089	Wild rice, cooked	164	1 cup	35.00
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	34.94
21129	Fast foods, hush puppies	78	5 pieces	34.90
01057	Eggnog	254	1 cup	34.39
09040	Bananas, raw	150	1 cup	34.26
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	34.25
14242	Cranberry juice cocktail, bottled	253	8 fl oz	34.21
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	34.05
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	34.05
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	33.94
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	33.89
20013	Bulgur, cooked	182	1 cup	33.82
11363	Potatoes, baked, flesh, without salt	156	1 potato	33.62
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	33.53
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	33.53
20010	Buckwheat groats, roasted, cooked	168	1 cup	33.50
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	33.46
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	33.44
18041	Bread, pita, white, enriched	60	6-1/2" pita	33.42
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	33.35
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	33.01
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	32.84
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	32.76
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	32.71
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	32.18
14136	Carbonated beverage, ginger ale	366	12 fl oz	32.10
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	32.09
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	31.95
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	31.88
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	31.88
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	31.75
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	31.68
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	31.65
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	31.53
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	31.46
18316	Pie, coconut custard, commercially prepared	104	1 piece	31.41
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	31.32
21119	Fast foods, hotdog, with chili	114	1 sandwich	31.29
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	31.29
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	31.22
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	31.15

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08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	31.15
09087	Dates, deglet noor	41.5	5 dates	31.14
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	31.06
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	30.97
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	30.54
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	30.33
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	30.24
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	30.15
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	30.11
18353	Rolls, hard (includes kaiser)	57	1 roll	30.04
09223	Tangerine juice, canned, sweetened	249	1 cup	29.88
09226	Papayas, raw	304	1 papaya	29.82
18326	Pie, pumpkin, commercially prepared	109	1 piece	29.76
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	29.69
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	29.66
14341	Pineapple and orange juice drink, canned	250	8 fl oz	29.50
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	29.42
18088	Cake, angelfood, dry mix, prepared	50	1 piece	29.35
09340	Pears, asian, raw	275	1 pear	29.29
11659	Sweet potato, cooked, candied, home-prepared	105	1 piece	29.25
01097	Milk, canned, evaporated, nonfat	256	1 cup	29.06
22247	Macaroni and Cheese, canned entree	252	1 cup	29.03
18279	Muffins, corn, commercially prepared	57	1 muffin	29.01
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	29.00
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	28.97
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	28.96
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	28.94
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	28.90
18023	Bread, cornbread, dry mix, prepared	60	1 piece	28.86
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	28.73
21077	Fast foods, frijoles with cheese	167	1 cup	28.71
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	28.69
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	28.69
21015	Fast foods, danish pastry, cheese	91	1 pastry	28.69
08143	Cereals, WHEATENA, cooked with water	243	1 cup	28.67
21074	Fast foods, enchilada, with cheese	163	1 enchilada	28.54
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	28.28
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	28.28
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	28.22
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	28.18
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	28.11
09176	Mangos, raw	165	1 cup	28.05
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	27.99
11414	Potato salad, home-prepared	250	1 cup	27.93
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	27.90

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19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	27.84
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	27.83
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	27.77
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	27.76
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	27.64
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	27.61
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	27.61
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	27.55
18283	Muffins, oat bran	57	1 muffin	27.53
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	27.48
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	27.38
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	27.38
18274	Muffins, blueberry, commercially prepared	57	1 muffin	27.36
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	27.30
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	27.16
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	27.13
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	27.12
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	27.01
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	26.97
09040	Bananas, raw	118	1 banana	26.95
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	26.84
09291	Plums, dried (prunes), uncooked	42	5 prunes	26.83
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	26.77
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	26.76
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	26.74
21082	Fast foods, taco	171	1 small	26.73
11364	Potatoes, baked, skin, without salt	58	1 skin	26.71
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	26.70
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	26.70
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	26.68
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	26.66
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	26.63
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	26.58
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	26.54
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	26.53
19108	Candies, jellybeans	28.35	10 large	26.52
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	26.50
18110	Cake, fruitcake, commercially prepared	43	1 piece	26.49
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	26.48
18245	Danish pastry, cheese	71	1 danish	26.41
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	26.41
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	26.40
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	26.24
11226	Jerusalem-artichokes, raw	150	1 cup	26.16
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	26.14
18239	Croissants, butter	57	1 croissant	26.11

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Carbohydrate, by difference (g) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	26.10
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	26.10
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	26.10
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	26.10
19183	Puddings, chocolate, ready-to-eat	113	4 oz	25.99
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	25.94
20113	Noodles, chinese, chow mein	45	1 cup	25.89
01102	Milk, chocolate, fluid, commercial, whole	250	1 cup	25.85
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	25.80
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	25.80
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	25.80
09206	Orange juice, raw	248	1 cup	25.79
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	25.67
09252	Pears, raw	166	1 pear	25.66
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	25.48
18243	Croutons, seasoned	40	1 cup	25.40
22904	Chili con carne with beans, canned entree	222	1 cup	25.37
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	25.30
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	25.27
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	25.20
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	25.18
20034	Oat bran, cooked	219	1 cup	25.05
09209	Orange juice, chilled, includes from concentrate	249	1 cup	25.05
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	24.99
19193	Puddings, rice, ready-to-eat	113.4	4 oz	24.95
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	24.94
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	24.91
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	24.90
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	24.90
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	24.90
19201	Puddings, vanilla, ready-to-eat	113	4 oz	24.86
14342	Rice beverage, RICE DREAM, canned	245	1 cup	24.84
18367	Waffles, plain, prepared from recipe	75	1 waffle	24.68
18280	Muffins, corn, dry mix, prepared	50	1 muffin	24.55
09207	Orange juice, canned, unsweetened	249	1 cup	24.53
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	24.39
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	24.34
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	24.30
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	24.30
09094	Figs, dried, uncooked	38	2 figs	24.27
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 eclair	24.20
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	24.12
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	24.11
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	24.03
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	24.03
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	24.02
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	24.00

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14194	Cocoa mix, powder, prepared with water	206	1 serving	23.98
09246	Peaches, dried, sulfured, uncooked	39	3 halves	23.92
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	23.82
14192	Cocoa mix, powder	28.35	3 heaping tsp	23.74
18217	Crackers, matzo, plain	28.35	1 matzo	23.73
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	23.70
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	23.65
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	23.62
21083	Fast foods, taco salad	198	1-1/2 cups	23.58
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	23.52
19013	Snacks, fruit leather, pieces	28.35	1 oz	23.48
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	23.40
08511	Cereals, Malt-o-Meal, plain, prepared with water, without salt	268	1 serving (3 T dry cereal plu	23.37
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	23.36
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	23.20
06166	Sauce, homemade, white, medium	250	1 cup	22.93
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	22.91
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	22.90
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	22.90
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	22.82
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	22.80
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	22.77
09128	Grapefruit juice, white, raw	247	1 cup	22.72
09404	Grapefruit juice, pink, raw	247	1 cup	22.72
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	22.70
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	22.50
19097	Sherbet, orange	74	1/2 cup	22.50
11547	Tomato products, canned, puree, without salt added	250	1 cup	22.45
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	22.30
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	22.30
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	22.27
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	22.20
09081	Cranberry sauce, canned, sweetened	57	1 slice	22.17
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	22.13
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	22.12
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	22.06
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	22.01
21042	Fast foods, chili con carne	253	1 cup	21.94
11655	Carrot juice, canned	236	1 cup	21.92
09032	Apricots, dried, sulfured, uncooked	35	10 halves	21.92
11399	Potato puffs, frozen, oven-heated	79	10 puffs	21.92
19218	Puddings, tapioca, ready-to-eat	113	4 oz	21.92
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	21.81
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	21.81
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	21.76

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	21.70
09326	Watermelon, raw	286	1 wedge	21.59
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	21.44
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	21.39
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	21.32
18350	Rolls, hamburger or hotdog, plain	43	1 roll	21.26
11672	Potato pancakes	76	1 pancake	21.20
09200	Oranges, raw, all commercial varieties	180	1 cup	21.15
09011	Apples, dried, sulfured, uncooked	32	5 rings	21.08
09050	Blueberries, raw	145	1 cup	21.01
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	21.01
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	20.87
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	20.72
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	20.63
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	20.41
18147	Cheesecake commercially prepared	80	1 piece	20.40
06206	Soup, PROGRESSO HEALTHY CLASSICS MINISTRONE, canned, ready-to-serve	241	1 cup	20.34
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	242	1 cup	20.30
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	20.30
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	19.89
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	79	1 serving	19.86
11424	Pumpkin, canned, without salt	245	1 cup	19.82
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	19.79
19126	Candies, milk chocolate coated peanuts	40	10 pieces	19.76
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	19.59
09266	Pineapple, raw, all varieties	155	1 cup	19.58
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	19.54
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	19.50
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	19.39
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	19.33
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	19.33
15128	Fish, tuna salad	205	1 cup	19.29
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	19.16
18027	Bread, egg	40	1/2" slice	19.12
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	19.09
09003	Apples, raw, with skin	138	1 apple	19.06
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	19.01
19422	Snacks, potato chips, reduced fat	28.35	1 oz	18.97
18268	French toast, frozen, ready-to-heat	59	1 slice	18.94
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	18.89
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	18.87
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	18.82
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	18.78
19270	Ice creams, chocolate	66	1/2 cup	18.61
19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	18.52
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	18.46

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	18.40
18133	Cake, sponge, commercially prepared	30	1 shortcake	18.33
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	18.28
19015	Snacks, granola bars, hard, plain	28.35	1 bar	18.26
16112	Miso	68.75	1 cup	18.20
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	18.14
11549	Tomato products, canned, sauce	245	1 cup	18.06
21118	Fast foods, hotdog, plain	98	1 sandwich	18.03
19014	Snacks, fruit leather, rolls	21	1 large	18.02
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	17.93
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	17.86
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	17.78
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	17.78
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	17.73
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	17.71
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	17.43
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	17.42
19296	Honey	21	1 tbspc	17.30
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	17.30
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	17.22
19057	Snacks,tortilla chips, nacho-flavor	28.35	1 oz	17.19
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	17.18
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	17.08
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	17.08
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	17.04
19088	Ice creams, vanilla, light	66	1/2 cup	17.03
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	16.97
11081	Beets, cooked, boiled, drained	170	1 cup	16.93
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	16.83
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	16.62
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	16.59
19089	Ice creams, vanilla, rich	74	1/2 cup	16.49
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	16.46
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	16.43
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	16.27
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	16.25
09236	Peaches, raw	170	1 cup	16.22
18086	Cake, angelfood, commercially prepared	28	1 piece	16.18
11282	Onions, raw	160	1 cup	16.18
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	16.15
21088	Tostada with guacamole	130.5	1 tostada	16.01
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	16.01
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	15.98
19071	Candies, carob	28.35	1 oz	15.96
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	15.93
09153	Lemon juice, canned or bottled	244	1 cup	15.81
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	15.78
22905	Beef stew, canned entree	232	1 cup	15.71

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	15.69
19281	Frozen novelties, ice type, italian, restaurant-prepared	116	1/2 cup	15.66
18041	Bread, pita, white, enriched	28	4" pita	15.60
19095	Ice creams, vanilla	66	1/2 cup	15.58
19263	Frozen novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	15.55
18060	Bread, rye	32	1 slice	15.46
09184	Melons, honeydew, raw	170	1 cup	15.45
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	15.45
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	15.44
09200	Oranges, raw, all commercial varieties	131	1 orange	15.39
19350	Syrups, corn, light	20	1 tbsp	15.36
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	15.34
18220	Crackers, melba toast, plain	20	4 pieces	15.32
18044	Bread, pumpernickel	32	1 slice	15.20
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	15.14
18045	Bread, pumpernickel, toasted	29	1 slice	15.14
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	50	10 strips	15.14
11581	Vegetables, mixed, canned, drained solids	163	1 cup	15.09
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	15.00
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	15.00
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	14.98
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	14.97
11159	Coleslaw, home-prepared	120	1 cup	14.89
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	14.86
09302	Raspberries, raw	123	1 cup	14.69
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	14.63
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	14.60
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	14.57
09184	Melons, honeydew, raw	160	1/8 melon	14.54
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	14.54
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	14.46
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	14.43
09191	Nectarines, raw	136	1 nectarine	14.35
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	14.14
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	14.11
19411	Snacks, potato chips, plain, salted	28.35	1 oz	14.10
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	14.10
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	14.07
09004	Apples, raw, without skin	110	1 cup	14.04
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	13.95
09042	Blackberries, raw	144	1 cup	13.84
19297	Jams and preserves	20	1 tbsp	13.77
09226	Papayas, raw	140	1 cup	13.73
18120	Cake, pound, commercially prepared, butter	28	1 piece	13.66
18048	Bread, raisin, toasted, enriched	24	1 slice	13.66
18047	Bread, raisin, enriched	26	1 slice	13.60

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19353	Syrups, maple	20	1 tbsp	13.42
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	13.42
01164	Cheese sauce, prepared from recipe	243	1 cup	13.32
19300	Jellies	19	1 tbsp	13.29
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	13.23
18040	Bread, oatmeal, toasted	25	1 slice	13.18
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	13.16
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	13.11
18039	Bread, oatmeal	27	1 slice	13.10
09181	Melons, cantaloupe, raw	160	1 cup	13.06
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	13.00
09340	Pears, asian, raw	122	1 pear	12.99
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	12.98
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	12.93
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	12.91
18075	Bread, whole-wheat, commercially prepared	28	1 slice	12.91
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	12.91
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	12.90
21139	Fast foods, potato, mashed	80	1/3 cup	12.90
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	12.83
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	12.82
21127	Fast foods, coleslaw	99	3/4 cup	12.75
09316	Strawberries, raw	166	1 cup	12.75
18061	Bread, rye, toasted	24	1 slice	12.74
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	12.65
01037	Cheese, ricotta, part skim milk	246	1 cup	12.64
14003	Alcoholic beverage, beer, regular, all	355	12 fl oz	12.60
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	12.59
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	12.57
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	12.50
18025	Bread, cracked-wheat	25	1 slice	12.38
19129	Syrups, table blends, pancake	20	1 tbsp	12.29
11084	Beets, canned, drained solids	170	1 cup	12.26
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	12.22
14181	Chocolate syrup	18.75	1 tbsp	12.21
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	12.18
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	12.15
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	12.10
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	12.09
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	12.09
16120	Soy milk, fluid	245	1 cup	12.08
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	12.07
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	12.06
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	12.02
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	12.01
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	12.00
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	11.98

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18070	Bread, white, commercially prepared, toasted	22	1 slice	11.97
19348	Syrups, chocolate, fudge-type	19	1 tbsp	11.95
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	11.88
18064	Bread, wheat (includes wheat berry)	25	1 slice	11.80
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	11.80
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	11.78
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	11.74
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	11.63
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	11.61
09326	Watermelon, raw	152	1 cup	11.48
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	11.42
19283	Frozen novelties, ice type, pop	59	1 bar (2 fl oz)	11.35
18170	Cookies, fig bars	16	1 cookie	11.34
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	11.34
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	11.29
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	11.28
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	11.23
19104	Candies, fudge, vanilla with nuts	15	1 piece	11.21
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	11.21
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	11.20
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	11.14
11282	Onions, raw	110	1 whole	11.12
09298	Raisins, seedless	14	1 packet	11.09
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	11.08
18177	Cookies, molasses	15	1 cookie, medium	11.07
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	11.04
01077	Milk, whole, 3.25% milkfat	244	1 cup	11.03
11578	Vegetable juice cocktail, canned	242	1 cup	11.01
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	10.98
18235	Crackers, whole-wheat	16	4 crackers	10.98
11205	Cucumber, with peel, raw	301	1 large	10.93
09070	Cherries, sweet, raw	68	10 cherries	10.89
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	10.82
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	10.79
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	10.75
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	10.69
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	10.58
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	10.58
11124	Carrots, raw	110	1 cup	10.54
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	10.44
01013	Cheese, cottage, creamed, with fruit	226	1 cup	10.42
11540	Tomato juice, canned, with salt added	243	1 cup	10.30
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	10.26
18057	Bread, reduced-calorie, white	23	1 slice	10.19
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	10.19
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	10.17
11439	Sauerkraut, canned, solids and liquids	236	1 cup	10.10
05292	Turkey patties, breaded, battered, fried	64	1 patty	10.05

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18055	Bread, reduced-calorie, wheat	23	1 slice	10.03
18033	Bread, italian	20	1 slice	10.00
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	9.92
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	9.90
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	9.88
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	9.86
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	9.85
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	9.85
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	9.84
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	9.84
09254	Pears, canned, juice pack, solids and liquids	76	1 half	9.83
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	9.80
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	9.75
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	9.61
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	9.55
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	9.54
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	9.43
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	9.42
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	9.38
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	9.35
09236	Peaches, raw	98	1 peach	9.35
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	9.34
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	9.33
18053	Bread, reduced-calorie, rye	23	1 slice	9.32
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	9.30
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	9.27
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	9.27
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	9.26
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	9.11
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	9.11
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	9.05
11821	Peppers, sweet, red, raw	149	1 cup	8.98
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	8.98
09206	Orange juice, raw	86	juice from 1 orange	8.94
18226	Crackers, rye, wafers, plain	11	1 wafer	8.84
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	8.84
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	8.71
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	8.71
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	8.69
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	8.65
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	8.64
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	8.55
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	8.51
19078	Baking chocolate, unsweetened, squares	28.35	1 square	8.46
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	8.40
18360	Taco shells, baked	13.3	1 medium	8.30

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	8.25
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	8.20
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	8.20
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	8.17
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	8.16
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	8.15
11128	Carrots, canned, regular pack, drained solids	146	1 cup	8.09
19036	Snacks, popcorn, cakes	10	1 cake	8.01
19336	Sugars, powdered	8	1 tbsp	7.97
11264	Mushrooms, canned, drained solids	156	1 cup	7.94
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	7.92
11658	Spinach souffle	136	1 cup	7.92
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	7.89
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	7.86
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	7.81
19074	Candies, caramels	10.1	1 piece	7.78
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	7.76
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	7.70
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	7.59
09279	Plums, raw	66	1 plum	7.54
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	7.53
01036	Cheese, ricotta, whole milk	246	1 cup	7.48
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	7.38
20027	Cornstarch	8.064	1 tbsp	7.36
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	7.34
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	7.34
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	7.33
18229	Crackers, standard snack-type, regular	12	4 crackers	7.32
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	7.32
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	7.28
11461	Spinach, canned, drained solids	214	1 cup	7.28
19294	Fruit butters, apple	17	1 tbsp	7.27
09060	Carambola, (starfruit), raw	108	1 cup	7.27
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	7.21
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	7.19
11821	Peppers, sweet, red, raw	119	1 pepper	7.18
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	7.16
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	7.16
16055	Carob flour	8	1 tbsp	7.11
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	7.06
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	7.05
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	6.97
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	6.96
11333	Peppers, sweet, green, raw	149	1 cup	6.91
11124	Carrots, raw	72	1 carrot	6.90
12104	Nuts, coconut meat, raw	45	1 piece	6.85
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	6.83

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19127	Candies, milk chocolate coated raisins	10	10 pieces	6.83
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	6.82
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	6.80
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	6.75
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	6.75
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	6.72
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	6.69
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	6.65
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	6.62
05286	Turkey and gravy, frozen	142	5-oz package	6.55
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	6.41
19035	Snacks, popcorn, oil-popped, microwaved	11	1 cup	6.33
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	6.28
19034	Snacks, popcorn, air-popped	8	1 cup	6.22
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	6.18
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	6.15
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	6.14
09060	Carambola, (starfruit), raw	91	1 fruit	6.12
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	6.10
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	6.10
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	6.08
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	6.08
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	6.07
11206	Cucumber, peeled, raw	280	1 large	6.05
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	6.02
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	5.96
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	5.93
19107	Candies, hard	6	1 piece	5.88
11090	Broccoli, raw	88	1 cup	5.84
18214	Crackers, cheese, regular	10	10 crackers	5.82
14006	Alcoholic beverage, beer, light	354	12 fl oz	5.81
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	5.76
19040	Snacks, popcorn, cheese-flavor	11	1 cup	5.68
09181	Melons, cantaloupe, raw	69	1/8 melon	5.63
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	5.63
12061	Nuts, almonds	28.35	1 oz (24 nuts)	5.60
11333	Peppers, sweet, green, raw	119	1 pepper	5.52
09150	Lemons, raw, without peel	58	1 lemon	5.41
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	5.36
11135	Cauliflower, raw	100	1 cup	5.30
11945	Pickle relish, sweet	15	1 tbsp	5.26
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	5.20
18232	Crackers, wheat, regular	8	4 crackers	5.19
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	5.16
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	5.16
11112	Cabbage, red, raw	70	1 cup	5.16
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	5.10

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	5.07
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	5.07
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	4.99
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	4.98
11081	Beets, cooked, boiled, drained	50	1 beet	4.98
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	4.94
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	4.82
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	4.77
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	4.75
04015	Salad dressing, russian dressing	15.3	1 tbsp	4.74
12120	Nuts, hazelnuts or filberts	28.35	1 oz	4.73
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	4.50
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	4.39
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	4.36
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	4.33
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	4.32
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	4.30
11114	Cabbage, savoy, raw	70	1 cup	4.27
11670	Peppers, hot chili, green, raw	45	1 pepper	4.26
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	4.23
11028	Bamboo shoots, canned, drained solids	131	1 cup	4.22
19335	Sugars, granulated	4.2	1 tsp	4.20
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	4.16
11284	Onions, dehydrated flakes	5	1 tbsp	4.16
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	4.15
09152	Lemon juice, raw	47	juice of 1 lemon	4.06
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	3.97
11819	Peppers, hot chili, red, raw	45	1 pepper	3.96
12142	Nuts, pecans	28.35	1 oz (20 halves)	3.93
11109	Cabbage, raw	70	1 cup	3.91
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve	62	1/4 cup	3.89
09021	Apricots, raw	35	1 apricot	3.89
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	3.89
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	3.81
11641	Squash, summer, all varieties, raw	113	1 cup	3.79
11205	Cucumber, with peel, raw	104	1 cup	3.78
11935	Catsup	15	1 tbsp	3.76
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	3.73
12147	Nuts, pine nuts, dried	28.35	1 oz	3.71
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	3.64
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	3.63
11143	Celery, raw	120	1 cup	3.56
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	3.53
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	3.48
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	3.46
16097	Peanut butter, chunk style, with salt	16	1 tbsp	3.45
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	3.45

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04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	3.40
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	3.28
06121	Gravy, mushroom, canned	59.6	1/4 cup	3.26
06119	Gravy, chicken, canned	59.5	1/4 cup	3.22
09160	Lime juice, raw	38	juice of 1 lime	3.20
01094	Milk, buttermilk, dried	6.5	1 tbsp	3.19
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	3.18
16098	Peanut butter, smooth style, with salt	16	1 tbsp	3.13
19334	Sugars, brown	3.2	1 tsp	3.11
07008	Bologna, beef and pork	56.7	2 slices	3.11
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	3.08
07024	Frankfurter, chicken	45	1 frank	3.05
06125	Gravy, turkey, canned	59.6	1/4 cup	3.04
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	3.03
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	2.94
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	2.94
19107	Candies, hard	3	1 small piece	2.94
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	2.93
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	2.87
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	2.87
06116	Gravy, beef, canned	58.25	1/4 cup	2.80
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	2.71
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	2.69
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	2.68
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	2.68
11937	Pickles, cucumber, dill	65	1 pickle	2.68
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	2.67
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	2.66
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	2.61
11206	Cucumber, peeled, raw	119	1 cup	2.57
06909	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	2.52
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	2.47
11012	Asparagus, cooked, boiled, drained	60	4 spears	2.47
09038	Avocados, raw, California	28.35	1 oz	2.45
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	2.43
04134	Salad dressing, home recipe, cooked	16	1 tbsp	2.38
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	2.35
11260	Mushrooms, raw	70	1 cup	2.30
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	2.28
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	2.22
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	2.22
09039	Avocados, raw, Florida	28.35	1 oz	2.22
15157	Mollusks, clam, mixed species, raw	85	3 oz	2.18
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	2.18
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	2.18
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	2.17
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	2.16

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11090	Broccoli, raw	31	1 spear	2.06
02020	Spices, garlic powder	2.8	1 tsp	2.04
06150	Sauce, barbecue sauce	15.75	1 tbsp	2.02
16158	Hummus, commercial	14	1 tbsp	2.00
11954	Tomatillos, raw	34	1 medium	1.99
18373	Leavening agents, cream of tartar	3	1 tsp	1.85
11251	Lettuce, cos or romaine, raw	56	1 cup	1.84
02010	Spices, cinnamon, ground	2.3	1 tsp	1.84
07022	Frankfurter, beef	45	1 frank	1.83
07073	Sandwich spread, pork, beef	15	1 tbsp	1.79
11015	Asparagus, canned, drained solids	72	4 spears	1.77
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	1.76
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	1.76
11084	Beets, canned, drained solids	24	1 beet	1.73
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	1.71
02026	Spices, onion powder	2.1	1 tsp	1.69
11677	Shallots, raw	10	1 tbsp	1.68
11213	Endive, raw	50	1 cup	1.68
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	1.63
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	1.61
11253	Lettuce, green leaf, raw	56	1 cup	1.56
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	1.53
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	1.53
01040	Cheese, swiss	28.35	1 oz	1.53
11961	Hearts of palm, canned	33	1 piece	1.52
11935	Catsup	6	1 packet	1.50
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	1.50
07028	Ham, sliced, extra lean	56.7	2 slices	1.49
02009	Spices, chili powder	2.6	1 tsp	1.42
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	1.42
11282	Onions, raw	14	1 slice	1.42
07017	Chicken roll, light meat	56.7	2 slices	1.38
09316	Strawberries, raw	18	1 strawberry	1.38
09193	Olives, ripe, canned (small-extra large)	22	5 large	1.38
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	1.37
02030	Spices, pepper, black	2.1	1 tsp	1.36
01132	Egg, whole, cooked, scrambled	61	1 large	1.34
07069	Salami, cooked, beef and pork	56.7	2 slices	1.28
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	1.27
11001	Alfalfa seeds, sprouted, raw	33	1 cup	1.25
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	1.23
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	1.23
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	1.22
11143	Celery, raw	40	1 stalk	1.19
02028	Spices, paprika	2.1	1 tsp	1.17
02015	Spices, curry powder	2	1 tsp	1.16
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	1.16

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01019	Cheese, feta	28.35	1 oz	1.16
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	1.15
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	1.13
12147	Nuts, pine nuts, dried	8.6	1 tbsp	1.12
11955	Tomatoes, sun-dried	2	1 piece	1.12
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	1.11
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	1.10
01069	Cream substitute, powdered	2	1 tsp	1.10
11457	Spinach, raw	30	1 cup	1.09
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	1.09
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	1.09
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	1.04
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	1.03
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	1.03
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	1.00
11215	Garlic, raw	3	1 clove	0.99
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.98
02027	Spices, oregano, dried	1.5	1 tsp	0.97
11445	Seaweed, kelp, raw	10	2 tbsp	0.96
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.94
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.92
09316	Strawberries, raw	12	1 strawberry	0.92
01186	Cheese, cream, fat free	15.6	1 tbsp	0.90
07027	Ham, chopped, not canned	21	2 slices	0.88
01031	Cheese, neufchatel	28.35	1 oz	0.83
02007	Spices, celery seed	2	1 tsp	0.83
11960	Carrots, baby, raw	10	1 medium	0.82
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	0.80
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.78
13350	Beef, cured, dried	28.35	1 oz	0.78
07023	Frankfurter, beef and pork	45	1 frank	0.77
07072	Salami, dry or hard, pork, beef	20	2 slices	0.76
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.70
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.70
11135	Cauliflower, raw	13	1 floweret	0.69
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.69
02029	Spices, parsley, dried	1.3	1 tbsp	0.67
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.67
01004	Cheese, blue	28.35	1 oz	0.66
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.66
01049	Cream, fluid, half and half	15	1 tbsp	0.65
01072	Dessert topping, pressurized	4	1 tbsp	0.64
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.64
11297	Parsley, raw	10	10 sprigs	0.63
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.63
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	0.62
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0.62

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11943	Pimento, canned	12	1 tbsp	0.61
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.61
01035	Cheese, provolone	28.35	1 oz	0.61
01125	Egg, yolk, raw, fresh	16.6	1 large	0.60
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	0.60
11740	Broccoli, flower clusters, raw	11	1 floweret	0.58
02055	Horseradish, prepared	5	1 tsp	0.56
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.56
01129	Egg, whole, cooked, hard-boiled	50	1 large	0.56
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.55
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.54
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	0.54
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.53
02050	Vanilla extract	4.2	1 tsp	0.53
01056	Cream, sour, cultured	12	1 tbsp	0.51
04133	Salad dressing, french, home recipe	14	1 tbsp	0.48
11333	Peppers, sweet, green, raw	10	1 ring	0.46
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	0.45
01123	Egg, whole, raw, fresh	58	1 extra large	0.45
01052	Cream, fluid, light whipping	15	1 tbsp	0.44
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.42
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0.42
07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	0.42
01128	Egg, whole, cooked, fried	46	1 large	0.40
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.40
01143	Egg substitute, liquid	62.75	1/4 cup	0.40
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0.39
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.39
01017	Cheese, cream	14.5	1 tbsp	0.39
01123	Egg, whole, raw, fresh	50	1 large	0.39
01131	Egg, whole, cooked, poached	50	1 large	0.38
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.37
11457	Spinach, raw	10	1 leaf	0.36
01009	Cheese, cheddar	28.35	1 oz	0.36
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.36
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.36
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	0.35
01123	Egg, whole, raw, fresh	44	1 medium	0.34
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.33
01030	Cheese, muenster	28.35	1 oz	0.32
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	0.29
11253	Lettuce, green leaf, raw	10	1 leaf	0.28
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.27
01124	Egg, white, raw, fresh	33.4	1 large	0.24
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.24
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.22
01032	Cheese, parmesan, grated	5	1 tbsp	0.20
01007	Cheese, camembert	38	1 wedge	0.17
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	0.17

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.17
11429	Radishes, raw	4.5	1 radish	0.15
02048	Vinegar, cider	15	1 tbsp	0.14
11156	Chives, raw	3	1 tbsp	0.13
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	0.13
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	0.09
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	0.09
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.08
02045	Dill weed, fresh	1	5 sprigs	0.07
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.04
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	0.02
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	0.02
01001	Butter, salted	14.2	1 tbsp	0.01
01145	Butter, without salt	14.2	1 tbsp	0.01
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	0.01
15077	Fish, salmon, chinook, smoked	85.05	3 oz	0.00
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	0.00
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	0.00
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0.00
23598	Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.00
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0.00
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.00
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	0.00
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	0.00
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0.00
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	0.00
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	0.00
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	0.00
15111	Fish, swordfish, cooked, dry heat	85	3 oz	0.00
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	0.00
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	0.00
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	0.00
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0.00
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0.00
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	0.00
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	0.00
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	0.00
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	0.00
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	0.00
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	0.00
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	0.00
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	0.00
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.00
23610	Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	0.00
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.00

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17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.00
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.00
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.00
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.00
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.00
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.00
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	0.00
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	0.00
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	0.00
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0.00
15141	Crustaceans, crab, blue, canned	135	1 cup	0.00
23605	Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	0.00
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0.00
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	0.00
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	0.00
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0.00
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	0.00
15111	Fish, swordfish, cooked, dry heat	106	1 piece	0.00
07064	Pork Sausage, Fresh, Cooked	26	2 links	0.00
07064	Pork Sausage, Fresh, Cooked	27	1 patty	0.00
15034	Fish, haddock, cooked, dry heat	150	1 fillet	0.00
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	0.00
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	0.00
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.00
04002	Lard	12.8	1 tbsp	0.00
05306	Poultry food products, ground turkey, cooked	82	1 patty	0.00
05277	Chicken, canned, meat only, with broth	142	5 oz	0.00
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	0.00
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.00
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	0.00
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	0.00
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	0.00
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0.00
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0.00
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	0.00
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0.00
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.00
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	0.00
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	0.00
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	0.00
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	0.00
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.00
04506	Oil, vegetable, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	0.00

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04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0.00
04518	Oil, vegetable, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	0.00
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	0.00
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0.00
04582	Vegetable oil, canola	14	1 tbsp	0.00
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.00
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.00
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	0.00
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	0.00
15034	Fish, haddock, cooked, dry heat	85	3 oz	0.00
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.00
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.00
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.00
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.00
18372	Leavening agents, baking soda	4.6	1 tsp	0.00
14429	Water, municipal	237	8 fl oz	0.00
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.00
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	0.00
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.00
19041	Snacks, pork skins, plain	28.35	1 oz	0.00
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.00
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	0.00
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	0.00
06174	Soup, stock, fish, home-prepared	233	1 cup	0.00
14121	Carbonated beverage, club soda	355	12 fl oz	0.00
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.00
13930	Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	0.00
13878	Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.00
13869	Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	0.00
13348	Beef, cured, corned beef, canned	85.05	3 oz	0.00
02047	Salt, table	6	1 tsp	0.00
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	0.00
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.00