

NDB No. 04609
Animal fat, bacon grease

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	44.874			RA	4		1.930		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	2.686			RA	4		0.115		
17:1.....g									
18:1 undifferentiated.....g	40.994			RA	4		1.763		
20:1.....g	0.995			RA	4		0.043		
22:1 undifferentiated.....g	0.000			RA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	11.144			RA	4		0.479		
18:2 undifferentiated.....g	10.149			RA	4		0.436		
18:3 undifferentiated.....g	0.995			RA	4		0.043		
18:4.....g	0.000			RA	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000			RA	4		0.000		
20:5 n-3.....g	0.000			RA	4		0.000		
22:5 n-3.....g	0.000			RA	4		0.000		
22:6 n-3.....g	0.000			RA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	95			RA	4		4		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0			Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 4.3g: 1 tsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43214

Butter replacement, without fat, powder

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.276				4		0.221		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020				4		0.016		
17:1.....g									
18:1 undifferentiated.....g	0.243				4		0.194		
20:1.....g	0.000				4		0.000		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.057				4		0.046		
18:2 undifferentiated.....g	0.039				4		0.031		
18:3 undifferentiated.....g	0.018				4		0.014		
18:4.....g	0.000				4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000		
20:5 n-3.....g	0.000				4		0.000		
22:5 n-3.....g	0.000				4		0.000		
22:6 n-3.....g	0.000				4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	2				4		2		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				4		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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Common Measures:

Measure 1 = 80g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04601
Butter, light, stick, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	15.927						4		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.237						4		
17:1.....g									
18:1 undifferentiated.....g	13.867						4		
20:1.....g	0.000						7		
22:1 undifferentiated.....g	0.000						7		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.046						4		
18:2 undifferentiated.....g	1.244						4		
18:3 undifferentiated.....g	0.802						4		
18:4.....g	0.000						7		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000						7		
20:5 n-3.....g	0.000						7		
22:5 n-3.....g	0.000						7		
22:6 n-3.....g	0.000						7		
Fatty acids, total trans.....g									
Cholesterol.....mg	106						4		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0						7		
Caffeine.....mg	0		0	Z			7		
Theobromine.....mg	0		0	Z			7		
Carotenoids:									
Carotene, beta.....mcg	107		0	BFFN			4		
Carotene, alpha.....mcg	0		0	Z			7		
Cryptoxanthin, beta.....mcg	0		0	Z			7		
Lycopene.....mcg	0		0	Z			7		
Lutein + zeaxanthin.....mcg	0		0	Z			7		

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Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04602
Butter, light, stick, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	15.927						4		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.237						4		
17:1.....g									
18:1 undifferentiated.....g	13.867						4		
20:1.....g	0.000						7		
22:1 undifferentiated.....g	0.000						7		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.046						4		
18:2 undifferentiated.....g	1.244						4		
18:3 undifferentiated.....g	0.802						4		
18:4.....g	0.000						7		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000						7		
20:5 n-3.....g	0.000						7		
22:5 n-3.....g	0.000						7		
22:6 n-3.....g	0.000						7		
Fatty acids, total trans.....g									
Cholesterol.....mg	106						4		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0						7		
Caffeine.....mg	0		0	Z			7		
Theobromine.....mg	0		0	Z			7		
Carotenoids:									
Carotene, beta.....mcg	107		0	BFZN			4		
Carotene, alpha.....mcg	0		0	Z			7		
Cryptoxanthin, beta.....mcg	0		0	Z			7		
Lycopene.....mcg	0		0	Z			7		
Lutein + zeaxanthin.....mcg	0		0	Z			7		

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Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 42307

Butter-margarine blend, stick, unsalted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	31.832						4		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.582						4		
17:1.....g									
18:1 undifferentiated.....g	30.872						4		
20:1.....g	0.000						7		
22:1 undifferentiated.....g	0.000						7		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	18.236						4		
18:2 undifferentiated.....g	17.110						4		
18:3 undifferentiated.....g	1.126						4		
18:4.....g	0.000						7		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000						7		
20:5 n-3.....g	0.000						7		
22:5 n-3.....g	0.000						7		
22:6 n-3.....g	0.000						7		
Fatty acids, total trans.....g									
Cholesterol.....mg	88		0	S			4		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0						7		
Caffeine.....mg	0		0	Z			7		
Theobromine.....mg	0		0	Z			7		
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN			4		
Carotene, alpha.....mcg	0		0	CAZN			4		
Cryptoxanthin, beta.....mcg	0		0	CAZN			4		
Lycopene.....mcg	0		0	CAZN			4		
Lutein + zeaxanthin.....mcg	0		0	CAZN			4		

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Common Measures:

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 42116

Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.273				4		8.019	0.491	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.032				4		0.078	0.005	
17:1.....g									
18:1 undifferentiated.....g	3.197				4		7.833	0.480	
20:1.....g	0.028				4		0.069	0.004	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.994				4		19.585	1.199	
18:2 undifferentiated.....g	7.039				4		17.246	1.056	
18:3 undifferentiated.....g	0.941				4		2.305	0.141	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0					7	0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.064	0.004	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

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Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 42158

Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.391				4		7.935	0.509	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.038				4		0.089	0.006	
17:1.....g									
18:1 undifferentiated.....g	3.340				4		7.816	0.501	
20:1.....g	0.000				4		0.000	0.000	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.891				4		6.765	0.434	
18:2 undifferentiated.....g	2.680				4		6.271	0.402	
18:3 undifferentiated.....g	0.204				4		0.477	0.031	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				8		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0					7	0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	4		0	BFZN	4		9.639	0.618	
Carotene, alpha.....mcg	2		0	BFZN	4		3.991	0.256	
Cryptoxanthin, beta.....mcg	2		0	BFZN	4		3.528	0.226	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	49		0	BFZN	4		115.625	7.412	

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Common Measures:

Measure 1 = 234g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 42157

Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.640				1		1.690	0.109	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010				4		0.026	0.002	
17:1.....g									
18:1 undifferentiated.....g	0.620				4		1.637	0.105	
20:1.....g	0.005				4		0.013	0.001	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.444				1		3.812	0.245	
18:2 undifferentiated.....g	1.271				4		3.355	0.216	
18:3 undifferentiated.....g	0.171				4		0.451	0.029	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0						0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.357	0.023	
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.321	0.021	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	4		0	BFZN	4		11.239	0.724	

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Common Measures:

Measure 1 = 264g: 1 cup

Measure 2 = 17g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

Fat, beef tallow

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	41.800		0		1		85.690	5.350	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	4.200	0.551	15		1		8.610	0.538	
17:1.....g									
18:1 undifferentiated.....g	36.000	1.275	15		1		73.800	4.608	
20:1.....g	0.300	0.107	4		1		0.615	0.038	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.000		0		1		8.200	0.512	
18:2 undifferentiated.....g	3.100	0.511	15		1		6.355	0.397	
18:3 undifferentiated.....g	0.600	0.160	9		1		1.230	0.077	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	109		0		1		223	14	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

NDB No. 04001
Fat, beef tallow

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	44.700		0		1		91.635	5.722	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	5.700	0.187	70		1		11.685	0.730	
17:1.....g									
18:1 undifferentiated.....g	37.300	0.499	70		1		76.465	4.774	
20:1.....g	1.100	0.305	12		1		2.255	0.141	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	20.900		0		1		42.845	2.675	
18:2 undifferentiated.....g	19.500	0.617	70		1		39.975	2.496	
18:3 undifferentiated.....g	1.000	0.075	56		1		2.050	0.128	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.100	0.038	5		1		0.205	0.013	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	85		0		1		174	11	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

NDB No. 04542
Fat, chicken

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04574

Fat, duck

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	49.300		0		1		101.065	6.310	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	4.000	0.090	98		1		8.200	0.512	
17:1.....g									
18:1 undifferentiated.....g	44.200	0.290	98		1		90.610	5.658	
20:1.....g	1.100	0.043	91		1		2.255	0.141	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	12.900		0		1		26.445	1.651	
18:2 undifferentiated.....g	12.000	0.237	98		1		24.600	1.536	
18:3 undifferentiated.....g	1.000	0.033	93		1		2.050	0.128	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	100		0		1		205	13	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 205g: 1 cup
- Measure 2 = 12.8g: 1 tbsp

NDB No. 04574
Fat, duck

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04576

Fat, goose

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	56.700		0		1		116.235	7.258	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	2.800	0.257	21		1		5.740	0.358	
17:1.....g									
18:1 undifferentiated.....g	53.500		0		1		109.675	6.848	
20:1.....g	0.100		2		1		0.205	0.013	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	11.000		0		1		22.550	1.408	
18:2 undifferentiated.....g	9.800	0.536	21		1		20.090	1.254	
18:3 undifferentiated.....g	0.500	0.326	6		1		1.025	0.064	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1		1		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	100		0		1		205	13	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04520
Fat, mutton tallow

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	40.600		0		1		83.230	5.197	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	2.300	0.208	31		1		4.715	0.294	
17:1.....g									
18:1 undifferentiated.....g	37.600	0.452	64		1		77.080	4.813	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.800		0		1		15.990	0.998	
18:2 undifferentiated.....g	5.500	0.284	64		1		11.275	0.704	
18:3 undifferentiated.....g	2.300	0.133	64		1		4.715	0.294	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	102		0		1		209	13	
Phytosterols.....mg	0		0		4		0	0	
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

NDB No. 04520
Fat, mutton tallow

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	42.900		0		1		87.945	5.491	1.845
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	6.000	0.297	32		1		12.300	0.768	0.258
17:1.....g									
18:1 undifferentiated.....g	35.900	0.750	32		1		73.595	4.595	1.544
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	23.100		0		1		47.355	2.957	0.993
18:2 undifferentiated.....g	21.200	0.660	32		1		43.460	2.714	0.912
18:3 undifferentiated.....g	1.400	0.079	32		1		2.870	0.179	0.060
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.300	0.031	11		1		0.615	0.038	0.013
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	102		0		1		209	13	4
Phytosterols.....mg	0		0		4		0	0	0
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

Measure 3 = 4.3g: 1 tsp

NDB No. 04575
Fat, turkey

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04589
Fish oil, cod liver

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	46.711		0		1		101.830	6.353	2.102
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	8.309		2		1		18.114	1.130	0.374
17:1.....g									
18:1 undifferentiated.....g	20.653		2		1		45.024	2.809	0.929
20:1.....g	10.422		2		1		22.720	1.417	0.469
22:1 undifferentiated.....g	7.328		2		1		15.975	0.997	0.330
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	22.541		0		1		49.139	3.066	1.014
18:2 undifferentiated.....g	0.935		2		1		2.038	0.127	0.042
18:3 undifferentiated.....g	0.935		2		1		2.038	0.127	0.042
18:4.....g	0.935		2		1		2.038	0.127	0.042
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.935		2		1		2.038	0.127	0.042
20:5 n-3.....g	6.898		2		1		15.038	0.938	0.310
22:5 n-3.....g	0.935		2		1		2.038	0.127	0.042
22:6 n-3.....g	10.968		2		1		23.910	1.492	0.494
Fatty acids, total trans.....g									
Cholesterol.....mg	570		1		1		1243	78	26
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 218g: 1 cup
- Measure 2 = 13.6g: 1 tbsp
- Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04590
Fish oil, herring

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	56.564		0		1		123.310	7.693	2.545
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	9.642		17		1		21.020	1.311	0.434
17:1.....g									
18:1 undifferentiated.....g	11.955		17		1		26.062	1.626	0.538
20:1.....g	13.625		17		1		29.703	1.853	0.613
22:1 undifferentiated.....g	20.613		17		1		44.936	2.803	0.928
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	15.604		0		1		34.017	2.122	0.702
18:2 undifferentiated.....g	1.149		17		1		2.505	0.156	0.052
18:3 undifferentiated.....g	0.763		17		1		1.663	0.104	0.034
18:4.....g	2.305		17		1		5.025	0.313	0.104
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.289		17		1		0.630	0.039	0.013
20:5 n-3.....g	6.273		17		1		13.675	0.853	0.282
22:5 n-3.....g	0.619	0.000	17		1		1.349	0.084	0.028
22:6 n-3.....g	4.206		17		1		9.169	0.572	0.189
Fatty acids, total trans.....g									
Cholesterol.....mg	766		1		1		1670	104	34
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 218g: 1 cup
- Measure 2 = 13.6g: 1 tbsp
- Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04591
Fish oil, menhaden

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	26.694		0		1		58.193	3.630	1.201
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	10.482		4		1		22.851	1.426	0.472
17:1.....g									
18:1 undifferentiated.....g	14.527		4		1		31.669	1.976	0.654
20:1.....g	1.332		4		1		2.904	0.181	0.060
22:1 undifferentiated.....g	0.352		4		1		0.767	0.048	0.016
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	34.197		0		1		74.549	4.651	1.539
18:2 undifferentiated.....g	2.154		4		1		4.696	0.293	0.097
18:3 undifferentiated.....g	1.490		4		1		3.248	0.203	0.067
18:4.....g	2.739		4		1		5.971	0.373	0.123
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	1.169		4		1		2.548	0.159	0.053
20:5 n-3.....g	13.168		4		1		28.706	1.791	0.593
22:5 n-3.....g	4.915	0.000	4		1		10.715	0.668	0.221
22:6 n-3.....g	8.562		4		1		18.665	1.164	0.385
Fatty acids, total trans.....g									
Cholesterol.....mg	521		1		1		1136	71	23
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 218g: 1 cup
- Measure 2 = 13.6g: 1 tbsp
- Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04592

Fish oil, menhaden, fully hydrogenated

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	500		1		1		1025	63	23
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 205g: 1 cup
- Measure 2 = 12.5g: 1 tbsp
- Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04593
Fish oil, salmon

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	29.037		0		1		63.301	3.949	1.307
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	4.823		1		1		10.514	0.656	0.217
17:1.....g									
18:1 undifferentiated.....g	16.978		1		1		37.012	2.309	0.764
20:1.....g	3.859		1		1		8.413	0.525	0.174
22:1 undifferentiated.....g	3.376		1		1		7.360	0.459	0.152
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	40.324		0		1		87.906	5.484	1.815
18:2 undifferentiated.....g	1.543		1		1		3.364	0.210	0.069
18:3 undifferentiated.....g	1.061		1		1		2.313	0.144	0.048
18:4.....g	2.798		1		1		6.100	0.381	0.126
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.675		1		1		1.472	0.092	0.030
20:5 n-3.....g	13.023		1		1		28.390	1.771	0.586
22:5 n-3.....g	2.991		1		1		6.520	0.407	0.135
22:6 n-3.....g	18.232		1		1		39.746	2.480	0.820
Fatty acids, total trans.....g									
Cholesterol.....mg	485		1		1		1057	66	22
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 218g: 1 cup
- Measure 2 = 13.6g: 1 tbsp
- Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04594
Fish oil, sardine

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	33.841		0		1		73.773	4.602	1.523
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	7.514		2		1		16.381	1.022	0.338
17:1.....g									
18:1 undifferentiated.....g	14.752		2		1		32.159	2.006	0.664
20:1.....g	5.986		2		1		13.049	0.814	0.269
22:1 undifferentiated.....g	5.589		2		1		12.184	0.760	0.252
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	31.867		0		1		69.470	4.334	1.434
18:2 undifferentiated.....g	2.014		2		1		4.391	0.274	0.091
18:3 undifferentiated.....g	1.327		2		1		2.893	0.180	0.060
18:4.....g	3.025		2		1		6.595	0.411	0.136
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	1.756		2		1		3.828	0.239	0.079
20:5 n-3.....g	10.137		2		1		22.099	1.379	0.456
22:5 n-3.....g	1.973		2		1		4.301	0.268	0.089
22:6 n-3.....g	10.656		2		1		23.230	1.449	0.480
Fatty acids, total trans.....g									
Cholesterol.....mg	710		1		1		1548	97	32
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 218g: 1 cup
- Measure 2 = 13.6g: 1 tbsp
- Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 42231
Flaxseed oil

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	20.200				1		44.036	2.747	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	20.200				1		44.036	2.747	
20:1.....g	0.000				1		0.000	0.000	
22:1 undifferentiated.....g	0.000				1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	66.000				1		143.880	8.976	
18:2 undifferentiated.....g	12.700				1		27.686	1.727	
18:3 undifferentiated.....g	53.300				1		116.194	7.249	
18:4.....g	0.000				1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				1		0.000	0.000	
20:5 n-3.....g	0.000				1		0.000	0.000	
22:5 n-3.....g	0.000				1		0.000	0.000	
22:6 n-3.....g	0.000				1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 218g: 1 cup
 Measure 2 = 13.6g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

Lard

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	45.100		0		1		92.455	5.773	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	2.700	0.270	36		1		5.535	0.346	
17:1.....g									
18:1 undifferentiated.....g	41.200	0.532	38		1		84.460	5.274	
20:1.....g	1.000	0.210	7		1		2.050	0.128	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	11.200		0		1		22.960	1.434	
18:2 undifferentiated.....g	10.200	0.243	38		1		20.910	1.306	
18:3 undifferentiated.....g	1.000	0.107	29		1		2.050	0.128	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	95		0		1		195	12	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

NDB No. 04002
Lard

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04630

Margarine Spread, approximately 48% fat, tub

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	49.66	0.207	6	A		1			
Energy.....kcal	424		0	NC		4			
Energy.....kj	1776		0	NC		4			
Protein (N x 6.38).....g	0.20	0.043	6	A		1			
Total lipid (fat).....g	47.53	0.115	6	A		1			
Ash.....g	1.75	0.086	6	A		1			
Carbohydrate, by difference.....g	0.86		0	NC		4			
Fiber, total dietary.....g	0.0		0	Z		7			
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	4	0.217	6	A		1			
Iron, Fe.....mg	0.21	0.077	5	A		1			
Magnesium, Mg.....mg	1	0.019	6	A		1			
Phosphorus, P.....mg	4	0.325	6	A		1			
Potassium, K.....mg	36	1.292	6	A		1			
Sodium, Na.....mg	646	32.791	6	A		1			
Zinc, Zn.....mg	0.06	0.021	6	A		1			
Copper, Cu.....mg	0.008	0.008	6	A		1			
Manganese, Mn.....mg	0.000	0.000	5	A		1			
Selenium, Se.....mcg	0.0	0.000	3	A		1			
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z		7			
Thiamin.....mg	0.000	0.000	3	A		1			
Riboflavin.....mg	0.019	0.001	3	A		1			
Niacin.....mg	0.000	0.000	3	A		1			
Pantothenic acid.....mg	0.001		1	A		1			
Vitamin B-6.....mg	0.001	0.001	3	A		1			
Folate, total.....mcg	2	0.061	3	A		1			
Folic acid.....mcg	0		0	Z		7			
Folate, food.....mcg	2	0.061	3	A		1			
Folate, DFE.....mcg_DFE	2		0	NC		4			
Vitamin B-12.....mcg									
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	3.94	0.045	6	A		1			
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	101.3	2.657	6	A		1			
Lipids:									
Fatty acids, total saturated.....g	8.792		0	NC		4			
4:0.....g	0.000		6	A		1			
6:0.....g	0.000		6	A		1			
8:0.....g	0.000		6	A		1			
10:0.....g	0.000		6	A		1			
12:0.....g	0.000	0.000	6	A		1			
13:0.....g									
14:0.....g	0.038	0.001	6	A		1			
15:0.....g	0.000	0.000	6	A		1			
16:0.....g	4.862	0.026	6	A		1			
17:0.....g	0.049	0.001	6	A		1			
18:0.....g	3.425	0.027	6	A		1			
20:0.....g	0.162	0.003	6	A		1			
22:0.....g	0.185	0.003	6	A		1			
24:0.....g	0.071	0.002	6	A		1			

NDB No. 04630

Margarine Spread, approximately 48% fat, tub

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	16.416		0	NC	4				
14:1.....g	0.000	0.000	6	A	1				
15:1.....g									
16:1 undifferentiated.....g	0.034		0	AS	1				
16:1 c.....g	0.034	0.001	6	A	1				
16:1 t.....g	0.000	0.000	6	A	1				
17:1.....g									
18:1 undifferentiated.....g	16.316		0	AS	1				
18:1 c.....g	11.894	0.434	6	A	1				
18:1 t.....g	4.422	0.442	6	A	1				
20:1.....g	0.066	0.003	6	A	1				
22:1 undifferentiated.....g	0.000	0.000	6	A	1				
24:1 c.....g	0.000	0.000	6	A	1				
Fatty acids, total polyunsaturated.....g	20.235		0	NC	4				
18:2 undifferentiated.....g	17.886		0	AS	1				
18:2 n-6 c,c.....g	17.355	0.938	6	A	1				
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.532	0.319	6	A	1				
18:2 t not further defined.....g									
18:3 undifferentiated.....g	2.121		0	AS	1				
18:4.....g	0.000		6	A	1				
20:2 n-6 c,c.....g	0.228	0.026	6	A	1				
20:3 undifferentiated.....g	0.000	0.000	6	A	1				
20:4 undifferentiated.....g	0.000	0.000	6	A	1				
20:5 n-3.....g	0.000	0.000	6	A	1				
22:5 n-3.....g	0.000	0.000	6	A	1				
22:6 n-3.....g	0.000		6	A	1				
Fatty acids, total trans.....g	4.422		0	NC	4				
Fatty acids, total trans-monoenoic.....g	4.422		0	NC	4				
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	1	0.070	3	A	1				
Phytosterols.....mg									
Stigmasterol.....mg	20	0.521	6	A	1				
Campesterol.....mg	22	0.664	6	A	1				
Beta-sitosterol.....mg	62	1.070	6	A	1				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04631
Margarine spread, fat-free, tub

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0.....g									
Fatty acids, total monounsaturated.....g	0.356		0	NC	4		0.829	0.052	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.178		0	AS	1		0.415	0.026	
18:1 c.....g	0.010		2	A	1		0.023	0.001	
18:1 t.....g	0.168		2	A	1		0.392	0.025	
20:1.....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.422		0	NC	4		0.984	0.062	
18:2 undifferentiated.....g	0.376		0	AS	1		0.877	0.055	
18:2 n-6 c,c.....g	0.376		2	A	1		0.877	0.055	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.046		0	AS	1		0.108	0.007	
18:4.....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:5 n-3.....g	0.000		2	A	1		0.000	0.000	
22:5 n-3.....g	0.000		2	A	1		0.000	0.000	
22:6 n-3.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.168		0	NC	4		0.392	0.025	
Fatty acids, total trans-monoenoic.....g	0.168		0	NC	4		0.392	0.025	
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		2	A	1		1	0	
Phytosterols.....mg									
Stigmasterol.....mg	1		2	A	1		1	0	
Campesterol.....mg	1		2	A	1		2	0	
Beta-sitosterol.....mg	2		2	A	1		4	0	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 233g: 1 cup

Measure 2 = 14.6g: 1 tbsp

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

NDB No. 04631
Margarine spread, fat-free, tub

Food Group: 04 Fats and Oils
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04629

Margarine, 70% vegetable oil spread, soybean and soybean(hydrogenated)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	27.41	0.444	10	A	1		3.84		
Energy.....kcal	619			NC	4		87		
Energy.....kj	2589			NC	4		362		
Protein (N x 6.38).....g	0.21	0.049	10	A	1		0.03		
Total lipid (fat).....g	69.40	1.237	10	A	1		9.72		
Ash.....g	1.85	0.065	10	A	1		0.26		
Carbohydrate, by difference.....g	1.13			NC	4		0.16		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	7	1.023	10	A	1		1		
Iron, Fe.....mg	0.12	0.004	10	A	1		0.02		
Magnesium, Mg.....mg	2	0.244	10	A	1		0		
Phosphorus, P.....mg	10	0.957	10	A	1		1		
Potassium, K.....mg	46	5.735	10	A	1		6		
Sodium, Na.....mg	700	8.591	10	A	1		98		
Zinc, Zn.....mg	0.06	0.019	10	A	1		0.01		
Copper, Cu.....mg									
Manganese, Mn.....mg	0.014		1	A	1		0.002		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.052		1	A	1		0.007		
Riboflavin.....mg	0.025	0.004	5	A	1		0.004		
Niacin.....mg									
Pantothenic acid.....mg	0.001	0.000	4	A	1		0.000		
Vitamin B-6.....mg	0.003		1	A	1		0.000		
Folate, total.....mcg	1	0.106	3	A	1		0		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	1	0.106	3	A	1		0		
Folate, DFE.....mcg_DFE	1		0	NC	4		0		
Vitamin B-12.....mcg									
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	12.623			NC	4		1.767		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.000	0.000	10	A	1		0.000		
13:0.....g									
14:0.....g	0.041	0.009	8	A	1		0.006		
15:0.....g	0.000	0.000	10	A	1		0.000		
16:0.....g	7.005	0.120	10	A	1		0.981		
17:0.....g	0.000	0.000	10	A	1		0.000		
18:0.....g	5.085	0.040	10	A	1		0.712		
20:0.....g	0.233	0.006	10	A	1		0.033		
22:0.....g	0.258	0.002	10	A	1		0.036		
24:0.....g	0.000	0.000	10	A	1		0.000		

NDB No. 04629

Margarine, 70% vegetable oil spread, soybean and soybean(hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	36.733				NC	4	5.143		
14:1.....g	0.000	0.000	10		A	1	0.000		
15:1.....g									
16:1 undifferentiated.....g	0.000				AS	1	0.000		
16:1 c.....g	0.000	0.000	10		A	1	0.000		
16:1 t.....g	0.000	0.000	10		A	1	0.000		
17:1.....g									
18:1 undifferentiated.....g	36.733				AS	1	5.143		
18:1 c.....g	17.506	0.462	10		A	1	2.451		
18:1 t.....g	19.227	0.039	10		A	1	2.692		
20:1.....g	0.000	0.000	10		A	1	0.000		
22:1 undifferentiated.....g	0.000	0.000	10		A	1	0.000		
24:1 c.....g	0.000	0.000	10		A	1	0.000		
Fatty acids, total polyunsaturated.....g	16.299				NC	4	2.282		
18:2 undifferentiated.....g	14.723				AS	1	2.061		
18:2 n-6 c,c.....g	13.656	0.267	10		A	1	1.912		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	1.067	0.618	10		A	1	0.149		
18:2 t not further defined.....g									
18:3 undifferentiated.....g	1.575				AS	1	0.221		
18:4.....g									
20:2 n-6 c,c.....g	0.000	0.000	10		A	1	0.000		
20:3 undifferentiated.....g	0.000	0.000	10		A	1	0.000		
20:4 undifferentiated.....g	0.000	0.000	10		A	1	0.000		
20:5 n-3.....g	0.000	0.000	10		A	1	0.000		
22:5 n-3.....g	0.000	0.000	10		A	1	0.000		
22:6 n-3.....g									
Fatty acids, total trans.....g	19.227				NC	4	2.692		
Fatty acids, total trans-monoenoic.....g	19.227				NC	4	2.692		
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0	0.000	6		A	1	0		
Phytosterols.....mg									
Stigmasterol.....mg	25	0.757	6		A	1	3		
Campesterol.....mg	31	0.304	6		A	1	4		
Beta-sitosterol.....mg	81	2.067	6		A	1	11		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.0g: 1 tbsp

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04628

Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	17.17	0.077	8	A	1		2.40		
Energy.....kcal	705		0	NC	4		99		
Energy.....kj	2948		0	NC	4		413		
Protein.....g	0.18	0.001	4	A	1		0.02		
Total lipid (fat).....g	78.77	0.700	8	A	1		11.03		
Ash.....g	1.94	0.024	8	A	1		0.27		
Carbohydrate, by difference.....g	1.94		0	NC	4		0.27		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	3	0.166	8	A	1		0		
Iron, Fe.....mg	0.12	0.015	8	A	1		0.02		
Magnesium, Mg.....mg	1	0.030	8	A	1		0		
Phosphorus, P.....mg	5	0.202	8	A	1		1		
Potassium, K.....mg	18	0.862	6	A	1		2		
Sodium, Na.....mg	654	19.966	8	A	1		92		
Zinc, Zn.....mg	0.11	0.021	8	A	1		0.01		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.012		1	A	1		0.002		
Riboflavin.....mg	0.000	0.000	4	A	1		0.000		
Niacin.....mg	0.003	0.003	4	A	1		0.000		
Pantothenic acid.....mg	0.000	0.000	4	A	1		0.000		
Vitamin B-6.....mg	0.000		1	A	1		0.000		
Folate, total.....mcg	1		2	A	1		0		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	1		2	A	1		0		
Folate, DFE.....mcg_DFE	1		0	NC	4		0		
Vitamin B-12.....mcg									
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	6.23	0.638	8	A	1		0.87		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	75.0	9.109	16	A	1		10.5		
Lipids:									
Fatty acids, total saturated.....g	14.787		0	NC	4		2.070		
4:0.....g	0.000		8	A	1		0.000		
6:0.....g	0.000		8	A	1		0.000		
8:0.....g	0.000		8	A	1		0.000		
10:0.....g	0.000		8	A	1		0.000		
12:0.....g	0.000	0.000	8	A	1		0.000		
13:0.....g									
14:0.....g	0.069	0.003	8	A	1		0.010		
15:0.....g	0.000	0.000	8	A	1		0.000		
16:0.....g	8.135	0.107	8	A	1		1.139		
17:0.....g	0.000	0.000	8	A	1		0.000		
18:0.....g	6.047	0.117	8	A	1		0.847		
20:0.....g	0.263	0.006	8	A	1		0.037		
22:0.....g	0.271	0.007	8	A	1		0.038		

NDB No. 04628

Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0.....g	0.000	0.000	8	A	1		0.000		
Fatty acids, total monounsaturated.....g	37.201		0	NC	4		5.208		
14:1.....g	0.000	0.000	8	A	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.000		0	AS	1		0.000		
16:1 c.....g	0.000	0.000	8	A	1		0.000		
16:1 t.....g	0.000	0.000	8	A	1		0.000		
17:1.....g									
18:1 undifferentiated.....g	37.201		0	AS	1		5.208		
18:1 c.....g	17.515	0.439	8	A	1		2.452		
18:1 t.....g	19.686	0.415	8	A	1		2.756		
20:1.....g	0.000	0.000	8	A	1		0.000		
22:1 undifferentiated.....g	0.000	0.000	8	A	1		0.000		
24:1 c.....g	0.000	0.000	8	A	1		0.000		
Fatty acids, total polyunsaturated.....g	23.097		0	NC	4		3.234		
18:2 undifferentiated.....g	20.877		0	AS	1		2.923		
18:2 n-6 c,c.....g	20.174	0.746	8	A	1		2.824		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.703	0.162	8	A	1		0.098		
18:2 t not further defined.....g									
18:3 undifferentiated.....g	2.220		0	AS	1		0.311		
18:4.....g	0.000		8	A	1		0.000		
20:2 n-6 c,c.....g	0.000	0.000	8	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	8	A	1		0.000		
20:4 undifferentiated.....g	0.000	0.000	8	A	1		0.000		
20:5 n-3.....g	0.000	0.000	8	A	1		0.000		
22:5 n-3.....g	0.000	0.000	8	A	1		0.000		
22:6 n-3.....g	0.000		8	A	1		0.000		
Fatty acids, total trans.....g	19.686		0	NC	4		2.756		
Fatty acids, total trans-monoenoic.....g	19.686		0	NC	4		2.756		
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0	0.000	4	A	1		0		
Phytosterols.....mg									
Stigmasterol.....mg	28	1.105	4	A	1		4		
Campesterol.....mg	41	2.622	4	A	1		6		
Beta-sitosterol.....mg	117	14.160	4	A	1		16		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.0g: 1 tbsp

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04065

Margarine, regular, hard, corn (hydrogenated and regular)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	38.800		0		1		1.824	43.844	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	38.800	0.479	22		1		1.824	43.844	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	24.100		0		1		1.133	27.233	
18:2 undifferentiated.....g	23.700	0.465	22		1		1.114	26.781	
18:3 undifferentiated.....g	0.400	0.035	21		1		0.019	0.452	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	570	33.000	7		1		27	644	
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

NDB No. 04065

Margarine, regular, hard, corn (hydrogenated and regular)

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04071

Margarine, regular, hard, corn (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	45.800		0		1		2.153	51.754	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	45.800	1.997	6		1		2.153	51.754	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	18.000		0		1		0.846	20.340	
18:2 undifferentiated.....g	17.700	2.083	6		1		0.832	20.001	
18:3 undifferentiated.....g	0.200		0		1		0.009	0.226	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	571		2		1		27	645	
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 4.7g: 1 tsp
 Measure 2 = 113g: 1 stick

Calories Factors: Protein 4.27 Fat 8.84 Carbohydrate 3.87

NDB No. 04071

Margarine, regular, hard, corn (hydrogenated)

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04067

Margarine, regular, hard, corn and soybean (hydrogenated) and cottonseed (hydrogenated), with salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	36.800		0		1		1.730	41.584	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	36.800	0.060	164		1		1.730	41.584	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	25.100		0		1		1.180	28.363	
18:2 undifferentiated.....g	24.800	0.072	292		1		1.166	28.024	
18:3 undifferentiated.....g	0.300	0.035	287		1		0.014	0.339	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	425	20.000	6		1		20	480	
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

NDB No. 04067

Margarine, regular, hard, corn and soybean (hydrogenated) and cottonseed (hydrogenated), with salt

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04068

Margarine, regular, hard, corn and soybean (hydrogenated) and cottonseed (hydrogenated), without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	36.700		0		1		1.725	41.471	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	36.700	0.070	164		1		1.725	41.471	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	25.000		0		1		1.175	28.250	
18:2 undifferentiated.....g	24.700	0.076	292		1		1.161	27.911	
18:3 undifferentiated.....g	0.300	0.035	287		1		0.014	0.339	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	265		0		4		12	299	
Amino Acids:									
Tryptophan.....g	0.007		0		1		0.000	0.008	
Threonine.....g	0.022		0		1		0.001	0.025	
Isoleucine.....g	0.030		0		1		0.001	0.034	
Leucine.....g	0.049		0		1		0.002	0.055	
Lysine.....g	0.039		0		1		0.002	0.044	
Methionine.....g	0.012		0		1		0.001	0.014	
Cystine.....g	0.005		0		1		0.000	0.006	
Phenylalanine.....g	0.024		0		1		0.001	0.027	
Tyrosine.....g	0.024		0		1		0.001	0.027	
Valine.....g	0.033		0		1		0.002	0.037	
Arginine.....g	0.018		0		1		0.001	0.020	
Histidine.....g	0.013		0		1		0.001	0.015	
Alanine.....g	0.017		0		1		0.001	0.019	
Aspartic acid.....g	0.038		0		1		0.002	0.043	
Glutamic acid.....g	0.104		0		1		0.005	0.118	
Glycine.....g	0.011		0		1		0.001	0.012	
Proline.....g	0.048		0		1		0.002	0.054	
Serine.....g	0.027		0		1		0.001	0.031	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

NDB No. 04068

Margarine, regular, hard, corn and soybean (hydrogenated) and cottonseed (hydrogenated), without salt

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04089

Margarine, regular, hard, safflower and soybean (hydrogenated and regular) and cottonseed (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	30.300		0		1		1.424	34.239	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200		1		1		0.009	0.226	
17:1.....g									
18:1 undifferentiated.....g	30.100		1		1		1.415	34.013	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	32.300		0		1		1.518	36.499	
18:2 undifferentiated.....g	32.000		1		1		1.504	36.160	
18:3 undifferentiated.....g	0.200		1		1		0.009	0.226	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	235		1		1		11	266	
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 4.7g: 1 tsp
 Measure 2 = 113g: 1 stick

Calories Factors: Protein 4.27 Fat 8.84 Carbohydrate 3.87

NDB No. 04089

Margarine, regular, hard, safflower and soybean (hydrogenated and regular) and cottonseed (hydrogenated)

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04078

Margarine, regular, hard, safflower and soybean (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	31.700		0		1		1.490	35.821	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100	0.050	5		1		0.005	0.113	
17:1.....g									
18:1 undifferentiated.....g	31.700	1.084	8		1		1.490	35.821	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	31.400		0		1		1.476	35.482	
18:2 undifferentiated.....g	31.300	1.112	8		1		1.471	35.369	
18:3 undifferentiated.....g	0.200	0.055	5		1		0.009	0.226	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	203		1		1		10	229	
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 4.7g: 1 tsp
 Measure 2 = 113g: 1 stick

Calories Factors: Protein 4.27 Fat 8.84 Carbohydrate 3.87

NDB No. 04078

Margarine, regular, hard, safflower and soybean (hydrogenated)

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04079

Margarine, regular, hard, safflower and soybean (hydrogenated) and cottonseed (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	23.000		0		1		1.081	25.990	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	23.000	0.554	4		1		1.081	25.990	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	40.700		0		1		1.913	45.991	
18:2 undifferentiated.....g	40.600	1.973	4		1		1.908	45.878	
18:3 undifferentiated.....g	0.100	0.019	4		1		0.005	0.113	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	265		0		4		12	299	
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 4.7g: 1 tsp
 Measure 2 = 113g: 1 stick

Calories Factors: Protein 4.27 Fat 8.84 Carbohydrate 3.87

NDB No. 04079

Margarine, regular, hard, safflower and soybean (hydrogenated) and cottonseed (hydrogenated)

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04080

Margarine, regular, hard, soybean (hydrogenated and regular)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	37.600		0		1		1.767	42.488	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	37.600	0.147	9		1		1.767	42.488	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	26.200		0		1		1.231	29.606	
18:2 undifferentiated.....g	24.300	0.372	9		1		1.142	27.459	
18:3 undifferentiated.....g	1.900	0.193	9		1		0.089	2.147	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	219	9.204	6		1		10	247	
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 4.7g: 1 tsp
 Measure 2 = 113g: 1 stick

Calories Factors: Protein 4.27 Fat 8.84 Carbohydrate 3.87

NDB No. 04080

Margarine, regular, hard, soybean (hydrogenated and regular)

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04073

Margarine, regular, hard, soybean (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	39.300		0		1		1.847	44.409	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200		1		1		0.009	0.226	
17:1.....g									
18:1 undifferentiated.....g	39.100	1.521	4		1		1.838	44.183	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	20.900		0		1		0.982	23.617	
18:2 undifferentiated.....g	19.400	1.179	4		1		0.912	21.922	
18:3 undifferentiated.....g	1.500	0.420	4		1		0.071	1.695	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	146		1		1		7	165	
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 4.7g: 1 tsp
 Measure 2 = 113g: 1 stick

Calories Factors: Protein 4.27 Fat 8.84 Carbohydrate 3.87

NDB No. 04073

Margarine, regular, hard, soybean (hydrogenated)

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04074

Margarine, regular, hard, soybean (hydrogenated) and corn and cottonseed (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	32.000		0		1		1.504	36.160	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	32.000		2		1		1.504	36.160	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	25.100		0		1		1.180	28.363	
18:2 undifferentiated.....g	23.600		2		1		1.109	26.668	
18:3 undifferentiated.....g	1.500		2		1		0.071	1.695	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	265		0		4		12	299	
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 4.7g: 1 tsp
 Measure 2 = 113g: 1 stick

Calories Factors: Protein 4.27 Fat 8.84 Carbohydrate 3.87

NDB No. 04074

Margarine, regular, hard, soybean (hydrogenated) and corn and cottonseed (hydrogenated)

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04075

Margarine, regular, hard, soybean (hydrogenated) and cottonseed

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	40.700		0		1		1.913	45.991	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	40.700	3.306	7		1		1.913	45.991	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	19.900		0		1		0.935	22.487	
18:2 undifferentiated.....g	19.200	2.419	7		1		0.902	21.696	
18:3 undifferentiated.....g	0.700	0.176	7		1		0.033	0.791	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	219		1		1		10	247	
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 4.7g: 1 tsp
 Measure 2 = 113g: 1 stick

Calories Factors: Protein 4.27 Fat 8.84 Carbohydrate 3.87

NDB No. 04075

Margarine, regular, hard, soybean (hydrogenated) and cottonseed

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04076

Margarine, regular, hard, soybean (hydrogenated) and cottonseed (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	47.300		0		1		2.223	53.449	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	47.300	0.820	36		1		2.223	53.449	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.600		0		1		0.686	16.498	
18:2 undifferentiated.....g	13.700	0.685	36		1		0.644	15.481	
18:3 undifferentiated.....g	0.800	0.122	31		1		0.038	0.904	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	171		2		1		8	193	
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 4.7g: 1 tsp
 Measure 2 = 113g: 1 stick

Calories Factors: Protein 4.27 Fat 8.84 Carbohydrate 3.87

NDB No. 04076

Margarine, regular, hard, soybean (hydrogenated) and cottonseed (hydrogenated)

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04082

Margarine, regular, hard, soybean (hydrogenated) and palm (hydrogenated and regular)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	31.200		0		1		1.466	35.256	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	31.200		1		1		1.466	35.256	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	28.200		0		1		1.325	31.866	
18:2 undifferentiated.....g	25.900		1		1		1.217	29.267	
18:3 undifferentiated.....g	2.300		0		1		0.108	2.599	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	136		1		1		6	154	
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 4.7g: 1 tsp
 Measure 2 = 113g: 1 stick

Calories Factors: Protein 4.27 Fat 8.84 Carbohydrate 3.87

NDB No. 04082

Margarine, regular, hard, soybean (hydrogenated) and palm (hydrogenated and regular)

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04077

Margarine, regular, hard, soybean (hydrogenated) and palm (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	32.000		0		1		1.504	36.160	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		1		1		0.005	0.113	
17:1.....g									
18:1 undifferentiated.....g	31.900	0.467	4		1		1.499	36.047	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	29.800		0		1		1.401	33.674	
18:2 undifferentiated.....g	26.800	1.540	4		1		1.260	30.284	
18:3 undifferentiated.....g	3.000	0.253	4		1		0.141	3.390	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	165		2		1		8	186	
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

NDB No. 04077

Margarine, regular, hard, soybean (hydrogenated) and palm (hydrogenated)

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04083

Margarine, regular, hard, soybean (hydrogenated), cottonseed (hydrogenated), and soybean

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	41.200		0		1		1.936	46.556	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	41.200	0.874	4		1		1.936	46.556	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	20.200		0		1		0.949	22.826	
18:2 undifferentiated.....g	19.000	0.433	4		1		0.893	21.470	
18:3 undifferentiated.....g	1.100	0.315	4		1		0.052	1.243	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	208	21.865	4		1		10	235	
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 4.7g: 1 tsp
 Measure 2 = 113g: 1 stick

Calories Factors: Protein 4.27 Fat 8.84 Carbohydrate 3.87

NDB No. 04083

Margarine, regular, hard, soybean (hydrogenated), cottonseed (hydrogenated), and soybean

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04081

Margarine, regular, hard, soybean, soybean (hydrogenated), and cottonseed (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	36.100		0		1		1.697	40.793	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	35.900	0.127	52		1		1.687	40.567	
20:1.....g	0.200	0.050	22		1		0.009	0.226	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	25.300		0		1		1.189	28.589	
18:2 undifferentiated.....g	22.500	0.089	119		1		1.058	25.425	
18:3 undifferentiated.....g	2.800	0.077	119		1		0.132	3.164	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	172		1		1		8	194	
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 4.7g: 1 tsp
 Measure 2 = 113g: 1 stick

Calories Factors: Protein 4.27 Fat 8.84 Carbohydrate 3.87

NDB No. 04081

Margarine, regular, hard, soybean, soybean (hydrogenated), and cottonseed (hydrogenated)

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04521

Margarine, regular, hard, sunflower and soybean (hydrogenated) and cottonseed (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	28.500		0		1		1.340	32.205	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	28.500		1		1		1.340	32.205	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	36.600		0		1		1.720	41.358	
18:2 undifferentiated.....g	36.500		1		1		1.716	41.245	
18:3 undifferentiated.....g	0.100		1		1		0.005	0.113	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	425		0		4		20	480	
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		4		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

NDB No. 04521

Margarine, regular, hard, sunflower and soybean (hydrogenated) and cottonseed (hydrogenated)

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04105

Margarine, regular, liquid, soybean (hydrogenated and regular) and cottonseed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	28.100		0		1		63.787	3.990	1.321
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	28.100	0.907	4		1		63.787	3.990	1.321
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	35.800		0		1		81.266	5.084	1.683
18:2 undifferentiated.....g	33.400	1.048	4		1		75.818	4.743	1.570
18:3 undifferentiated.....g	2.400	1.305	4		1		5.448	0.341	0.113
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	174	7.948	4		1		395	25	8
Amino Acids:									
Tryptophan.....g	0.027		0		1		0.061	0.004	0.001
Threonine.....g	0.086		0		1		0.195	0.012	0.004
Isoleucine.....g	0.115		0		1		0.261	0.016	0.005
Leucine.....g	0.186		0		1		0.422	0.026	0.009
Lysine.....g	0.151		0		1		0.343	0.021	0.007
Methionine.....g	0.048		0		1		0.109	0.007	0.002
Cystine.....g	0.018		0		1		0.041	0.003	0.001
Phenylalanine.....g	0.092		0		1		0.209	0.013	0.004
Tyrosine.....g	0.092		0		1		0.209	0.013	0.004
Valine.....g	0.127		0		1		0.288	0.018	0.006
Arginine.....g	0.069		0		1		0.157	0.010	0.003
Histidine.....g	0.052		0		1		0.118	0.007	0.002
Alanine.....g	0.066		0		1		0.150	0.009	0.003
Aspartic acid.....g	0.144		0		1		0.327	0.020	0.007
Glutamic acid.....g	0.398		0		1		0.903	0.057	0.019
Glycine.....g	0.040		0		1		0.091	0.006	0.002
Proline.....g	0.184		0		1		0.418	0.026	0.009
Serine.....g	0.103		0		1		0.234	0.015	0.005
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		1384.700	86.620	28.670
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 227g: 1 cup
- Measure 2 = 14.2g: 1 tbsp
- Measure 3 = 4.7g: 1 tsp

NDB No. 04105

Margarine, regular, liquid, soybean (hydrogenated and regular) and cottonseed

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04610

Margarine, regular, stick, composite, 80% fat, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	17.17	0.077	8	A	1		2.40	2.44	0.81
Energy.....kcal	705		0	NC	4		99	100	33
Energy.....kj	2948		0	NC	4		413	419	139
Protein.....g	0.18	0.001	4	A	1		0.02	0.03	0.01
Total lipid (fat).....g	78.77	0.700	8	A	1		11.03	11.18	3.70
Ash.....g	1.94	0.024	8	A	1		0.27	0.28	0.09
Carbohydrate, by difference.....g	1.94		0	NC	4		0.27	0.28	0.09
Fiber, total dietary.....g	0.0			Z	7		0.0	0.0	0.0
Sugars, total.....g	0.00		0	CAZN	4		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	3	0.166	8	A	1		0	0	0
Iron, Fe.....mg	0.12	0.015	8	A	1		0.02	0.02	0.01
Magnesium, Mg.....mg	1	0.030	8	A	1		0	0	0
Phosphorus, P.....mg	5	0.202	8	A	1		1	1	0
Potassium, K.....mg	18	0.862	6	A	1		2	3	1
Sodium, Na.....mg	654	19.966	8	A	1		92	93	31
Zinc, Zn.....mg	0.11	0.021	8	A	1		0.01	0.02	0.00
Copper, Cu.....mg	0.000			BFZN	4		0.000	0.000	0.000
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin.....mg	0.012		1	A	1		0.002	0.002	0.001
Riboflavin.....mg	0.000	0.000	4	A	1		0.000	0.000	0.000
Niacin.....mg	0.003	0.003	4	A	1		0.000	0.000	0.000
Pantothenic acid.....mg	0.000	0.000	4	A	1		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		1	A	1		0.000	0.000	0.000
Folate, total.....mcg	1		2	A	1		0	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	1		2	A	1		0	0	0
Folate, DFE.....mcg_DFE	1		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.10		0	O	4		0.01	0.01	0.00
Vitamin A, IU.....IU	3577		0	NC	4		501	508	168
Vitamin A, RAE.....mcg_RAE	819		0	NC	4		115	116	38
Retinol.....mcg	768		0	CAZN	4		108	109	36
Vitamin E (alpha-tocopherol).....mg	6.23	0.638	8	A	1		0.87	0.89	0.29
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	93.0		1	CAZN	4		13.0	13.2	4.4
Lipids:									
Fatty acids, total saturated.....g	14.787		0	NC	4		2.070	2.100	0.695
4:0.....g	0.000		8	A	1		0.000	0.000	0.000
6:0.....g	0.000		8	A	1		0.000	0.000	0.000
8:0.....g	0.000		8	A	1		0.000	0.000	0.000
10:0.....g	0.000		8	A	1		0.000	0.000	0.000
12:0.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.069	0.003	8	A	1		0.010	0.010	0.003
15:0.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
16:0.....g	8.135	0.107	8	A	1		1.139	1.155	0.382
17:0.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
18:0.....g	6.047	0.117	8	A	1		0.847	0.859	0.284
20:0.....g	0.263	0.006	8	A	1		0.037	0.037	0.012
22:0.....g	0.271	0.007	8	A	1		0.038	0.039	0.013
24:0.....g	0.000	0.000	8	A	1		0.000	0.000	0.000

NDB No. 04610

Margarine, regular, stick, composite, 80% fat, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	37.201		0	NC	4		5.208	5.283	1.748
14:1.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
15:1.....g									
16:1 undifferentiated.....g	0.000		0	A	1		0.000	0.000	0.000
16:1 c.....g									
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	37.201		0	A	1		5.208	5.283	1.748
18:1 c.....g									
18:1 t.....g									
20:1.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
24:1 c.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	23.097		0	NC	4		3.234	3.280	1.086
18:2 undifferentiated.....g	20.877		0	AS	1		2.923	2.965	0.981
18:2 n-6 c,c.....g									
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	2.220		0	AS	1		0.311	0.315	0.104
18:4.....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	0.000
Fatty acids, total trans.....g	19.686		0	NC	4		2.756	2.795	0.925
Fatty acids, total trans-monoenoic.....g	19.686		0	NC	4		2.756	2.795	0.925
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0	0.000	4	A	1		0	0	0
Phytosterols.....mg									
Stigmasterol.....mg	28	1.105	4	A	1		4	4	1
Campesterol.....mg	41	2.622	4	A	1		6	6	2
Beta-sitosterol.....mg	117	14.160	4	A	1		16	17	6
Others:									
Alcohol, ethyl.....g	0.0			Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		85.400	86.620	28.670
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	0.000

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Common Measures:

Measure 1 = 14.0g: 1 tbsp

Measure 2 = 14.2g: 1 tbsp

Measure 3 = 4.7g: 1 tsp

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

NDB No. 04610

Margarine, regular, stick, composite, 80% fat, with salt

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04617

Margarine, regular, stick, unsalted, composite, 80% fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	39.020			RA	4		88.575	5.541	1.951
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.180			RA	4		0.409	0.026	0.009
17:1.....g									
18:1 undifferentiated.....g	38.690			RA	4		87.826	5.494	1.935
20:1.....g	0.100			RA	4		0.227	0.014	0.005
22:1 undifferentiated.....g	0.030			RA	4		0.068	0.004	0.002
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	22.340			RA	4		50.712	3.172	1.117
18:2 undifferentiated.....g	20.560			RA	4		46.671	2.920	1.028
18:3 undifferentiated.....g	1.760			RA	4		3.995	0.250	0.088
18:4.....g	0.000			RA	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000			RA	4		0.000	0.000	0.000
20:5 n-3.....g	0.000			RA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000			RA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000			RA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0			BFZN	4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0			Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		1384.700	86.620	30.500
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 227g: 1 cup

Measure 2 = 14.2g: 1 tbsp

Measure 3 = 5.0g: 1 pat (1" sq, 1/3" high)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04611

Margarine, regular, tub, composite, 80% fat, with salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	36.060			RA	4		81.856	5.121	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020			RA	4		0.045	0.003	
17:1.....g									
18:1 undifferentiated.....g	35.890			RA	4		81.470	5.096	
20:1.....g	0.100			RA	4		0.227	0.014	
22:1 undifferentiated.....g	0.030			RA	4		0.068	0.004	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	27.850			RA	4		63.220	3.955	
18:2 undifferentiated.....g	26.500			RA	4		60.155	3.763	
18:3 undifferentiated.....g	1.330			RA	4		3.019	0.189	
18:4.....g	0.000			RA	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000			RA	4		0.000	0.000	
20:5 n-3.....g	0.000			RA	4		0.000	0.000	
22:5 n-3.....g	0.000			RA	4		0.000	0.000	
22:6 n-3.....g	0.000			RA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0			BFZN	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0			Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		1384.700	86.620	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 227g: 1 cup

Measure 2 = 14.2g: 1 tbsp

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04618

Margarine, regular, tub, unsalted, composite, 80% fat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	36.060			RA	4		81.856	5.121	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020			RA	4		0.045	0.003	
17:1.....g									
18:1 undifferentiated.....g	35.890			RA	4		81.470	5.096	
20:1.....g	0.100			RA	4		0.227	0.014	
22:1 undifferentiated.....g	0.030			RA	4		0.068	0.004	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	27.850			RA	4		63.220	3.955	
18:2 undifferentiated.....g	26.500			RA	4		60.155	3.763	
18:3 undifferentiated.....g	1.330			RA	4		3.019	0.189	
18:4.....g	0.000			RA	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000			RA	4		0.000	0.000	
20:5 n-3.....g	0.000			RA	4		0.000	0.000	
22:5 n-3.....g	0.000			RA	4		0.000	0.000	
22:6 n-3.....g	0.000			RA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0			BFZN	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0			Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		1384.700	86.620	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 227g: 1 cup

Measure 2 = 14.2g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04132

Margarine, regular, unspecified oils, with salt added

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	35.800		0		1		1.683	40.454	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	35.800	1.519	17		1		1.683	40.454	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	25.400		0		1		1.194	28.702	
18:2 undifferentiated.....g	24.300	1.844	17		1		1.142	27.459	
18:3 undifferentiated.....g	1.100	0.233	17		1		0.052	1.243	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	265		0		4		12	299	
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

NDB No. 04132

Margarine, regular, unspecified oils, with salt added

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04131

Margarine, regular, unspecified oils, without added salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	36.700		0		1		1.725	41.471	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	36.700		1		1		1.725	41.471	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	25.000		0		1		1.175	28.250	
18:2 undifferentiated.....g	24.700		1		1		1.161	27.911	
18:3 undifferentiated.....g	0.300		1		1		0.014	0.339	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	265		0		4		12	299	
Amino Acids:									
Tryptophan.....g	0.007		0		1		0.000	0.008	
Threonine.....g	0.022		0		1		0.001	0.025	
Isoleucine.....g	0.030		0		1		0.001	0.034	
Leucine.....g	0.049		0		1		0.002	0.055	
Lysine.....g	0.039		0		1		0.002	0.044	
Methionine.....g	0.012		0		1		0.001	0.014	
Cystine.....g	0.005		0		1		0.000	0.006	
Phenylalanine.....g	0.024		0		1		0.001	0.027	
Tyrosine.....g	0.024		0		1		0.001	0.027	
Valine.....g	0.033		0		1		0.002	0.037	
Arginine.....g	0.018		0		1		0.001	0.020	
Histidine.....g	0.013		0		1		0.001	0.015	
Alanine.....g	0.017		0		1		0.001	0.019	
Aspartic acid.....g	0.038		0		1		0.002	0.043	
Glutamic acid.....g	0.104		0		1		0.005	0.118	
Glycine.....g	0.011		0		1		0.001	0.012	
Proline.....g	0.048		0		1		0.002	0.054	
Serine.....g	0.027		0		1		0.001	0.031	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

NDB No. 04131

Margarine, regular, unspecified oils, without added salt

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04633

Margarine, vegetable oil spread, 20% fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.480				4		17.952	1.122	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	7.450				4		17.880	1.118	
20:1.....g	0.040				4		0.096	0.006	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	8.040				4		19.296	1.206	
18:2 undifferentiated.....g	7.840				4		18.816	1.176	
18:3 undifferentiated.....g	0.160				4		0.384	0.024	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		1464.000	91.500	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04634

Margarine, vegetable oil spread, 20% fat, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0.....g									
Fatty acids, total monounsaturated.....g	7.480		0	BFZN	4		15.334	0.957	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	7.450		0	BFZN	4		15.273	0.954	
20:1.....g	0.040		0	BFZN	4		0.082	0.005	
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	8.040		0	BFZN	4		16.482	1.029	
18:2 undifferentiated.....g	7.840		0	BFZN	4		16.072	1.004	
18:3 undifferentiated.....g	0.160		0	BFZN	4		0.328	0.020	
18:4.....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	610		0	BFZN	4		1250.500	78.080	
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04612

Margarine, vegetable oil spread, 60% fat, stick

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	39.23	2.015	4	JA	6		89.84	5.61	
Energy.....kcal	518		0	NC	4		1186	74	
Energy.....kj	2167		0	NC	4		4963	310	
Protein (N x 6.25).....g	0.60		2		1		1.37	0.09	
Total lipid (fat).....g	58.34	1.710	4	JA	6		133.59	8.34	
Ash.....g	1.70		2		1		3.89	0.24	
Carbohydrate, by difference.....g	0.14		0	NC	4		0.32	0.02	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g	0.00		0	CAZN	4		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	21		0		1		48	3	
Iron, Fe.....mg	0.00		0		4		0.00	0.00	
Magnesium, Mg.....mg	2		0		1		4	0	
Phosphorus, P.....mg	16		0		1		37	2	
Potassium, K.....mg	30		0		1		68	4	
Sodium, Na.....mg	785		0	BFZN	4		1798	112	
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	
Copper, Cu.....mg	0.000			BFZN	4		0.000	0.000	
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0		1		0.3	0.0	
Thiamin.....mg	0.007		0		1		0.016	0.001	
Riboflavin.....mg	0.026		0		1		0.060	0.004	
Niacin.....mg	0.016		0		1		0.037	0.002	
Pantothenic acid.....mg	0.059		0		1		0.135	0.008	
Vitamin B-6.....mg	0.006		0		1		0.014	0.001	
Folate, total.....mcg	1		0		1		2	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	1		0		1		2	0	
Folate, DFE.....mcg_DFE	1		0	NC	4		2	0	
Vitamin B-12.....mcg	0.07		0		1		0.15	0.01	
Vitamin A, IU.....IU	3571		0	ML	5		8178	511	
Vitamin A, RAE.....mcg_RAE	819		0	NC	4		1876	117	
Retinol.....mcg	768		0	CAZN	4		1759	110	
Vitamin E (alpha-tocopherol).....mg	5.00		0		4		11.45	0.72	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	101.3	2.657	6	A	1		231.9	14.5	
Lipids:									
Fatty acids, total saturated.....g	10.399		0	NC	4		23.813	1.487	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		2	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.046		2	A	1		0.105	0.007	
15:0.....g	0.000		2	A	1		0.000	0.000	
16:0.....g	5.628		2	A	1		12.888	0.805	
17:0.....g	0.064		2	A	1		0.147	0.009	
18:0.....g	4.183		2	A	1		9.578	0.598	
20:0.....g	0.191		2	A	1		0.437	0.027	
22:0.....g	0.206		2	A	1		0.473	0.030	
24:0.....g	0.081		2	A	1		0.186	0.012	

NDB No. 04612

Margarine, vegetable oil spread, 60% fat, stick

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	27.429		0	NC	4		62.813	3.922	
14:1.....g	0.000		2	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.045		0	AS	1		0.103	0.006	
16:1 c.....g	0.045		2	A	1		0.103	0.006	
16:1 t.....g	0.000		2	A	1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	27.315		0	AS	1		62.551	3.906	
18:1 c.....g	13.727		2	A	1		31.436	1.963	
18:1 t.....g	13.587		2	A	1		31.115	1.943	
20:1.....g	0.069		2	A	1		0.159	0.010	
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	15.348		0	NC	4		35.147	2.195	
18:2 undifferentiated.....g	13.580		0	AS	1		31.098	1.942	
18:2 n-6 c,c.....g	12.940		2	A	1		29.633	1.850	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.639		2	A	1		1.464	0.091	
18:2 t not further defined.....g									
18:3 undifferentiated.....g	1.525		0	AS	1		3.492	0.218	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.243		2	A	1		0.557	0.035	
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:5 n-3.....g	0.000		2	A	1		0.000	0.000	
22:5 n-3.....g	0.000		2	A	1		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g	13.587		0	NC	4		31.114	1.943	
Fatty acids, total trans-monoenoic.....g	13.587		0	NC	4		31.114	1.943	
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Stigmasterol.....mg	21		2	A	1		49	3	
Campesterol.....mg	24		2	A	1		55	3	
Beta-sitosterol.....mg	67		2	A	1		154	10	
Others:									
Alcohol, ethyl.....g	0.0			Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		1396.900	87.230	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

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Common Measures:

Measure 1 = 229g: 1 cup

Measure 2 = 14.3g: 1 tbsp

Calories Factors: Protein 3.87

Fat 8.84

Carbohydrate 4.27

NDB No. 04612

Margarine, vegetable oil spread, 60% fat, stick

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04619

Margarine, vegetable oil spread, 60% fat, stick, no salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	39.23		0	BFZN	4				
Energy.....kcal	519		0	NC	4				
Energy.....kj	2170		0	NC	4				
Protein (N x 6.25).....g	0.60		0	BFZN	4				
Total lipid (fat).....g	58.34		0	BFZN	4				
Ash.....g	1.70		0	BFZN	4				
Carbohydrate, by difference.....g	0.14		0	BFZN	4				
Fiber, total dietary.....g	0.0			Z	7				
Sugars, total.....g	0.00		0	BFZN	4				
Starch.....g									
Minerals:									
Calcium, Ca.....mg	21		0	BFZN	4				
Iron, Fe.....mg	0.00		0	BFZN	4				
Magnesium, Mg.....mg	2		0	BFZN	4				
Phosphorus, P.....mg	16		0	BFZN	4				
Potassium, K.....mg	30		0	BFZN	4				
Sodium, Na.....mg	2			BFZN	4				
Zinc, Zn.....mg	0.00		0	BFZN	4				
Copper, Cu.....mg	0.000		0	BFZN	4				
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	Z	7				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	BFZN	4				
Thiamin.....mg	0.007		0	BFZN	4				
Riboflavin.....mg	0.026		0	BFZN	4				
Niacin.....mg	0.016		0	BFZN	4				
Pantothenic acid.....mg	0.059		0	BFZN	4				
Vitamin B-6.....mg	0.006		0	BFZN	4				
Folate, total.....mcg	1		0	BFZN	4				
Folic acid.....mcg	0		0	Z	7				
Folate, food.....mcg	1		0	BFZN	4				
Folate, DFE.....mcg_DFE	1		0	NC	4				
Vitamin B-12.....mcg	0.07		0	BFZN	4				
Vitamin A, IU.....IU	3571		0	BFZN	4				
Vitamin A, RAE.....mcg_RAE	819		0	BFZN	4				
Retinol.....mcg	768		0	BFZN	4				
Vitamin E (alpha-tocopherol).....mg	5.00		0	BFZN	4				
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	101.3	2.657	6	A	1				
Lipids:									
Fatty acids, total saturated.....g	10.399		0	BFZN	4				
4:0.....g	0.000		0	BFZN	4				
6:0.....g	0.000		0	BFZN	4				
8:0.....g	0.000		0	BFZN	4				
10:0.....g	0.000		0	BFZN	4				
12:0.....g	0.000		0	BFZN	4				
13:0.....g									
14:0.....g	0.046		0	BFZN	4				
15:0.....g	0.000		0	BFZN	4				
16:0.....g	5.628		0	BFZN	4				
17:0.....g	0.064		0	BFZN	4				
18:0.....g	4.183		0	BFZN	4				

NDB No. 04619

Margarine, vegetable oil spread, 60% fat, stick, no salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0.....g	0.191		0	BFZN	4				
22:0.....g	0.206		0	BFZN	4				
24:0.....g	0.081		0	BFZN	4				
Fatty acids, total monounsaturated.....g	27.429		0	BFZN	4				
14:1.....g	0.000		0	BFZN	4				
15:1.....g									
16:1 undifferentiated.....g	0.045		0	BFZN	4				
16:1 c.....g	0.045		0	BFZN	4				
16:1 t.....g	0.000		0	BFZN	4				
17:1.....g									
18:1 undifferentiated.....g	27.315		0	BFZN	4				
18:1 c.....g	13.727		0	BFZN	4				
18:1 t.....g	13.587		0	BFZN	4				
20:1.....g	0.069		0	BFZN	4				
22:1 undifferentiated.....g	0.000		0	BFZN	4				
24:1 c.....g	0.000		0	BFZN	4				
Fatty acids, total polyunsaturated.....g	15.348		0	BFZN	4				
18:2 undifferentiated.....g	13.580		0	BFZN	4				
18:2 n-6 c,c.....g	12.940		0	BFZN	4				
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.639		0	BFZN	4				
18:2 t not further defined.....g									
18:3 undifferentiated.....g	1.525		0	BFZN	4				
18:4.....g	0.000		0	BFZN	4				
20:2 n-6 c,c.....g	0.243		0	BFZN	4				
20:3 undifferentiated.....g	0.000		0	BFZN	4				
20:4 undifferentiated.....g	0.000		0	BFZN	4				
20:5 n-3.....g	0.000		0	BFZN	4				
22:5 n-3.....g	0.000		0	BFZN	4				
22:6 n-3.....g	0.000		0	BFZN	4				
Fatty acids, total trans.....g	13.587		0	BFZN	4				
Fatty acids, total trans-monoenoic.....g	13.587		0	BFZN	4				
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		0	BFZN	4				
Phytosterols.....mg									
Stigmasterol.....mg	21		0	BFZN	4				
Campesterol.....mg	24		0	BFZN	4				
Beta-sitosterol.....mg	67		0	BFZN	4				
Others:									
Alcohol, ethyl.....g	0.0			Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				
Carotenoids:									
Carotene, beta.....mcg	610		0	BFZN	4				
Carotene, alpha.....mcg	0		0	BFZN	4				
Cryptoxanthin, beta.....mcg	0		0	BFZN	4				
Lycopene.....mcg	0		0	BFZN	4				
Lutein + zeaxanthin.....mcg	0		0	CAZN	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 3.87

Fat 8.84

Carbohydrate 4.27

NDB No. 04619

Margarine, vegetable oil spread, 60% fat, stick, no salt

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04613

Margarine, vegetable oil spread, 60% fat, tub/bottle

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	38.13		1	A	1		87.32	1.83	
Energy.....kcal	531		0	NC	4		1216	25	
Energy.....kj	2222		0	NC	4		5088	107	
Protein (N x 6.25).....g	0.60			BFZN	4		1.37	0.03	
Total lipid (fat).....g	60.00		1	A	1		137.40	2.88	
Ash.....g	1.70			BFZN	4		3.89	0.08	
Carbohydrate, by difference.....g	0.00			BFZN	4		0.00	0.00	
Fiber, total dietary.....g	0.0			Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	21			BFZN	4		48	1	
Iron, Fe.....mg	0.00			BFZN	4		0.00	0.00	
Magnesium, Mg.....mg	2			BFZN	4		5	0	
Phosphorus, P.....mg	16			BFZN	4		37	1	
Potassium, K.....mg	30			BFZN	4		69	1	
Sodium, Na.....mg	785		0	BFZN	4		1798	38	
Zinc, Zn.....mg	0.00			BFZN	4		0.00	0.00	
Copper, Cu.....mg	0.0000			BFZN	4		0.0000	0.0000	
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1			BFZN	4		0.2	0.0	
Thiamin.....mg	0.007			BFZN	4		0.016	0.000	
Riboflavin.....mg	0.026			BFZN	4		0.060	0.001	
Niacin.....mg	0.016			BFZN	4		0.037	0.001	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.006			BFZN	4		0.014	0.000	
Folate, total.....mcg	1			BFZN	4		2	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	1		0	BFZN	4		2	0	
Folate, DFE.....mcg_DFE	1		0	NC	4		2	0	
Vitamin B-12.....mcg	0.07			BFZN	4		0.16	0.00	
Vitamin A, IU.....IU	3571			ML	5		8178	171	
Vitamin A, RAE.....mcg_RAE	819		0	NC	4		1876	39	
Retinol.....mcg	768		0	CAZN	4		1759	37	
Vitamin E (alpha-tocopherol).....mg	5.00		0	BFZN	4		11.45	0.24	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	101.3	2.657	6	A	1		231.9	4.9	
Lipids:									
Fatty acids, total saturated.....g	9.685		0	NC	4		22.179	0.465	
4:0.....g	0.000			RA	4		0.000	0.000	
6:0.....g	0.000			RA	4		0.000	0.000	
8:0.....g	0.000			RA	4		0.000	0.000	
10:0.....g	0.000			RA	4		0.000	0.000	
12:0.....g	0.000		0	RA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.053		1	A	1		0.120	0.003	
15:0.....g	0.000		1	A	1		0.000	0.000	
16:0.....g	5.999		1	A	1		13.738	0.288	
17:0.....g	0.064		1	A	1		0.146	0.003	
18:0.....g	3.062		1	A	1		7.011	0.147	
20:0.....g	0.189		1	A	1		0.432	0.009	
22:0.....g	0.233		1	A	1		0.534	0.011	
24:0.....g	0.086		1	A	1		0.198	0.004	

NDB No. 04613

Margarine, vegetable oil spread, 60% fat, tub/bottle

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	13.116		0	NC	4		30.036	0.630	
14:1.....g	0.000		1	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.051		0	AS	1		0.117	0.002	
16:1 c.....g	0.051		1	A	1		0.117	0.002	
16:1 t.....g	0.000		1	A	1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	13.065		0	AS	1		29.919	0.627	
18:1 c.....g	12.882		1	A	1		29.499	0.618	
18:1 t.....g	0.183		1	A	1		0.419	0.009	
20:1.....g	0.087		1	A	1		0.200	0.004	
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	33.410		0	NC	4		76.509	1.604	
18:2 undifferentiated.....g	29.644		0	AS	1		67.885	1.423	
18:2 n-6 c,c.....g	29.306		1	A	1		67.110	1.407	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.338		1	A	1		0.774	0.016	
18:2 t not further defined.....g									
18:3 undifferentiated.....g	3.766		0	AS	1		8.624	0.181	
18:4.....g	0.000			RA	4		0.000	0.000	
20:2 n-6 c,c.....g	0.614		1	A	1		1.407	0.029	
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	
22:6 n-3.....g	0.000			RA	4		0.000	0.000	
Fatty acids, total trans.....g	0.183		0	NC	4		0.419	0.009	
Fatty acids, total trans-monoenoic.....g	0.183		0	NC	4		0.419	0.009	
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	1		1	A	1		3	0	
Phytosterols.....mg									
Stigmasterol.....mg	28		1	A	1		63	1	
Campesterol.....mg	33		1	A	1		75	2	
Beta-sitosterol.....mg	82		1	A	1		187	4	
Others:									
Alcohol, ethyl.....g	0.0			Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		1396.900	29.280	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 229g: 1 cup

Measure 2 = 4.8g: 1 tsp

Calories Factors: Protein 3.87

Fat 8.84

Carbohydrate 4.27

NDB No. 04613

Margarine, vegetable oil spread, 60% fat, tub/bottle

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04620

Margarine, vegetable oil spread, 60% fat, tub/bottle, unsalted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	38.13		0	BFZN		4			
Energy.....kcal	531		0	BFZN		4			
Energy.....kj	2221		0	BFZN		4			
Protein (N x 6.25).....g	0.60		0	BFZN		4			
Total lipid (fat).....g	60.00		0	BFZN		4			
Ash.....g	1.30		0	NC		4			
Carbohydrate, by difference.....g	0.00		0	BFZN		4			
Fiber, total dietary.....g	0.0			Z		7			
Sugars, total.....g	0.00		0	BFZN		4			
Starch.....g									
Minerals:									
Calcium, Ca.....mg	21		0	BFZN		4			
Iron, Fe.....mg	0.00		0	BFZN		4			
Magnesium, Mg.....mg	2		0	BFZN		4			
Phosphorus, P.....mg	16		0	BFZN		4			
Potassium, K.....mg	30		0	BFZN		4			
Sodium, Na.....mg	28			BFZN		4			
Zinc, Zn.....mg	0.00		0	BFZN		4			
Copper, Cu.....mg	0.000		0	BFZN		4			
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	Z		7			
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	BFZN		4			
Thiamin.....mg	0.007		0	BFZN		4			
Riboflavin.....mg	0.026		0	BFZN		4			
Niacin.....mg	0.016		0	BFZN		4			
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.006		0	BFZN		4			
Folate, total.....mcg	1		0	BFZN		4			
Folic acid.....mcg	0		0	Z		7			
Folate, food.....mcg	1		0	BFZN		4			
Folate, DFE.....mcg_DFE	1		0	NC		4			
Vitamin B-12.....mcg	0.07		0	BFZN		4			
Vitamin A, IU.....IU	3571		0	BFZN		4			
Vitamin A, RAE.....mcg_RAE	819		0	NC		4			
Retinol.....mcg	768		0	BFZN		4			
Vitamin E (alpha-tocopherol).....mg	5.00		0	BFZN		4			
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	101.3	2.657	6	A		1			
Lipids:									
Fatty acids, total saturated.....g	9.685		0	BFZN		4			
4:0.....g	0.000		0	BFZN		4			
6:0.....g	0.000		0	BFZN		4			
8:0.....g	0.000		0	BFZN		4			
10:0.....g	0.000		0	BFZN		4			
12:0.....g	0.000		0	BFZN		4			
13:0.....g									
14:0.....g	0.053		0	BFZN		4			
15:0.....g	0.000		0	BFZN		4			
16:0.....g	5.999		0	BFZN		4			
17:0.....g	0.064		0	BFZN		4			
18:0.....g	3.062		0	BFZN		4			
20:0.....g	0.189		0	BFZN		4			
22:0.....g	0.233		0	BFZN		4			

NDB No. 04620

Margarine, vegetable oil spread, 60% fat, tub/bottle, unsalted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0.....g	0.086		0	BFZN	4				
Fatty acids, total monounsaturated.....g	13.116		0	BFZN	4				
14:1.....g	0.000		0	BFZN	4				
15:1.....g									
16:1 undifferentiated.....g	0.051		0	BFZN	4				
16:1 c.....g	0.051		0	BFZN	4				
16:1 t.....g	0.000		0	BFZN	4				
17:1.....g									
18:1 undifferentiated.....g	13.065		0	BFZN	4				
18:1 c.....g	12.882		0	BFZN	4				
18:1 t.....g	0.183		0	BFZN	4				
20:1.....g	0.087		0	BFZN	4				
22:1 undifferentiated.....g	0.000		0	BFZN	4				
24:1 c.....g	0.000		0	BFZN	4				
Fatty acids, total polyunsaturated.....g	33.410		0	BFZN	4				
18:2 undifferentiated.....g	29.644		0	BFZN	4				
18:2 n-6 c,c.....g	29.306		0	BFZN	4				
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.338		0	BFZN	4				
18:2 t not further defined.....g									
18:3 undifferentiated.....g	3.766		0	BFZN	4				
18:4.....g	0.000		0	BFZN	4				
20:2 n-6 c,c.....g	0.614		0	BFZN	4				
20:3 undifferentiated.....g	0.000		0	BFZN	4				
20:4 undifferentiated.....g	0.000		0	BFZN	4				
20:5 n-3.....g	0.000		0	BFZN	4				
22:5 n-3.....g	0.000		0	BFZN	4				
22:6 n-3.....g	0.000		0	BFZN	4				
Fatty acids, total trans.....g	0.183		0	BFZN	4				
Fatty acids, total trans-monoenoic.....g	0.183		0	BFZN	4				
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	1		0	BFZN	4				
Phytosterols.....mg									
Stigmasterol.....mg	28		0	BFZN	4				
Campesterol.....mg	33		0	BFZN	4				
Beta-sitosterol.....mg	82		0	BFZN	4				
Others:									
Alcohol, ethyl.....g	0.0			Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				
Carotenoids:									
Carotene, beta.....mcg	610		0	BFZN	4				
Carotene, alpha.....mcg	0		0	BFZN	4				
Cryptoxanthin, beta.....mcg	0		0	BFZN	4				
Lycopene.....mcg	0		0	BFZN	4				
Lutein + zeaxanthin.....mcg	0		0	CAZN	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 3.87

Fat 8.84

Carbohydrate 4.27

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04614

Margarine, vegetable oil spread, stick/tub/bottle, 60% fat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	38.68		0	RA	4		88.58	5.53	1.86
Energy.....kcal	526		0	RA	4		1204	75	25
Energy.....kj	2199		0	RA	4		5036	315	106
Protein (N x 6.25).....g	0.60		0	RA	4		1.37	0.09	0.03
Total lipid (fat).....g	59.17		0	RA	4		135.49	8.46	2.84
Ash.....g	1.70		0	RA	4		3.89	0.24	0.08
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	RA	4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	RA	4		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	21		0	RA	4		48	3	1
Iron, Fe.....mg	0.00		0	RA	4		0.00	0.00	0.00
Magnesium, Mg.....mg	2		0	RA	4		4	0	0
Phosphorus, P.....mg	16		0	RA	4		37	2	1
Potassium, K.....mg	30		0	RA	4		68	4	1
Sodium, Na.....mg	785		0	RA	4		1798	112	38
Zinc, Zn.....mg	0.00		0	RA	4		0.00	0.00	0.00
Copper, Cu.....mg	0.0000		0	RA	4		0.0000	0.0000	0.0000
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	RA	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	RA	4		0.2	0.0	0.0
Thiamin.....mg	0.007		0	RA	4		0.016	0.001	0.000
Riboflavin.....mg	0.026		0	RA	4		0.060	0.004	0.001
Niacin.....mg	0.016		0	RA	4		0.037	0.002	0.001
Pantothenic acid.....mg	0.030		0	RA	4		0.068	0.004	0.001
Vitamin B-6.....mg	0.006		0	RA	4		0.014	0.001	0.000
Folate, total.....mcg	1		0	RA	4		2	0	0
Folic acid.....mcg	0		0	RA	4		0	0	0
Folate, food.....mcg	1		0	RA	4		2	0	0
Folate, DFE.....mcg_DFE	1		0	NC	4		2	0	0
Vitamin B-12.....mcg	0.07		0	RA	4		0.16	0.01	0.00
Vitamin A, IU.....IU	3571		0	RA	4		8178	511	171
Vitamin A, RAE.....mcg_RAE	819		0	NC	4		1876	117	39
Retinol.....mcg	768		0	RA	4		1759	110	37
Vitamin E (alpha-tocopherol).....mg	5.00		0	RA	4		11.45	0.72	0.24
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	101.3	2.657	6	A	1		231.9	14.5	4.9
Lipids:									
Fatty acids, total saturated.....g	10.042		0	RA	4		22.996	1.436	0.482
4:0.....g	0.000		0	RA	4		0.000	0.000	0.000
6:0.....g	0.000		0	RA	4		0.000	0.000	0.000
8:0.....g	0.000		0	RA	4		0.000	0.000	0.000
10:0.....g	0.000		0	RA	4		0.000	0.000	0.000
12:0.....g	0.000		0	RA	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.049		0	RA	4		0.113	0.007	0.002
15:0.....g	0.000		0	RA	4		0.000	0.000	0.000
16:0.....g	5.813		0	RA	4		13.313	0.831	0.279
17:0.....g	0.064		0	RA	4		0.147	0.009	0.003
18:0.....g	3.622		0	RA	4		8.295	0.518	0.174
20:0.....g	0.190		0	RA	4		0.435	0.027	0.009
22:0.....g	0.220		0	RA	4		0.503	0.031	0.011
24:0.....g	0.084		0	RA	4		0.192	0.012	0.004

NDB No. 04614

Margarine, vegetable oil spread, stick/tub/bottle, 60% fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	20.316		0	RA	4		46.524	2.905	0.975
14:1.....g	0.000		0	RA	4		0.000	0.000	0.000
15:1.....g									
16:1 undifferentiated.....g	0.048		0	RA	4		0.110	0.007	0.002
16:1 c.....g	0.048		0	RA	4		0.110	0.007	0.002
16:1 t.....g	0.000		0	RA	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	20.190		0	RA	4		46.234	2.887	0.969
18:1 c.....g	13.305		0	RA	4		30.467	1.903	0.639
18:1 t.....g	6.885		0	RA	4		15.767	0.985	0.330
20:1.....g	0.078		0	RA	4		0.179	0.011	0.004
22:1 undifferentiated.....g	0.000		0	RA	4		0.000	0.000	0.000
24:1 c.....g	0.000		0	RA	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	24.686		0	RA	4		56.531	3.530	1.185
18:2 undifferentiated.....g	21.612		0	RA	4		49.491	3.090	1.037
18:2 n-6 c,c.....g	21.123		0	RA	4		48.372	3.021	1.014
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.489		0	RA	4		1.119	0.070	0.023
18:2 t not further defined.....g									
18:3 undifferentiated.....g	2.645		0	RA	4		6.058	0.378	0.127
18:4.....g	0.000		0	RA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.429		0	RA	4		0.982	0.061	0.021
20:3 undifferentiated.....g	0.000		0	RA	4		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		0	RA	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	RA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	RA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	RA	4		0.000	0.000	0.000
Fatty acids, total trans.....g	6.885		0	RA	4		15.767	0.985	0.330
Fatty acids, total trans-monoenoic.....g	6.885		0	RA	4		15.767	0.985	0.330
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	1		0	RA	4		2	0	0
Phytosterols.....mg									
Stigmasterol.....mg	25		0	RA	4		56	4	1
Campesterol.....mg	28		0	RA	4		65	4	1
Beta-sitosterol.....mg	74		0	RA	4		170	11	4
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	RA	4		0	0	0
Theobromine.....mg	0		0	RA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	610		0	RA	4		1396.900	87.230	29.280
Carotene, alpha.....mcg	0		0	RA	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	RA	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	RA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	RA	4		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 229g: 1 cup
- Measure 2 = 14.3g: 1 tbsp
- Measure 3 = 4.8g: 1 tsp

Calories Factors: Protein 3.87

Fat 8.84

Carbohydrate 4.27

NDB No. 04614

Margarine, vegetable oil spread, stick/tub/bottle, 60% fat

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04585

Margarine-butter blend, 60% corn oil margarine and 40% butter

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	32.760		0		1		74.365	4.652	1.638
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.743		1		1		1.687	0.106	0.037
17:1.....g									
18:1 undifferentiated.....g	32.016		1		1		72.676	4.546	1.601
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	15.947		0		1		36.200	2.264	0.797
18:2 undifferentiated.....g	15.224		1		1		34.558	2.162	0.761
18:3 undifferentiated.....g	0.723		1		1		1.641	0.103	0.036
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	88		1		1		200	12	4
Phytosterols.....mg	342		1		1		776	49	17
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.027	0.002	0.001
Threonine.....g	0.038		0		1		0.086	0.005	0.002
Isoleucine.....g	0.051		0		1		0.116	0.007	0.003
Leucine.....g	0.082		0		1		0.186	0.012	0.004
Lysine.....g	0.067		0		1		0.152	0.010	0.003
Methionine.....g	0.021		0		1		0.048	0.003	0.001
Cystine.....g	0.008		0		1		0.018	0.001	0.000
Phenylalanine.....g	0.040		0		1		0.091	0.006	0.002
Tyrosine.....g	0.040		0		1		0.091	0.006	0.002
Valine.....g	0.056		0		1		0.127	0.008	0.003
Arginine.....g	0.030		0		1		0.068	0.004	0.002
Histidine.....g	0.023		0		1		0.052	0.003	0.001
Alanine.....g	0.029		0		1		0.066	0.004	0.001
Aspartic acid.....g	0.064		0		1		0.145	0.009	0.003
Glutamic acid.....g	0.176		0		1		0.400	0.025	0.009
Glycine.....g	0.018		0		1		0.041	0.003	0.001
Proline.....g	0.081		0		1		0.184	0.012	0.004
Serine.....g	0.046		0		1		0.104	0.007	0.002
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		4		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		1384.700	86.620	30.500
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 227g: 1 cup
- Measure 2 = 14.2g: 1 tbsp
- Measure 3 = 5.0g: 1 tsp

NDB No. 04585

Margarine-butter blend, 60% corn oil margarine and 40% butter

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04107

Margarine-like spread, (approximately 40% fat), corn (hydrogenated and regular)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	14.500		0		1		33.640	0.696	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	14.500	0.072	96		1		33.640	0.696	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	16.300		0		1		37.816	0.782	
18:2 undifferentiated.....g	16.100	0.062	135		1		37.352	0.773	
18:3 undifferentiated.....g	0.200	0.021	133		1		0.464	0.010	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	270	87.204	4		1		626	13	
Amino Acids:									
Tryptophan.....g	0.007		0		1		0.016	0.000	
Threonine.....g	0.023		0		1		0.053	0.001	
Isoleucine.....g	0.031		0		1		0.072	0.001	
Leucine.....g	0.050		0		1		0.116	0.002	
Lysine.....g	0.040		0		1		0.093	0.002	
Methionine.....g	0.013		0		1		0.030	0.001	
Cystine.....g	0.005		0		1		0.012	0.000	
Phenylalanine.....g	0.025		0		1		0.058	0.001	
Tyrosine.....g	0.025		0		1		0.058	0.001	
Valine.....g	0.034		0		1		0.079	0.002	
Arginine.....g	0.018		0		1		0.042	0.001	
Histidine.....g	0.014		0		1		0.032	0.001	
Alanine.....g	0.018		0		1		0.042	0.001	
Aspartic acid.....g	0.039		0		1		0.090	0.002	
Glutamic acid.....g	0.107		0		1		0.248	0.005	
Glycine.....g	0.011		0		1		0.026	0.001	
Proline.....g	0.049		0		1		0.114	0.002	
Serine.....g	0.028		0		1		0.065	0.001	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		1415.200	29.280	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 232g: 1 cup

Measure 2 = 4.8g: 1 tsp

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

NDB No. 04107

Margarine-like spread, (approximately 40% fat), corn (hydrogenated and regular)

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04109

Margarine-like spread, (approximately 40% fat), soybean (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	16.700		0		1		38.744	0.802	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	16.700		2		1		38.744	0.802	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	13.800		0		1		32.016	0.662	
18:2 undifferentiated.....g	12.900		2		1		29.928	0.619	
18:3 undifferentiated.....g	0.900		2		1		2.088	0.043	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	190		2		1		441	9	
Amino Acids:									
Tryptophan.....g	0.007		0		1		0.016	0.000	
Threonine.....g	0.023		0		1		0.053	0.001	
Isoleucine.....g	0.031		0		1		0.072	0.001	
Leucine.....g	0.050		0		1		0.116	0.002	
Lysine.....g	0.040		0		1		0.093	0.002	
Methionine.....g	0.013		0		1		0.030	0.001	
Cystine.....g	0.005		0		1		0.012	0.000	
Phenylalanine.....g	0.025		0		1		0.058	0.001	
Tyrosine.....g	0.025		0		1		0.058	0.001	
Valine.....g	0.034		0		1		0.079	0.002	
Arginine.....g	0.018		0		1		0.042	0.001	
Histidine.....g	0.014		0		1		0.032	0.001	
Alanine.....g	0.018		0		1		0.042	0.001	
Aspartic acid.....g	0.039		0		1		0.090	0.002	
Glutamic acid.....g	0.107		0		1		0.248	0.005	
Glycine.....g	0.011		0		1		0.026	0.001	
Proline.....g	0.049		0		1		0.114	0.002	
Serine.....g	0.028		0		1		0.065	0.001	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		1415.200	29.280	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 232g: 1 cup

Measure 2 = 4.8g: 1 tsp

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

NDB No. 04109

Margarine-like spread, (approximately 40% fat), soybean (hydrogenated)

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04112

Margarine-like spread, (approximately 40% fat), soybean (hydrogenated) and cottonseed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	14.200		0		1		32.944	0.682	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		1		1		0.232	0.005	
17:1.....g									
18:1 undifferentiated.....g	14.200		1		1		32.944	0.682	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.500		0		1		33.640	0.696	
18:2 undifferentiated.....g	14.300		1		1		33.176	0.686	
18:3 undifferentiated.....g	0.200		1		1		0.464	0.010	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	70		1		1		162	3	
Amino Acids:									
Tryptophan.....g	0.007		0		1		0.016	0.000	
Threonine.....g	0.023		0		1		0.053	0.001	
Isoleucine.....g	0.031		0		1		0.072	0.001	
Leucine.....g	0.050		0		1		0.116	0.002	
Lysine.....g	0.040		0		1		0.093	0.002	
Methionine.....g	0.013		0		1		0.030	0.001	
Cystine.....g	0.005		0		1		0.012	0.000	
Phenylalanine.....g	0.025		0		1		0.058	0.001	
Tyrosine.....g	0.025		0		1		0.058	0.001	
Valine.....g	0.034		0		1		0.079	0.002	
Arginine.....g	0.018		0		1		0.042	0.001	
Histidine.....g	0.014		0		1		0.032	0.001	
Alanine.....g	0.018		0		1		0.042	0.001	
Aspartic acid.....g	0.039		0		1		0.090	0.002	
Glutamic acid.....g	0.107		0		1		0.248	0.005	
Glycine.....g	0.011		0		1		0.026	0.001	
Proline.....g	0.049		0		1		0.114	0.002	
Serine.....g	0.028		0		1		0.065	0.001	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		1415.200	29.280	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 232g: 1 cup

Measure 2 = 4.8g: 1 tsp

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

NDB No. 04112

Margarine-like spread, (approximately 40% fat), soybean (hydrogenated) and cottonseed

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04110

Margarine-like spread, (approximately 40% fat), soybean (hydrogenated) and cottonseed (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	18.400		0		1		42.688	0.883	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	18.400	1.360	3		1		42.688	0.883	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	11.400		0		1		26.448	0.547	
18:2 undifferentiated.....g	10.700	1.176	3		1		24.824	0.514	
18:3 undifferentiated.....g	0.700	0.245	3		1		1.624	0.034	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	106	13.542	4		1		246	5	
Amino Acids:									
Tryptophan.....g	0.007		0		1		0.016	0.000	
Threonine.....g	0.023		0		1		0.053	0.001	
Isoleucine.....g	0.031		0		1		0.072	0.001	
Leucine.....g	0.050		0		1		0.116	0.002	
Lysine.....g	0.040		0		1		0.093	0.002	
Methionine.....g	0.013		0		1		0.030	0.001	
Cystine.....g	0.005		0		1		0.012	0.000	
Phenylalanine.....g	0.025		0		1		0.058	0.001	
Tyrosine.....g	0.025		0		1		0.058	0.001	
Valine.....g	0.034		0		1		0.079	0.002	
Arginine.....g	0.018		0		1		0.042	0.001	
Histidine.....g	0.014		0		1		0.032	0.001	
Alanine.....g	0.018		0		1		0.042	0.001	
Aspartic acid.....g	0.039		0		1		0.090	0.002	
Glutamic acid.....g	0.107		0		1		0.248	0.005	
Glycine.....g	0.011		0		1		0.026	0.001	
Proline.....g	0.049		0		1		0.114	0.002	
Serine.....g	0.028		0		1		0.065	0.001	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		1415.200	29.280	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 232g: 1 cup

Measure 2 = 4.8g: 1 tsp

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

NDB No. 04110

Margarine-like spread, (approximately 40% fat), soybean (hydrogenated) and cottonseed (hydrogenated)

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04108

Margarine-like spread, (approximately 40% fat), soybean (hydrogenated) and palm (hydrogenated and regular)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	14.100		0		1		32.712	0.677	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	14.100	0.102	3		1		32.712	0.677	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	12.800		0		1		29.696	0.614	
18:2 undifferentiated.....g	12.100	0.493	3		1		28.072	0.581	
18:3 undifferentiated.....g	0.700	0.079	3		1		1.624	0.034	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	130		2		1		302	6	
Amino Acids:									
Tryptophan.....g	0.007		0		1		0.016	0.000	
Threonine.....g	0.023		0		1		0.053	0.001	
Isoleucine.....g	0.031		0		1		0.072	0.001	
Leucine.....g	0.050		0		1		0.116	0.002	
Lysine.....g	0.040		0		1		0.093	0.002	
Methionine.....g	0.013		0		1		0.030	0.001	
Cystine.....g	0.005		0		1		0.012	0.000	
Phenylalanine.....g	0.025		0		1		0.058	0.001	
Tyrosine.....g	0.025		0		1		0.058	0.001	
Valine.....g	0.034		0		1		0.079	0.002	
Arginine.....g	0.018		0		1		0.042	0.001	
Histidine.....g	0.014		0		1		0.032	0.001	
Alanine.....g	0.018		0		1		0.042	0.001	
Aspartic acid.....g	0.039		0		1		0.090	0.002	
Glutamic acid.....g	0.107		0		1		0.248	0.005	
Glycine.....g	0.011		0		1		0.026	0.001	
Proline.....g	0.049		0		1		0.114	0.002	
Serine.....g	0.028		0		1		0.065	0.001	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		1415.200	29.280	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 232g: 1 cup

Measure 2 = 4.8g: 1 tsp

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

NDB No. 04108

Margarine-like spread, (approximately 40% fat), soybean (hydrogenated) and palm (hydrogenated and regular)

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04128

Margarine-like spread, (approximately 40% fat), unspecified oils

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	15.700		0		1		36.424	0.754	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		2		1		0.232	0.005	
17:1.....g									
18:1 undifferentiated.....g	15.600	0.834	5		1		36.192	0.749	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	13.800		0		1		32.016	0.662	
18:2 undifferentiated.....g	13.200	0.906	5		1		30.624	0.634	
18:3 undifferentiated.....g	0.500	0.145	5		1		1.160	0.024	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	150		0		4		348	7	
Amino Acids:									
Tryptophan.....g	0.007		0		1		0.016	0.000	
Threonine.....g	0.023		0		1		0.053	0.001	
Isoleucine.....g	0.031		0		1		0.072	0.001	
Leucine.....g	0.050		0		1		0.116	0.002	
Lysine.....g	0.040		0		1		0.093	0.002	
Methionine.....g	0.013		0		1		0.030	0.001	
Cystine.....g	0.005		0		1		0.012	0.000	
Phenylalanine.....g	0.025		0		1		0.058	0.001	
Tyrosine.....g	0.025		0		1		0.058	0.001	
Valine.....g	0.034		0		1		0.079	0.002	
Arginine.....g	0.018		0		1		0.042	0.001	
Histidine.....g	0.014		0		1		0.032	0.001	
Alanine.....g	0.018		0		1		0.042	0.001	
Aspartic acid.....g	0.039		0		1		0.090	0.002	
Glutamic acid.....g	0.107		0		1		0.248	0.005	
Glycine.....g	0.011		0		1		0.026	0.001	
Proline.....g	0.049		0		1		0.114	0.002	
Serine.....g	0.028		0		1		0.065	0.001	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		1415.200	29.280	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 232g: 1 cup

Measure 2 = 4.8g: 1 tsp

NDB No. 04128

Margarine-like spread, (approximately 40% fat), unspecified oils

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 42313

Margarine-like spread, 70% fat, liquid, with salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	33.053					4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000					7			
17:1.....g									
18:1 undifferentiated.....g	33.053					4			
20:1.....g	0.000					7			
22:1 undifferentiated.....g	0.000					7			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	23.226					4			
18:2 undifferentiated.....g	22.667					4			
18:3 undifferentiated.....g	0.489					4			
18:4.....g	0.000					7			
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000					7			
20:5 n-3.....g	0.000					7			
22:5 n-3.....g	0.000					7			
22:6 n-3.....g	0.000					7			
Fatty acids, total trans.....g									
Cholesterol.....mg	0					4			
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0					4			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN		4			
Carotene, alpha.....mcg	0		0	CAZN		4			
Cryptoxanthin, beta.....mcg	0		0	CAZN		4			
Lycopene.....mcg	0		0	CAZN		4			
Lutein + zeaxanthin.....mcg	0		0	CAZN		4			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04106

Margarine-like spread, approximately 60% fat, tub, soybean (hydrogenated) and cottonseed (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	38.900		0		1		89.081	1.867	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	38.900		2		1		89.081	1.867	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.100		0		1		16.259	0.341	
18:2 undifferentiated.....g	7.000		2		1		16.030	0.336	
18:3 undifferentiated.....g	0.200		2		1		0.458	0.010	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	159		2		1		364	8	
Amino Acids:									
Tryptophan.....g	0.008		0		1		0.018	0.000	
Threonine.....g	0.027		0		1		0.062	0.001	
Isoleucine.....g	0.036		0		1		0.082	0.002	
Leucine.....g	0.059		0		1		0.135	0.003	
Lysine.....g	0.048		0		1		0.110	0.002	
Methionine.....g	0.015		0		1		0.034	0.001	
Cystine.....g	0.006		0		1		0.014	0.000	
Phenylalanine.....g	0.029		0		1		0.066	0.001	
Tyrosine.....g	0.029		0		1		0.066	0.001	
Valine.....g	0.040		0		1		0.092	0.002	
Arginine.....g	0.022		0		1		0.050	0.001	
Histidine.....g	0.016		0		1		0.037	0.001	
Alanine.....g	0.021		0		1		0.048	0.001	
Aspartic acid.....g	0.045		0		1		0.103	0.002	
Glutamic acid.....g	0.126		0		1		0.289	0.006	
Glycine.....g	0.013		0		1		0.030	0.001	
Proline.....g	0.058		0		1		0.133	0.003	
Serine.....g	0.033		0		1		0.076	0.002	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		1396.900	29.280	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 229g: 1 cup

Measure 2 = 4.8g: 1 tsp

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

NDB No. 04106

Margarine-like spread, approximately 60% fat, tub, soybean (hydrogenated) and cottonseed (hydrogenated)

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04624

Margarine-like spread, fat free, liquid, salted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.740			RA	4		0.111		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002			RA	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.737			RA	4		0.111		
20:1.....g	0.000			RA	4		0.000		
22:1 undifferentiated.....g	0.000			RA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.764			RA	4		0.265		
18:2 undifferentiated.....g	1.742			RA	4		0.261		
18:3 undifferentiated.....g	0.001			RA	4		0.000		
18:4.....g	0.000			RA	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000			RA	4		0.000		
20:5 n-3.....g	0.000			RA	4		0.000		
22:5 n-3.....g	0.000			RA	4		0.000		
22:6 n-3.....g	0.000			RA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	1			RA	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0			Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		91.500		
Carotene, alpha.....mcg	0		0	CAZN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000		
Lycopene.....mcg	0		0	CAZN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 15.0g: 1 tbsp

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04626

Margarine-like spread, made with yogurt, stick, salted

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	39.900		0	BFZN	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.700		0	BFZN	4				
17:1.....g									
18:1 undifferentiated.....g	39.200		0	BFZN	4				
20:1.....g	0.000		0	BFZN	4				
22:1 undifferentiated.....g	0.000		0	BFZN	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.000		0	BFZN	4				
18:2 undifferentiated.....g	12.600		0	BFZN	4				
18:3 undifferentiated.....g	1.400		0	BFZN	4				
18:4.....g	0.000		0	BFZN	4				
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4				
20:5 n-3.....g	0.000		0	BFZN	4				
22:5 n-3.....g	0.000		0	BFZN	4				
22:6 n-3.....g	0.000		0	BFZN	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4				
Carotene, alpha.....mcg	0		0	CAZN	4				
Cryptoxanthin, beta.....mcg	0		0	CAZN	4				
Lycopene.....mcg	0		0	CAZN	4				
Lutein + zeaxanthin.....mcg	0		0	CAZN	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 42310

Margarine-like spread, reduced calorie, 40% fat, stick, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	18.887						4		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000						7		
17:1.....g									
18:1 undifferentiated.....g	18.887						4		
20:1.....g	0.000						7		
22:1 undifferentiated.....g	0.000						7		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	13.272						4		
18:2 undifferentiated.....g	12.953						4		
18:3 undifferentiated.....g	0.279						4		
18:4.....g	0.000						7		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000						7		
20:5 n-3.....g	0.000						7		
22:5 n-3.....g	0.000						7		
22:6 n-3.....g	0.000						7		
Fatty acids, total trans.....g									
Cholesterol.....mg	0						4		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0						4		
Caffeine.....mg	0		0	Z			7		
Theobromine.....mg	0		0	Z			7		
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN			4		
Carotene, alpha.....mcg	0		0	CAZN			4		
Cryptoxanthin, beta.....mcg	0		0	CAZN			4		
Lycopene.....mcg	0		0	CAZN			4		
Lutein + zeaxanthin.....mcg	0		0	CAZN			4		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04627

Margarine-like spread, reduced calorie, about 40% fat, made with yogurt, tub, salted

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	9.800		0	BFZN	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.350		0	BFZN	4				
17:1.....g									
18:1 undifferentiated.....g	9.450		0	BFZN	4				
20:1.....g	0.000		0	BFZN	4				
22:1 undifferentiated.....g	0.000		0	BFZN	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	16.800		0	BFZN	4				
18:2 undifferentiated.....g	15.040		0	BFZN	4				
18:3 undifferentiated.....g	1.750		0	BFZN	4				
18:4.....g	0.000		0	BFZN	4				
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4				
20:5 n-3.....g	0.000		0	BFZN	4				
22:5 n-3.....g	0.000		0	BFZN	4				
22:6 n-3.....g	0.000		0	BFZN	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4				
Carotene, alpha.....mcg	0		0	CAZN	4				
Cryptoxanthin, beta.....mcg	0		0	CAZN	4				
Lycopene.....mcg	0		0	CAZN	4				
Lutein + zeaxanthin.....mcg	0		0	CAZN	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 42256

Margarine-like spread, stick or tub, sweetened

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	17.000						1		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000						4		
17:1.....g									
18:1 undifferentiated.....g	16.900						4		
20:1.....g	0.100						4		
22:1 undifferentiated.....g	0.000						4		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	23.800						1		
18:2 undifferentiated.....g	20.870						4		
18:3 undifferentiated.....g	2.930						4		
18:4.....g	0.000						4		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000						4		
20:5 n-3.....g	0.000						7		
22:5 n-3.....g	0.000						7		
22:6 n-3.....g	0.000						7		
Fatty acids, total trans.....g									
Cholesterol.....mg	0						7		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0						7		
Caffeine.....mg	0		0	Z			7		
Theobromine.....mg	0		0	Z			7		
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN			4		
Carotene, alpha.....mcg	0		0	CAZN			4		
Cryptoxanthin, beta.....mcg	0		0	CAZN			4		
Lycopene.....mcg	0		0	CAZN			4		
Lutein + zeaxanthin.....mcg	0		0	CAZN			4		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43598

Mayonnaise dressing, no cholesterol

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	18.026				4		43.082	2.704	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				7		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	18.026				4		43.082	2.704	
20:1.....g	0.000				7		0.000	0.000	
22:1 undifferentiated.....g	0.000				7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	45.539				4		108.838	6.831	
18:2 undifferentiated.....g	40.569				4		96.960	6.085	
18:3 undifferentiated.....g	4.970				4		11.878	0.746	
18:4.....g	0.000				7		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				7		0.000	0.000	
20:5 n-3.....g	0.000				7		0.000	0.000	
22:5 n-3.....g	0.000				7		0.000	0.000	
22:6 n-3.....g	0.000				7		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 239g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43355

Mayonnaise, low sodium, low calorie or diet

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.500				4		10.080	0.630	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	4.500				4		10.080	0.630	
20:1.....g	0.000				4		0.000	0.000	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	10.600				4		23.744	1.484	
18:2 undifferentiated.....g	9.000				4		20.160	1.260	
18:3 undifferentiated.....g	1.600				4		3.584	0.224	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	24				4		54	3	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 224g: 1 cup

Measure 2 = 14.0g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 42178
Mayonnaise, made with tofu

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.246		0	FLM	4		12.591	0.787	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.044		0	FLM	4		0.107	0.007	
17:1.....g									
18:1 undifferentiated.....g	4.887		0	FLM	4		11.728	0.733	
20:1.....g	0.094		0	FLM	4		0.225	0.014	
22:1 undifferentiated.....g	0.221		0	FLM	4		0.531	0.033	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	16.590		0	FLM	4		39.815	2.488	
18:2 undifferentiated.....g	14.578		0	FLM	4		34.988	2.187	
18:3 undifferentiated.....g	2.011		0	FLM	4		4.827	0.302	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	FLM	4		0	0	
Theobromine.....mg	0		0	FLM	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	23		0	FLM	4		54.344	3.397	
Carotene, alpha.....mcg	0		0	FLM	4		0.032	0.002	
Cryptoxanthin, beta.....mcg	6		0	FLM	4		14.010	0.876	
Lycopene.....mcg	0		0	FLM	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	21		0	FLM	4		51.407	3.213	

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Common Measures:

Measure 1 = 240g: 1 cup
 Measure 2 = 15.0g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 42138

Mayonnaise, reduced-calorie or diet, cholesterol-free

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.707				4		17.803	1.125	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	7.707				4		17.803	1.125	
20:1.....g	0.000				4		0.000	0.000	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	19.500				4		45.045	2.847	
18:2 undifferentiated.....g	17.372				4		40.129	2.536	
18:3 undifferentiated.....g	2.128				4		4.916	0.311	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 231g: 1 cup

Measure 2 = 14.6g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04606

Meat drippings (lard, beef tallow, mutton tallow)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	41.770			RA	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	3.024			RA	4				
17:1.....g									
18:1 undifferentiated.....g	37.728			RA	4				
20:1.....g	0.427			RA	4				
22:1 undifferentiated.....g	0.000			RA	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.560			RA	4				
18:2 undifferentiated.....g	6.179			RA	4				
18:3 undifferentiated.....g	1.282			RA	4				
18:4.....g	0.000			RA	4				
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000			RA	4				
20:5 n-3.....g	0.000			RA	4				
22:5 n-3.....g	0.000			RA	4				
22:6 n-3.....g	0.000			RA	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	101			RA	4				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0			Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7				
Carotene, alpha.....mcg	0		0	Z	7				
Cryptoxanthin, beta.....mcg	0		0	Z	7				
Lycopene.....mcg	0		0	Z	7				
Lutein + zeaxanthin.....mcg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 42299
Oil, canola and soybean

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	55.340				4		120.641	7.526	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200				4		0.436	0.027	
17:1.....g									
18:1 undifferentiated.....g	52.770				4		115.039	7.177	
20:1.....g	1.530				4		3.335	0.208	
22:1 undifferentiated.....g	0.540				4		1.177	0.073	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	32.430				4		70.697	4.410	
18:2 undifferentiated.....g	23.370				4		50.947	3.178	
18:3 undifferentiated.....g	9.050				4		19.729	1.231	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	RA	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	RA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	RA	4		0.000	0.000	
Lycopene.....mcg	0		0	RA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	RA	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 218g: 1 cup
 Measure 2 = 13.6g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 42289
Oil, corn and canola

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	41.800				1		93.632	5.852	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100				1		0.224	0.014	
17:1.....g									
18:1 undifferentiated.....g	40.500				1		90.720	5.670	
20:1.....g	0.900				1		2.016	0.126	
22:1 undifferentiated.....g	0.300				1		0.672	0.042	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	44.600				1		99.904	6.244	
18:2 undifferentiated.....g	39.500				1		88.480	5.530	
18:3 undifferentiated.....g	5.100				1		11.424	0.714	
18:4.....g	0.000				1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				1		0.000	0.000	
20:5 n-3.....g	0.000				1		0.000	0.000	
22:5 n-3.....g	0.000				1		0.000	0.000	
22:6 n-3.....g	0.000				1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 224g: 1 cup
 Measure 2 = 14.0g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 44005
Oil, corn, peanut, and olive

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	48.033						4		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.300						4		
17:1.....g									
18:1 undifferentiated.....g	47.167						4		
20:1.....g	0.533						4		
22:1 undifferentiated.....g	0.000						4		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	33.033						4		
18:2 undifferentiated.....g	32.633						4		
18:3 undifferentiated.....g	0.433						4		
18:4.....g	0.000						4		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000						4		
20:5 n-3.....g	0.000						4		
22:5 n-3.....g	0.000						4		
22:6 n-3.....g	0.000						4		
Fatty acids, total trans.....g									
Cholesterol.....mg	0						7		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0						7		
Caffeine.....mg	0		0	RA			4		
Theobromine.....mg	0		0	RA			4		
Carotenoids:									
Carotene, beta.....mcg	0		0	RA			4		
Carotene, alpha.....mcg	0		0	RA			4		
Cryptoxanthin, beta.....mcg	0		0	RA			4		
Lycopene.....mcg	0		0	RA			4		
Lutein + zeaxanthin.....mcg	0		0	RA			4		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04053
Oil, olive, salad or cooking

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00		2	A	1		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		1909	119	40
Energy.....kj	3699		0	NC	4		7989	499	166
Protein (N x O).....g	0.00		2	A	1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		0		1		216.00	13.50	4.50
Ash.....g	0.00		2	A	1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1		2	A	1		2	0	0
Iron, Fe.....mg	0.66		2	A	1		1.42	0.09	0.03
Magnesium, Mg.....mg	0		2	A	1		0	0	0
Phosphorus, P.....mg	0		2	A	1		0	0	0
Potassium, K.....mg	1		2	A	1		2	0	0
Sodium, Na.....mg	3		2	A	1		6	0	0
Zinc, Zn.....mg	0.00		2	A	1		0.00	0.00	0.00
Copper, Cu.....mg	0.000		2	A	1		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		2	A	1		0.000	0.000	0.000
Selenium, Se.....mcg	0.0		2	A	1		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		4		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....mcg	0		0		4		0	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	0		0		4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0		4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	14.35	1.535	6	A	1		30.99	1.94	0.65
Tocopherol, beta.....mg	0.11	0.052	6	A	1		0.24	0.01	0.00
Tocopherol, gamma.....mg	0.83	0.184	6	A	1		1.80	0.11	0.04
Tocopherol, delta.....mg	0.00	0.000	6	A	1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	60.2		2	A	1		130.0	8.1	2.7
Lipids:									
Fatty acids, total saturated.....g	13.454		0	NC	4		29.061	1.816	0.605
4:0.....g	0.000		2	A	1		0.000	0.000	0.000
6:0.....g	0.000		2	A	1		0.000	0.000	0.000
8:0.....g	0.000		2	A	1		0.000	0.000	0.000
10:0.....g	0.000		2	A	1		0.000	0.000	0.000
12:0.....g	0.000		2	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		2	A	1		0.000	0.000	0.000
15:0.....g									
16:0.....g	10.930		2	A	1		23.608	1.475	0.492
17:0.....g	0.000		2	A	1		0.000	0.000	0.000
18:0.....g	1.981		2	A	1		4.279	0.267	0.089
20:0.....g	0.416		2	A	1		0.897	0.056	0.019
22:0.....g	0.128		2	A	1		0.276	0.017	0.006
24:0.....g	0.000		2	A	1		0.000	0.000	0.000

NDB No. 04053
Oil, olive, salad or cooking

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	73.901		0	NC	4		159.626	9.977	3.326
14:1.....g	0.000		2	A	1		0.000	0.000	0.000
15:1.....g									
16:1 undifferentiated.....g	1.158		2	A	1		2.500	0.156	0.052
17:1.....g	0.137		2	A	1		0.296	0.018	0.006
18:1 undifferentiated.....g	72.294		2	A	1		156.155	9.760	3.253
20:1.....g	0.313		2	A	1		0.675	0.042	0.014
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	10.003		0	NC	4		21.606	1.350	0.450
18:2 undifferentiated.....g	9.211		2	A	1		19.895	1.243	0.414
18:3 undifferentiated.....g	0.793		2	A	1		1.712	0.107	0.036
18:4.....g	0.000		2	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		2	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		2	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	221	41.923	13		1		477	30	10
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 216g: 1 cup
- Measure 2 = 13.5g: 1 tbsp
- Measure 3 = 4.5g: 1 tsp

NDB No. 04053
Oil, olive, salad or cooking

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04042
Oil, peanut, salad or cooking

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00		0		1		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		1909	119	40
Energy.....kj	3699				4		7989	499	166
Protein (N x O).....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		0		1		216.00	13.50	4.50
Ash.....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0	0.024	9		1		0	0	0
Iron, Fe.....mg	0.03	0.004	9		1		0.06	0.00	0.00
Magnesium, Mg.....mg	0	0.017	8		1		0	0	0
Phosphorus, P.....mg	0		0		4		0	0	0
Potassium, K.....mg	0	0.004	6		1		0	0	0
Sodium, Na.....mg	0	0.037	11		1		0	0	0
Zinc, Zn.....mg	0.01		1		1		0.02	0.00	0.00
Copper, Cu.....mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		4		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....mcg	0		0		4		0	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	0		0	Z	7		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0		4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	15.69	0.395	6	A	1		33.90	2.12	0.71
Tocopherol, beta.....mg	0.46	0.036	6	A	1		0.99	0.06	0.02
Tocopherol, gamma.....mg	15.91	0.749	6	A	1		34.35	2.15	0.72
Tocopherol, delta.....mg	1.37	0.166	6	A	1		2.95	0.18	0.06
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.7		1	A	1		1.6	0.1	0.0
Lipids:									
Fatty acids, total saturated.....g	16.900		0		1		36.504	2.282	0.761
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.100	0.092	4		1		0.216	0.014	0.005
15:0.....g									
16:0.....g	9.500	0.233	15		1		20.520	1.283	0.428
17:0.....g									
18:0.....g	2.200	0.165	15		1		4.752	0.297	0.099
20:0.....g	1.400		0		1		3.024	0.189	0.063
22:0.....g	2.800		0		1		6.048	0.378	0.126
24:0.....g	0.900		0		1		1.944	0.122	0.041

NDB No. 04042
Oil, peanut, salad or cooking

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	46.200		0		1		99.792	6.237	2.079
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100	0.072	4		1		0.216	0.014	0.005
17:1.....g									
18:1 undifferentiated.....g	44.800	1.835	15		1		96.768	6.048	2.016
20:1.....g	1.300	0.097	14		1		2.808	0.176	0.059
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	32.000		0		1		69.120	4.320	1.440
18:2 undifferentiated.....g	32.000	1.744	15		1		69.120	4.320	1.440
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	207	43.078	8		1		447	28	9
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 216g: 1 cup
- Measure 2 = 13.5g: 1 tbsp
- Measure 3 = 4.5g: 1 tsp

NDB No. 04042
Oil, peanut, salad or cooking

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04058
Oil, sesame, salad or cooking

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	39.700		0		1		86.546	5.399	1.787
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200	0.035	32		1		0.436	0.027	0.009
17:1.....g									
18:1 undifferentiated.....g	39.300	0.659	38		1		85.674	5.345	1.769
20:1.....g	0.200	0.047	11		1		0.436	0.027	0.009
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	41.700		0		1		90.906	5.671	1.877
18:2 undifferentiated.....g	41.300	0.677	38		1		90.034	5.617	1.859
18:3 undifferentiated.....g	0.300	0.058	23		1		0.654	0.041	0.014
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	865		0		1		1886	118	39
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 218g: 1 cup
- Measure 2 = 13.6g: 1 tbsp
- Measure 3 = 4.5g: 1 tsp

NDB No. 04058

Oil, sesame, salad or cooking

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04044
Oil, soybean, salad or cooking

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	23.300		0		1		50.794	3.169	1.049
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200	0.045	29		1		0.436	0.027	0.009
17:1.....g									
18:1 undifferentiated.....g	22.800	0.292	70		1		49.704	3.101	1.026
20:1.....g	0.200	0.029	18		1		0.436	0.027	0.009
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	57.900		0		1		126.222	7.874	2.606
18:2 undifferentiated.....g	51.000	0.287	70		1		111.180	6.936	2.295
18:3 undifferentiated.....g	6.800	0.131	66		1		14.824	0.925	0.306
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	250	33.841	14		1		545	34	11
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

- Measure 1 = 218g: 1 cup
- Measure 2 = 13.6g: 1 tbsp
- Measure 3 = 4.5g: 1 tsp

NDB No. 04044

Oil, soybean, salad or cooking

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04034

Oil, soybean, salad or cooking, (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	43.000		0		1		93.740	5.848	1.935
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.400	0.143	8		1		0.872	0.054	0.018
17:1.....g									
18:1 undifferentiated.....g	42.500	0.645	43		1		92.650	5.780	1.913
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	37.600		0		1		81.968	5.114	1.692
18:2 undifferentiated.....g	34.900	0.704	43		1		76.082	4.746	1.571
18:3 undifferentiated.....g	2.600	0.158	39		1		5.668	0.354	0.117
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	132		0		1		288	18	6
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

- Measure 1 = 218g: 1 cup
- Measure 2 = 13.6g: 1 tbsp
- Measure 3 = 4.5g: 1 tsp

NDB No. 04034

Oil, soybean, salad or cooking, (hydrogenated)

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04543

Oil, soybean, salad or cooking, (hydrogenated) and cottonseed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	29.500		0		1		64.310	4.012	1.328
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200	0.046	7		1		0.436	0.027	0.009
17:1.....g									
18:1 undifferentiated.....g	29.300	1.206	16		1		63.874	3.985	1.319
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	48.100		0		1		104.858	6.542	2.165
18:2 undifferentiated.....g	45.300	0.888	16		1		98.754	6.161	2.039
18:3 undifferentiated.....g	2.800	0.398	16		1		6.104	0.381	0.126
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	152		0		4		331	21	7
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

- Measure 1 = 218g: 1 cup
- Measure 2 = 13.6g: 1 tbsp
- Measure 3 = 4.5g: 1 tsp

NDB No. 04543

Oil, soybean, salad or cooking, (hydrogenated) and cottonseed

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04518

Oil, vegetable corn, salad or cooking

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	24.200		0		1		52.756	3.291	1.089
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	24.200	0.043	224		1		52.756	3.291	1.089
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	58.700		0		1		127.966	7.983	2.642
18:2 undifferentiated.....g	58.000	0.066	298		1		126.440	7.888	2.610
18:3 undifferentiated.....g	0.700	0.030	280		1		1.526	0.095	0.032
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	968	84.091	8		1		2110	132	44
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 218g: 1 cup
- Measure 2 = 13.6g: 1 tbsp
- Measure 3 = 4.5g: 1 tsp

NDB No. 04518

Oil, vegetable corn, salad or cooking

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04510

Oil, vegetable safflower, salad or cooking, linoleic, (over 70%)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	14.355		0	MA	12		31.294	1.952	0.646
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	MA	12		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	14.355		0	MA	12		31.294	1.952	0.646
20:1.....g	0.000		0	MA	12		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	MA	12		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	74.623		0	MA	12		162.678	10.149	3.358
18:2 undifferentiated.....g	74.623		0	MA	12		162.678	10.149	3.358
18:3 undifferentiated.....g	0.000		0	MA	12		0.000	0.000	0.000
18:4.....g	0.000		0	MA	12		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	MA	12		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	MA	12		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	MA	12		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	MA	12		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	444		0		1		968	60	20
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 218g: 1 cup
- Measure 2 = 13.6g: 1 tbsp
- Measure 3 = 4.5g: 1 tsp

NDB No. 04510

Oil, vegetable safflower, salad or cooking, linoleic, (over 70%)

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04511

Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0.....g	1.915		0	MA	12		4.175	0.260	0.086
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	74.646		0	MA	12		162.728	10.152	3.359
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	MA	12		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	74.646		0	MA	12		162.728	10.152	3.359
20:1.....g	0.000		0	MA	12		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	MA	12		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.350		0	MA	12		31.283	1.952	0.646
18:2 undifferentiated.....g	14.350		0	MA	12		31.283	1.952	0.646
18:3 undifferentiated.....g	0.000		0	MA	12		0.000	0.000	0.000
18:4.....g	0.000		0	MA	12		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	MA	12		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	MA	12		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	MA	12		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	MA	12		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	444		0		4		968	60	20
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 04511

Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

food, or similar food.

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04529
Oil, vegetable, almond

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	69.900		0		1		152.382	9.506	3.146
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.600	0.025	89		1		1.308	0.082	0.027
17:1.....g									
18:1 undifferentiated.....g	69.400	0.426	91		1		151.292	9.438	3.123
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	17.400		0		1		37.932	2.366	0.783
18:2 undifferentiated.....g	17.400	0.394	91		1		37.932	2.366	0.783
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	266		0		4		580	36	12
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

- Measure 1 = 218g: 1 cup
- Measure 2 = 13.6g: 1 tbsp
- Measure 3 = 4.5g: 1 tsp

NDB No. 04529
Oil, vegetable, almond

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04530
Oil, vegetable, apricot kernel

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	60.000		0		1		130.800	8.160	2.700
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.500	0.071	51		1		3.270	0.204	0.068
17:1.....g									
18:1 undifferentiated.....g	58.500	0.763	54		1		127.530	7.956	2.633
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	29.300		0		1		63.874	3.985	1.319
18:2 undifferentiated.....g	29.300	0.688	54		1		63.874	3.985	1.319
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	266		0		4		580	36	12
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

- Measure 1 = 218g: 1 cup
- Measure 2 = 13.6g: 1 tbsp
- Measure 3 = 4.5g: 1 tsp

NDB No. 04530
Oil, vegetable, apricot kernel

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04534
Oil, vegetable, babassu

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	11.400		0		1		24.852	1.550	0.513
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		2		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	11.400	0.526	6		1		24.852	1.550	0.513
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.600		0		1		3.488	0.218	0.072
18:2 undifferentiated.....g	1.600	0.284	6		1		3.488	0.218	0.072
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	95		0		4		207	13	4
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

- Measure 1 = 218g: 1 cup
- Measure 2 = 13.6g: 1 tbsp
- Measure 3 = 4.5g: 1 tsp

NDB No. 04534
Oil, vegetable, babassu

Calories Factors: Protein

Fat 8.82

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04501
Oil, vegetable, cocoa butter

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	32.900		0		1		71.722	4.474	1.481
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200	0.019	108		1		0.436	0.027	0.009
17:1.....g									
18:1 undifferentiated.....g	32.600	0.121	154		1		71.068	4.434	1.467
20:1.....g	0.000	0.010	21		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.000		0		1		6.540	0.408	0.135
18:2 undifferentiated.....g	2.800	0.048	154		1		6.104	0.381	0.126
18:3 undifferentiated.....g	0.100	0.009	117		1		0.218	0.014	0.005
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0	0	0
Phytosterols.....mg	201		0		1		438	27	9
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 218g: 1 cup
- Measure 2 = 13.6g: 1 tbsp
- Measure 3 = 4.5g: 1 tsp

NDB No. 04501

Oil, vegetable, cocoa butter

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04502

Oil, vegetable, cottonseed, salad or cooking

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	17.800		0		1		38.804	2.421	0.801
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.800	0.031	120		1		1.744	0.109	0.036
17:1.....g									
18:1 undifferentiated.....g	17.000	0.259	124		1		37.060	2.312	0.765
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	51.900		0		1		113.142	7.058	2.336
18:2 undifferentiated.....g	51.500	0.357	123		1		112.270	7.004	2.318
18:3 undifferentiated.....g	0.200	0.030	59		1		0.436	0.027	0.009
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.100	0.015	48		1		0.218	0.014	0.005
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	324	14.738	9		1		706	44	15
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

- Measure 1 = 218g: 1 cup
- Measure 2 = 13.6g: 1 tbsp
- Measure 3 = 4.5g: 1 tsp

NDB No. 04502

Oil, vegetable, cottonseed, salad or cooking

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04541
Oil, vegetable, cupu assu

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	38.700		0		1		84.366	5.263	1.742
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	38.700		1		1		84.366	5.263	1.742
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.800		0		1		8.284	0.517	0.171
18:2 undifferentiated.....g	3.800		1		1		8.284	0.517	0.171
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	95		0		4		207	13	4
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

- Measure 1 = 218g: 1 cup
- Measure 2 = 13.6g: 1 tbsp
- Measure 3 = 4.5g: 1 tsp

NDB No. 04541
Oil, vegetable, cupu assu

Calories Factors: Protein

Fat 8.62

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04517
Oil, vegetable, grapeseed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	16.100		0		1		35.098	2.190	0.725
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.300	0.160	3		1		0.654	0.041	0.014
17:1.....g									
18:1 undifferentiated.....g	15.800	0.581	19		1		34.444	2.149	0.711
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	69.900		0		1		152.382	9.506	3.146
18:2 undifferentiated.....g	69.600	0.693	19		1		151.728	9.466	3.132
18:3 undifferentiated.....g	0.100	0.061	13		1		0.218	0.014	0.005
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	180		0		4		392	24	8
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

- Measure 1 = 218g: 1 cup
- Measure 2 = 13.6g: 1 tbsp
- Measure 3 = 4.5g: 1 tsp

NDB No. 04517
Oil, vegetable, grapeseed

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04532
Oil, vegetable, hazelnut

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	78.000		0		1		170.040	10.608	3.510
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200	0.010	104		1		0.436	0.027	0.009
17:1.....g									
18:1 undifferentiated.....g	77.800	0.299	111		1		169.604	10.581	3.501
20:1.....g	0.000	0.003	96		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	10.200		0		1		22.236	1.387	0.459
18:2 undifferentiated.....g	10.100	0.318	111		1		22.018	1.374	0.455
18:3 undifferentiated.....g	0.000	0.006	101		1		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	120		0		4		262	16	5
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 218g: 1 cup
- Measure 2 = 13.6g: 1 tbsp
- Measure 3 = 4.5g: 1 tsp

NDB No. 04532
Oil, vegetable, hazelnut

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04572
Oil, vegetable, nutmeg butter

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.800		0		1		10.464	0.653	0.216
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	4.800		1		1		10.464	0.653	0.216
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	0		0		4		0	0	0
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 218g: 1 cup
- Measure 2 = 13.6g: 1 tbsp
- Measure 3 = 4.5g: 1 tsp

NDB No. 04572
Oil, vegetable, nutmeg butter

Calories Factors: Protein

Fat 8.62

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04055
Oil, vegetable, palm

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	37.000		0		1		79.920	5.032	1.665
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.300	0.071	7		1		0.648	0.041	0.014
17:1.....g									
18:1 undifferentiated.....g	36.600	0.635	15		1		79.056	4.978	1.647
20:1.....g	0.100	0.072	4		1		0.216	0.014	0.005
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	9.300		0		1		20.088	1.265	0.419
18:2 undifferentiated.....g	9.100	0.419	15		1		19.656	1.238	0.410
18:3 undifferentiated.....g	0.200	0.046	9		1		0.432	0.027	0.009
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 216g: 1 cup
- Measure 2 = 13.6g: 1 tbsp
- Measure 3 = 4.5g: 1 tsp

NDB No. 04055
Oil, vegetable, palm

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04514
Oil, vegetable, poppyseed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	19.700		0		1		42.946	2.679	0.887
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	19.700		1		1		42.946	2.679	0.887
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	62.400		0		1		136.032	8.486	2.808
18:2 undifferentiated.....g	62.400		1		1		136.032	8.486	2.808
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	276		0		4		602	38	12
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

- Measure 1 = 218g: 1 cup
- Measure 2 = 13.6g: 1 tbsp
- Measure 3 = 4.5g: 1 tsp

NDB No. 04514
Oil, vegetable, poppyseed

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04037
Oil, vegetable, rice bran

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	39.300		0		1		85.674	5.345	1.769
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200	0.039	9		1		0.436	0.027	0.009
17:1.....g									
18:1 undifferentiated.....g	39.100	0.449	38		1		85.238	5.318	1.760
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	35.000		0		1		76.300	4.760	1.575
18:2 undifferentiated.....g	33.400	0.403	38		1		72.812	4.542	1.503
18:3 undifferentiated.....g	1.600	0.159	34		1		3.488	0.218	0.072
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	1190		2		1		2594	162	54
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

- Measure 1 = 218g: 1 cup
- Measure 2 = 13.6g: 1 tbsp
- Measure 3 = 4.5g: 1 tsp

NDB No. 04037

Oil, vegetable, rice bran

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04536
Oil, vegetable, sheanut

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	44.000		0		1		95.920	5.984	1.980
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		1		1		0.218	0.014	0.005
17:1.....g									
18:1 undifferentiated.....g	43.500	1.375	4		1		94.830	5.916	1.958
20:1.....g	0.000		2		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		1		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.200		0		1		11.336	0.707	0.234
18:2 undifferentiated.....g	4.900	0.547	4		1		10.682	0.666	0.221
18:3 undifferentiated.....g	0.300		2		1		0.654	0.041	0.014
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	357		0		4		778	49	16
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 218g: 1 cup
- Measure 2 = 13.6g: 1 tbsp
- Measure 3 = 4.5g: 1 tsp

NDB No. 04536
Oil, vegetable, sheanut

Calories Factors: Protein

Fat 8.62

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04060

Oil, vegetable, sunflower, linoleic (less than 60%)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	45.400		0		1		98.972	6.174	2.043
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200	0.016	27		1		0.436	0.027	0.009
17:1.....g									
18:1 undifferentiated.....g	45.300	0.777	45		1		98.754	6.161	2.039
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	40.100		0		1		87.418	5.454	1.805
18:2 undifferentiated.....g	39.800	0.751	45		1		86.764	5.413	1.791
18:3 undifferentiated.....g	0.200	0.024	20		1		0.436	0.027	0.009
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	100		0		4		218	14	5
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 218g: 1 cup
- Measure 2 = 13.6g: 1 tbsp
- Measure 3 = 4.5g: 1 tsp

NDB No. 04060

Oil, vegetable, sunflower, linoleic (less than 60%)

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04506

Oil, vegetable, sunflower, linoleic, (60% and over)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	19.500		0		1		42.510	2.652	0.878
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	19.500	0.425	177		1		42.510	2.652	0.878
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	65.700		0		1		143.226	8.935	2.957
18:2 undifferentiated.....g	65.700	0.456	177		1		143.226	8.935	2.957
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	100		0		4		218	14	5
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 218g: 1 cup
- Measure 2 = 13.6g: 1 tbsp
- Measure 3 = 4.5g: 1 tsp

NDB No. 04506

Oil, vegetable, sunflower, linoleic, (60% and over)

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04545

Oil, vegetable, sunflower, linoleic, (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	46.200		0		1		100.716	6.283	2.079
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	46.000	0.115	4		1		100.280	6.256	2.070
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	36.400		0		1		79.352	4.950	1.638
18:2 undifferentiated.....g	35.300	0.366	4		1		76.954	4.801	1.589
18:3 undifferentiated.....g	0.900	0.102	3		1		1.962	0.122	0.041
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	10		0		4		22	1	0
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

- Measure 1 = 218g: 1 cup
- Measure 2 = 13.6g: 1 tbsp
- Measure 3 = 4.5g: 1 tsp

NDB No. 04545

Oil, vegetable, sunflower, linoleic, (hydrogenated)

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04516
Oil, vegetable, teaseed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	51.500		0		1		112.270	7.004	2.318
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.500	0.196	3		1		1.090	0.068	0.023
17:1.....g									
18:1 undifferentiated.....g	49.900	1.547	3		1		108.782	6.786	2.246
20:1.....g	1.000		2		1		2.180	0.136	0.045
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	23.000		0		1		50.140	3.128	1.035
18:2 undifferentiated.....g	22.200	1.993	3		1		48.396	3.019	0.999
18:3 undifferentiated.....g	0.700		1		1		1.526	0.095	0.032
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	102		0		4		222	14	5
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

- Measure 1 = 218g: 1 cup
- Measure 2 = 13.6g: 1 tbsp
- Measure 3 = 4.5g: 1 tsp

NDB No. 04516
Oil, vegetable, teaseed

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04515
Oil, vegetable, tomatoseed

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	22.800		0		1		49.704	3.101	1.026
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.500	0.090	4		1		1.090	0.068	0.023
17:1.....g									
18:1 undifferentiated.....g	21.900	2.867	5		1		47.742	2.978	0.986
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	53.100		0		1		115.758	7.222	2.390
18:2 undifferentiated.....g	50.800	3.818	5		1		110.744	6.909	2.286
18:3 undifferentiated.....g	2.300	0.237	4		1		5.014	0.313	0.104
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	100		0		4		218	14	5
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

- Measure 1 = 218g: 1 cup
- Measure 2 = 13.6g: 1 tbsp
- Measure 3 = 4.5g: 1 tsp

NDB No. 04515
Oil, vegetable, tomatoseed

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04573
Oil, vegetable, ucuhuba butter

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.700		0		1		14.606	0.911	0.302
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	6.700		1		1		14.606	0.911	0.302
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.900		0		1		6.322	0.394	0.131
18:2 undifferentiated.....g	2.900		1		1		6.322	0.394	0.131
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	95		0		4		207	13	4
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 218g: 1 cup
- Measure 2 = 13.6g: 1 tbsp
- Measure 3 = 4.5g: 1 tsp

NDB No. 04573

Oil, vegetable, ucuhuba butter

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04528
Oil, vegetable, walnut

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	22.800		0		1		49.704	3.101	1.026
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100	0.027	11		1		0.218	0.014	0.005
17:1.....g									
18:1 undifferentiated.....g	22.200	1.264	34		1		48.396	3.019	0.999
20:1.....g	0.400	0.268	6		1		0.872	0.054	0.018
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	63.300		0		1		137.994	8.609	2.849
18:2 undifferentiated.....g	52.900	1.208	34		1		115.322	7.194	2.381
18:3 undifferentiated.....g	10.400	0.576	32		1		22.672	1.414	0.468
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	176		0		1		384	24	8
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 218g: 1 cup
- Measure 2 = 13.6g: 1 tbsp
- Measure 3 = 4.5g: 1 tsp

NDB No. 04528
Oil, vegetable, walnut

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04038
Oil, wheat germ

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	15.100		0		1		32.918	2.054	0.680
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.500	0.087	13		1		1.090	0.068	0.023
17:1.....g									
18:1 undifferentiated.....g	14.600	0.467	13		1		31.828	1.986	0.657
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	61.700		0		1		134.506	8.391	2.777
18:2 undifferentiated.....g	54.800	0.322	13		1		119.464	7.453	2.466
18:3 undifferentiated.....g	6.900	0.360	13		1		15.042	0.938	0.311
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	553		0		1		1206	75	25
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 218g: 1 cup
- Measure 2 = 13.6g: 1 tbsp
- Measure 3 = 4.5g: 1 tsp

NDB No. 04038
Oil, wheat germ

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 42230

Salad Dressing, coleslaw dressing, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0.....g									
Fatty acids, total monounsaturated.....g	8.600				4		23.134	1.462	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.080				4		0.215	0.014	
17:1.....g									
18:1 undifferentiated.....g	8.500				4		22.865	1.445	
20:1.....g	0.000				4		0.000	0.000	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.520				4		20.229	1.278	
18:2 undifferentiated.....g	6.980				4		18.776	1.187	
18:3 undifferentiated.....g	0.520				4		1.399	0.088	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				7		0.000	0.000	
22:5 n-3.....g	0.000				7		0.000	0.000	
22:6 n-3.....g	0.000				7		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	25				4		67	4	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0					7	0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.119	0.008	
Carotene, alpha.....mcg	0		0	FLA	4		0.051	0.003	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.045	0.003	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1		0	FLA	4		1.471	0.093	

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Common Measures:

Measure 1 = 269g: 1 cup
 Measure 2 = 17g: 1 tbsp

Calories Factors: Protein 2.44 Fat 8.84 Carbohydrate 3.8

Food Group: 04 Fats and Oils

NDB No. 42193

Salad Dressing, mayonnaise-like, fat-free

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.887		0	FLM	4		4.831		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	1.887		0	FLM	4		4.831		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.063		0	FLM	4		0.161		
18:2 undifferentiated.....g	0.043		0	FLM	4		0.111		
18:3 undifferentiated.....g	0.019		0	FLM	4		0.049		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	9		0	MC	9		23		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 256g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04121

Salad dressing, KRAFT FREE Fat Free Italian Dressing

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	81.60		0	MC	9		26.93		
Energy.....kcal	62		0	MC	9		20		
Energy.....kj	259						86		
Protein.....g	1.40		0	MC	9		0.46		
Total lipid (fat).....g	0.90		0	NR	4		0.30		
Ash.....g	3.60		0	MC	9		1.19		
Carbohydrate, by difference (1).....g	11.00		0	MC	9		3.63		
Fiber, total dietary.....g	0.7		0	MC	9		0.2		
Sugars, total.....g	6.60		0	MC	9		2.18		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	42		0	MC	9		14		
Iron, Fe.....mg	0.24		0	MC	9		0.08		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	205		0	MC	9		68		
Potassium, K.....mg	115		0	MC	9		38		
Sodium, Na.....mg	1302		0	MC	9		430		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.3		0	MC	9		0.4		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	158		0	MC	9		52		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.500		0	MC	9		0.165		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	3		0	MC	9		1		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 33g: 2 tbsp

Footnotes

1 Contains other proximate components.

NDB No. 04121

Salad dressing, KRAFT FREE Fat Free Italian Dressing

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04119

Salad dressing, KRAFT FREE Fat Free Ranch Dressing

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	63.60		0	MC	9		22.26		
Energy.....kcal	138		0	MC	9		48		
Energy.....kj	577						202		
Protein.....g	0.70		0	MC	9		0.25		
Total lipid (fat).....g	1.00		0	NR	4		0.35		
Ash.....g	3.00		0	MC	9		1.05		
Carbohydrate, by difference (1).....g	30.60		0	MC	9		10.71		
Fiber, total dietary.....g	0.6		0	MC	9		0.2		
Sugars, total.....g	6.10		0	MC	9		2.14		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	26		0	MC	9		9		
Iron, Fe.....mg	0.06		0	MC	9		0.02		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	79		0	MC	9		28		
Potassium, K.....mg	88		0	MC	9		31		
Sodium, Na.....mg	1011		0	MC	9		354		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	MC	9		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	8		0	MC	9		3		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.200		0	MC	9		0.070		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 35g: 2 tbsp

Footnotes

1 Contains other proximate components.

NDB No. 04119

Salad dressing, KRAFT FREE Fat Free Ranch Dressing

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04118

Salad dressing, KRAFT LIGHT DONE RIGHT! Italian Dressing

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	73.00		0	MC	9		22.63		
Energy.....kcal	170		0	MC	9		53		
Energy.....kj	711						220		
Protein.....g	1.10		0	MC	9		0.34		
Total lipid (fat).....g	14.40		0	NR	4		4.46		
Ash.....g	2.10		0	MC	9		0.65		
Carbohydrate, by difference (1).....g	8.00		0	MC	9		2.48		
Fiber, total dietary.....g	1.3		0	MC	9		0.4		
Sugars, total.....g	4.90		0	MC	9		1.52		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	28		0	MC	9		9		
Iron, Fe.....mg	0.33		0	MC	9		0.10		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	25		0	MC	9		8		
Potassium, K.....mg	90		0	MC	9		28		
Sodium, Na.....mg	736		0	MC	9		228		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.8		0	MC	9		0.6		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	179		0	MC	9		55		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.300		0	MC	9		0.403		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 2 tbsp

Footnotes

1 Contains other proximate components.

NDB No. 04118

Salad dressing, KRAFT LIGHT DONE RIGHT! Italian Dressing

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04117

Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	61.30		0	MC	9		18.39		
Energy.....kcal	256		0	MC	9		77		
Energy.....kj	1071						321		
Protein.....g	1.20		0	MC	9		0.36		
Total lipid (fat).....g	22.80		0	NR	4		6.84		
Ash.....g	2.70		0	MC	9		0.81		
Carbohydrate, by difference (1).....g	10.50		0	MC	9		3.15		
Fiber, total dietary.....g	0.5		0	MC	9		0.2		
Sugars, total.....g	4.20		0	MC	9		1.26		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	26		0	MC	9		8		
Iron, Fe.....mg	0.19		0	MC	9		0.06		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	155		0	MC	9		47		
Potassium, K.....mg	134		0	MC	9		40		
Sodium, Na.....mg	1009		0	MC	9		303		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	MC	9		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	41		0	MC	9		12		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.900		0	MC	9		0.570		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	28		0	MC	9		8		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 2 tbsp

Footnotes

1 Contains other proximate components.

NDB No. 04117

Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04014

Salad dressing, KRAFT MIRACLE WHIP FREE Nonfat Dressing

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	78.70		0	MC	9		12.59		
Energy.....kcal	84		0	MC	9		13		
Energy.....kj	351						56		
Protein.....g	0.20		0	MC	9		0.03		
Total lipid (fat).....g	2.70		0	NR	4		0.43		
Ash.....g	1.90		0	MC	9		0.30		
Carbohydrate, by difference (1).....g	15.50		0	MC	9		2.48		
Fiber, total dietary.....g	1.9		0	MC	9		0.3		
Sugars, total.....g	10.30		0	MC	9		1.65		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	6		0	MC	9		1		
Iron, Fe.....mg	0.12		0	MC	9		0.02		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	5		0	MC	9		1		
Potassium, K.....mg	49		0	MC	9		8		
Sodium, Na.....mg	788		0	MC	9		126		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	69		0	MC	9		11		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
* Vitamin K (phylloquinone) (2).....mcg	83.6		0	MC	9		13.4		
Lipids:									
Fatty acids, total saturated.....g	0.600		0	MC	9		0.096		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	9		0	MC	9		1		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 16g: 1 tbsp

Footnotes

- 1 Contains other proximate components.
- 2 Added nutrient

NDB No. 04014

Salad dressing, KRAFT MIRACLE WHIP FREE Nonfat Dressing

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04012

Salad dressing, KRAFT MIRACLE WHIP LIGHT Dressing

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	63.30		0	MC	9		10.13		
Energy.....kcal	231		0	MC	9		37		
Energy.....kj	967						155		
Protein.....g	0.60		0	MC	9		0.10		
Total lipid (fat).....g	18.60		0	NR	4		2.98		
Ash.....g	2.20		0	MC	9		0.35		
Carbohydrate, by difference (1).....g	14.40		0	MC	9		2.30		
Fiber, total dietary.....g	0.1		0	MC	9		0.0		
Sugars, total.....g	9.90		0	MC	9		1.58		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		0	MC	9		1		
Iron, Fe.....mg	0.17		0	MC	9		0.03		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	13		0	MC	9		2		
Potassium, K.....mg	23		0	MC	9		4		
Sodium, Na.....mg	821		0	MC	9		131		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	34		0	MC	9		5		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
* Vitamin K (phylloquinone) (2).....mcg	83.6		0	MC	9		13.4		
Lipids:									
Fatty acids, total saturated.....g	2.900		0	MC	9		0.464		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	26		0	MC	9		4		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 16g: 1 tbsp

Footnotes

- 1 Contains other proximate components.
- 2 Added nutrient

NDB No. 04012

Salad dressing, KRAFT MIRACLE WHIP LIGHT Dressing

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04013

Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	81.80		0	MC	9		13.09		
Energy.....kcal	70		0	MC	9		11		
Energy.....kj	293						47		
Protein.....g	0.20		0	MC	9		0.03		
Total lipid (fat).....g	2.70		0	NR	4		0.43		
Ash.....g	2.20		0	MC	9		0.35		
Carbohydrate, by difference (1).....g	12.40		0	MC	9		1.98		
Fiber, total dietary.....g	2.0		0	MC	9		0.3		
Sugars, total.....g	6.80		0	MC	9		1.09		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	6		0	MC	9		1		
Iron, Fe.....mg	0.10		0	MC	9		0.02		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	27		0	MC	9		4		
Potassium, K.....mg	50		0	MC	9		8		
Sodium, Na.....mg	750		0	MC	9		120		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	99		0	MC	9		16		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
* Vitamin K (phylloquinone) (2).....mcg	155.1		0	MC	9		24.8		
Lipids:									
Fatty acids, total saturated.....g	0.500		0	MC	9		0.080		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	10		0	MC	9		2		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 16g: 1 tbsp

Footnotes

- 1 Contains other proximate components.
- 2 Added nutrient

NDB No. 04013

Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04011

Salad dressing, KRAFT Mayo Light Mayonnaise

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	55.40		0	MC	9		8.31		
Energy.....kcal	334		0	MC	9		50		
Energy.....kj	1397						210		
Protein.....g	0.60		0	MC	9		0.09		
Total lipid (fat).....g	32.90		0	NR	4		4.94		
Ash.....g	2.10		0	MC	9		0.32		
Carbohydrate, by difference (1).....g	8.50		0	MC	9		1.28		
Fiber, total dietary.....g	0.1		0	MC	9		0.0		
Sugars, total.....g	4.20		0	MC	9		0.63		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	6		0	MC	9		1		
Iron, Fe.....mg	0.20		0	MC	9		0.03		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	58		0	MC	9		9		
Potassium, K.....mg	52		0	MC	9		8		
Sodium, Na.....mg	797		0	MC	9		120		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		0	MC	9		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	185		0	MC	9		28		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
* Vitamin K (phylloquinone) (2).....mcg	155.1		0	MC	9		23.3		
Lipids:									
Fatty acids, total saturated.....g	5.000		0	MC	9		0.750		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	35		0	MC	9		5		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 15.0g: 1 tbsp

Footnotes

- 1 Contains other proximate components.
- 2 Added nutrient

NDB No. 04011

Salad dressing, KRAFT Mayo Light Mayonnaise

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04115
Salad dressing, KRAFT Ranch Dressing

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	36.80		0	MC	9		10.67		
Energy.....kcal	510		0	MC	9		148		
Energy.....kj	2134						619		
Protein.....g	1.40		0	MC	9		0.41		
Total lipid (fat).....g	53.70		0	NR	4		15.57		
Ash.....g	2.60		0	MC	9		0.75		
Carbohydrate, by difference (1).....g	4.60		0	MC	9		1.33		
Fiber, total dietary.....g	0.3		0	MC	9		0.1		
Sugars, total.....g	4.00		0	MC	9		1.16		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	29		0	MC	9		8		
Iron, Fe.....mg	0.18		0	MC	9		0.05		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	91		0	MC	9		26		
Potassium, K.....mg	49		0	MC	9		14		
Sodium, Na.....mg	990		0	MC	9		287		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0	MC	9		0.1		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	38		0	MC	9		11		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	8.200		0	MC	9		2.378		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	28		0	MC	9		8		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 2 tbsp

Footnotes

1 Contains other proximate components.

NDB No. 04115

Salad dressing, KRAFT Ranch Dressing

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04116
Salad dressing, KRAFT Zesty Italian Dressing

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	52.70		0	MC	9		16.34		
Energy.....kcal	351		0	MC	9		109		
Energy.....kj	1469						455		
Protein.....g	0.30		0	MC	9		0.09		
Total lipid (fat).....g	35.90		0	NR	4		11.13		
Ash.....g	4.20		0	MC	9		1.30		
Carbohydrate, by difference (1).....g	5.70		0	MC	9		1.77		
Fiber, total dietary.....g	0.5		0	MC	9		0.2		
Sugars, total.....g	4.30		0	MC	9		1.33		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	4		0	MC	9		1		
Iron, Fe.....mg	0.16		0	MC	9		0.05		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	14		0	MC	9		4		
Potassium, K.....mg	29		0	MC	9		9		
Sodium, Na.....mg	1630		0	MC	9		505		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.5		0	MC	9		0.2		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	36		0	MC	9		11		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	4.000		0	MC	9		1.240		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 2 tbsp

Footnotes

1 Contains other proximate components.

NDB No. 04116

Salad dressing, KRAFT Zesty Italian Dressing

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43599

Salad dressing, Mayonnaise dressing, diet, no cholesterol

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	9.000		0	RKA	1		21.780	1.350	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RKA	1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	9.000		0	RKA	1		21.780	1.350	
20:1.....g	0.000		0	RKA	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RKA	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	18.000		0	RKA	1		43.560	2.700	
18:2 undifferentiated.....g	16.000		0	RKA	1		38.720	2.400	
18:3 undifferentiated.....g	2.000		0	RKA	1		4.840	0.300	
18:4.....g	0.000		0	RKA	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RKA	1		0.000	0.000	
20:5 n-3.....g	0.000		0	RKA	1		0.000	0.000	
22:5 n-3.....g	0.000		0	RKA	1		0.000	0.000	
22:6 n-3.....g	0.000		0	RKA	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	97		0	RKA	1		235	15	
Amino Acids:									
Tryptophan.....g	0.013		0	RKI	6		0.031	0.002	
Threonine.....g	0.049		0	RKI	6		0.119	0.007	
Isoleucine.....g	0.052		0	RKI	6		0.126	0.008	
Leucine.....g	0.077		0	RKI	6		0.186	0.012	
Lysine.....g	0.061		0	RKI	6		0.148	0.009	
Methionine.....g	0.023		0	RKI	6		0.056	0.003	
Cystine.....g	0.016		0	RKI	6		0.039	0.002	
Phenylalanine.....g	0.039		0	RKI	6		0.094	0.006	
Tyrosine.....g	0.039		0	RKI	6		0.094	0.006	
Valine.....g	0.055		0	RKI	6		0.133	0.008	
Arginine.....g	0.062		0	RKI	6		0.150	0.009	
Histidine.....g	0.022		0	RKI	6		0.053	0.003	
Alanine.....g	0.045		0	RKI	6		0.109	0.007	
Aspartic acid.....g	0.075		0	RKI	6		0.182	0.011	
Glutamic acid.....g	0.110		0	RKI	6		0.266	0.017	
Glycine.....g	0.027		0	RKI	6		0.065	0.004	
Proline.....g	0.037		0	RKI	6		0.090	0.006	
Serine.....g	0.075		0	RKI	6		0.182	0.011	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RKI	6		0.0	0.0	
Caffeine.....mg	0		0	RKI	6		0	0	
Theobromine.....mg	0		0	RKI	6		0	0	
Carotenoids:									
Carotene, beta.....mcg	94		0	RKI	6		226.955	14.067	
Carotene, alpha.....mcg	1		0	RKI	6		2.991	0.185	
Cryptoxanthin, beta.....mcg	27		0	RKI	6		65.151	4.038	
Lycopene.....mcg	0		0	RKI	6		0.000	0.000	
Lutein + zeaxanthin.....mcg	87		0	RKI	6		209.561	12.989	

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Common Measures:

Measure 1 = 242g: 1 cup

Measure 2 = 15.0g: 1 tbsp

NDB No. 43599

Salad dressing, Mayonnaise dressing, diet, no cholesterol

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43331

Salad dressing, bacon and tomato

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.415				4		20.196	1.262	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.111				4		0.266	0.017	
17:1.....g									
18:1 undifferentiated.....g	8.197				4		19.673	1.230	
20:1.....g	0.067				4		0.161	0.010	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	19.584				4		47.002	2.938	
18:2 undifferentiated.....g	17.244				4		41.386	2.587	
18:3 undifferentiated.....g	2.304				4		5.530	0.346	
18:4.....g	0.003				4		0.007	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	4				4		10	1	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0					7	0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	92		0	BFZN	4		220.000	13.750	
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	52		0	BFZN	4		124.800	7.800	
Lycopene.....mcg	2597		0	BFZN	4		6231.600	389.475	
Lutein + zeaxanthin.....mcg	29		0	BFZN	4		69.110	4.319	

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Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04140

Salad dressing, blue + roquefort cheese, commercial, regular, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	17		0		1		42	3	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 15g: 1 tbsp

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04539

Salad dressing, blue or roquefort cheese dressing, commercial, regular

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	12.300		0		1		30.135	1.845	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.300		0		1		0.735	0.045	
17:1.....g									
18:1 undifferentiated.....g	11.800		0		1		28.910	1.770	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	27.800		0		1		68.110	4.170	
18:2 undifferentiated.....g	23.500		0		1		57.575	3.525	
18:3 undifferentiated.....g	3.700		0		1		9.065	0.555	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	17		0		4		42	3	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	19		0	FLA	4		45.724	2.799	
Carotene, alpha.....mcg	4		0	FLA	4		10.649	0.652	
Cryptoxanthin, beta.....mcg	4		0	FLA	4		9.415	0.576	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	126		0	FLA	4		308.514	18.889	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 15g: 1 tbsp

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 42192

Salad dressing, blue or roquefort cheese dressing, fat-free

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.186				4		0.493	0.032	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002				4		0.005	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.182				4		0.482	0.031	
20:1.....g	0.002				4		0.005	0.000	
22:1 undifferentiated.....g	0.000				7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.462				4		1.224	0.079	
18:2 undifferentiated.....g	0.408				4		1.081	0.069	
18:3 undifferentiated.....g	0.054				4		0.143	0.009	
18:4.....g	0.000				7		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				7		0.000	0.000	
20:5 n-3.....g	0.000				7		0.000	0.000	
22:5 n-3.....g	0.000				7		0.000	0.000	
22:6 n-3.....g	0.000				7		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	3				4		8	1	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	1		0	FLA	4		1.616	0.104	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 265g: 1 cup

Measure 2 = 17g: 1 tbsp

Calories Factors: Protein 4.03

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 42153

Salad dressing, blue or roquefort cheese dressing, reduced calorie

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.092				1		2.719	0.175	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020				4		0.050	0.003	
17:1.....g									
18:1 undifferentiated.....g	1.063				4		2.647	0.170	
20:1.....g	0.000				7		0.000	0.000	
22:1 undifferentiated.....g	0.000				7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.855				1		2.129	0.137	
18:2 undifferentiated.....g	0.789				4		1.965	0.126	
18:3 undifferentiated.....g	0.064				4		0.159	0.010	
18:4.....g	0.000				7		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				7		0.000	0.000	
20:5 n-3.....g	0.000				7		0.000	0.000	
22:5 n-3.....g	0.000				7		0.000	0.000	
22:6 n-3.....g	0.000				7		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	10				1		25	2	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0					7	0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	19		0	BFZN	4		46.470	2.986	
Carotene, alpha.....mcg	4		0	BFZN	4		10.823	0.695	
Cryptoxanthin, beta.....mcg	4		0	BFZN	4		9.568	0.615	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	126		0	BFZN	4		313.551	20.148	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 249g: 1 cup

Measure 2 = 16g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43020

Salad dressing, blue or roquefort cheese, low calorie

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.783				4		4.368	0.267	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.099				4		0.243	0.015	
17:1.....g									
18:1 undifferentiated.....g	1.645				4		4.030	0.247	
20:1.....g	0.003				4		0.007	0.000	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.422				4		5.934	0.363	
18:2 undifferentiated.....g	2.117				4		5.187	0.318	
18:3 undifferentiated.....g	0.301				4		0.737	0.045	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002				4		0.005	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.001				4		0.002	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	1				1		2	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0					7	0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	2		0	FLA	4		4.832	0.296	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 15g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43018

Salad dressing, buttermilk as main ingredient

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	15.774								4
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.191								4
17:1.....g									
18:1 undifferentiated.....g	15.544								4
20:1.....g	0.000								4
22:1 undifferentiated.....g	0.000								4
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	13.452								4
18:2 undifferentiated.....g	12.471								4
18:3 undifferentiated.....g	0.925								4
18:4.....g	0.000								4
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.011								4
20:5 n-3.....g	0.000								4
22:5 n-3.....g	0.000								4
22:6 n-3.....g	0.000								4
Fatty acids, total trans.....g									
Cholesterol.....mg	33								1
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0								1
Caffeine.....mg	0		0	Z					7
Theobromine.....mg	0		0	Z					7
Carotenoids:									
Carotene, beta.....mcg	2		0	BFZN					4
Carotene, alpha.....mcg	1		0	BFZN					4
Cryptoxanthin, beta.....mcg	1		0	BFZN					4
Lycopene.....mcg	0		0	BFZN					4
Lutein + zeaxanthin.....mcg	29		0	BFZN					4

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43215
Salad dressing, buttermilk, lite

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.842	0.061	3	A	1				
17:0.....g	0.003	0.003	3	A	1				
18:0.....g	0.370	0.037	3	A	1				
20:0.....g	0.061	0.027	3	A	1				
22:0.....g	0.036	0.008	3	A	1				
24:0.....g	0.000	0.000	3	A	1				
Fatty acids, total monounsaturated.....g	5.422		0	NC	4				
14:1.....g	0.000	0.000	3	A	1				
15:1.....g									
16:1 undifferentiated.....g	0.022		0	A	1				
16:1 c.....g	0.022	0.010	3	A	1				
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	5.289		0	A	1				
18:1 c.....g	5.289	2.617	3	A	1				
18:1 t.....g	0.000	0.000	3	A	1				
20:1.....g	0.111	0.055	3	A	1				
22:1 undifferentiated.....g	0.000	0.000	3	A	1				
24:1 c.....g	0.000	0.000	3	A	1				
Fatty acids, total polyunsaturated.....g	4.334		0	NC	4				
18:2 undifferentiated.....g	0.089		0	A	1				
18:2 n-6 c,c.....g	3.587	0.254	3	A	1				
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.089	0.030	3	A	1				
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.000		0	Z	7				
18:4.....g	0.000	0.000	3	A	1				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A	1				
20:5 n-3.....g	0.000	0.000	3	A	1				
22:5 n-3.....g	0.000	0.000	3	A	1				
22:6 n-3.....g	0.000	0.000	3	A	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	21	7.740	3	A	1				
Phytosterols.....mg									
Stigmasterol.....mg	6	3.350	3	A	1				
Campesterol.....mg	30	11.452	3	A	1				
Beta-sitosterol.....mg	49	13.175	3	A	1				
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4				
Caffeine.....mg	0		0	FLA	4				
Theobromine.....mg	0		0	FLA	4				
Carotenoids:									
Carotene, beta.....mcg	4		0	FLA	4				
Carotene, alpha.....mcg	2		0	FLA	4				
Cryptoxanthin, beta.....mcg	2		0	FLA	4				
Lycopene.....mcg	0		0	FLA	4				
Lutein + zeaxanthin.....mcg	49		0	FLA	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein Fat Carbohydrate

NDB No. 43215
Salad dressing, buttermilk, lite

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43015

Salad dressing, caesar dressing, regular

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	13.504				4		31.734	1.985	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.130				4		0.306	0.019	
17:1.....g									
18:1 undifferentiated.....g	13.186				4		30.987	1.938	
20:1.....g	0.113				4		0.266	0.017	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	32.857				4		77.214	4.830	
18:2 undifferentiated.....g	28.928				4		67.981	4.252	
18:3 undifferentiated.....g	3.867				4		9.087	0.568	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.002				4		0.005	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.003				4		0.007	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	2				1		5	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0					7	0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	1		0	FLA	4		2.606	0.163	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 235g: 1 cup

Measure 2 = 14.7g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43021

Salad dressing, caesar, low calorie

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.124				4		2.698	0.169	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014				4		0.034	0.002	
17:1.....g									
18:1 undifferentiated.....g	1.009				4		2.422	0.151	
20:1.....g	0.024				4		0.058	0.004	
22:1 undifferentiated.....g	0.066				4		0.158	0.010	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.368				4		5.683	0.355	
18:2 undifferentiated.....g	2.060				4		4.944	0.309	
18:3 undifferentiated.....g	0.291				4		0.698	0.044	
18:4.....g	0.001				4		0.002	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.005				4		0.012	0.001	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.008				4		0.019	0.001	
Fatty acids, total trans.....g									
Cholesterol.....mg	2				1		5	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0					7	0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	1		0	FLA	4		1.678	0.105	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

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Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43016
Salad dressing, coleslaw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	9.000				1		22.500	1.440	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	9.000				4		22.500	1.440	
20:1.....g	0.000				4		0.000	0.000	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	18.000				1		45.000	2.880	
18:2 undifferentiated.....g	16.000				4		40.000	2.560	
18:3 undifferentiated.....g	2.000				4		5.000	0.320	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	26				1		65	4	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0					1	0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	4		0	FLA	4		9.615	0.615	
Carotene, alpha.....mcg	2		0	FLA	4		4.107	0.263	
Cryptoxanthin, beta.....mcg	1		0	FLA	4		3.631	0.232	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	48		0	FLA	4		118.992	7.616	

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Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 16g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04120

Salad dressing, french dressing, commercial, regular

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	4.937		2	A	1		12.343	0.790	0.607
17:0.....g	0.000		2	A	1		0.000	0.000	0.000
18:0.....g	0.420		2	A	1		1.050	0.067	0.052
20:0.....g	0.133		2	A	1		0.333	0.021	0.016
22:0.....g	0.158		2	A	1		0.394	0.025	0.019
24:0.....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	8.433		0	NC	4		21.081	1.349	1.037
14:1.....g	0.000		2	A	1		0.000	0.000	0.000
15:1.....g									
16:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	8.284		2	A	1		20.710	1.325	1.019
20:1.....g	0.149		2	A	1		0.371	0.024	0.018
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	21.029		0	NC	4		52.571	3.365	2.587
18:2 undifferentiated.....g	18.292		2	A	1		45.730	2.927	2.250
18:3 undifferentiated.....g	2.737		2	A	1		6.841	0.438	0.337
18:4.....g	0.000		2	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		2	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		2	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	232	38.337	5	A	1		580.500	37.152	28.561
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	92	19.705	5	A	1		230.000	14.720	11.316
Lycopene.....mcg	373	297.248	5	A	1		933.000	59.712	45.904
Lutein + zeaxanthin.....mcg	0		0	NR	4		0.000	0.000	0.000

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Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 16g: 1 tbsp

Measure 3 = 12.3g: 1 individual packet

Calories Factors: Protein 2.44

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04141

Salad dressing, french dressing, commercial, regular, without salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	4.937		2	A		1			
17:0.....g	0.000		2	A		1			
18:0.....g	0.420		2	A		1			
20:0.....g	0.133		2	A		1			
22:0.....g	0.158		2	A		1			
24:0.....g	0.000		2	A		1			
Fatty acids, total monounsaturated.....g	8.433		0	NC		4			
14:1.....g	0.000		2	A		1			
15:1.....g									
16:1 undifferentiated.....g	0.000		2	A		1			
17:1.....g									
18:1 undifferentiated.....g	8.284		2	A		1			
20:1.....g	0.149		2	A		1			
22:1 undifferentiated.....g	0.000		2	A		1			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	21.029		0	NC		4			
18:2 undifferentiated.....g	18.292		2	A		1			
18:3 undifferentiated.....g	2.737		2	A		1			
18:4.....g	0.000		2	A		1			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		2	A		1			
20:5 n-3.....g	0.000		2	A		1			
22:5 n-3.....g	0.000		2	A		1			
22:6 n-3.....g	0.000		2	A		1			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0			1			
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA		4			
Caffeine.....mg	0		0	FLA		4			
Theobromine.....mg	0		0	FLA		4			
Carotenoids:									
Carotene, beta.....mcg	232	38.337	5	A		1			
Carotene, alpha.....mcg	0		0	Z		7			
Cryptoxanthin, beta.....mcg	92	19.705	5	A		1			
Lycopene.....mcg	373	297.248	5	A		1			
Lutein + zeaxanthin.....mcg	0		0	NR		4			

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Common Measures:

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04367

Salad dressing, french dressing, fat-free

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.018		1	A	1		0.047	0.003	
17:0.....g									
18:0.....g	0.012		1	A	1		0.030	0.002	
20:0.....g									
22:0.....g									
24:0.....g	0.002		1	A	1		0.006	0.000	
Fatty acids, total monounsaturated.....g	0.141		0	NC	4		0.361	0.023	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		1	A	1		0.006	0.000	
17:1.....g	0.009		1	A	1		0.024	0.001	
18:1 undifferentiated.....g	0.049		1	A	1		0.124	0.008	
20:1.....g	0.032		1	A	1		0.083	0.005	
22:1 undifferentiated.....g	0.049		1	A	1		0.124	0.008	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.062		0	NC	4		0.160	0.010	
18:2 undifferentiated.....g	0.042		1	A	1		0.106	0.007	
18:3 undifferentiated.....g	0.018		1	A	1		0.047	0.003	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c,c.....g	0.002		1	A	1		0.006	0.000	
20:3 undifferentiated.....g					4		0.000	0.000	
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	38	4.163	3	A	1		97.280	6.080	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	15		2	A	1		37.120	2.320	
Lycopene.....mcg	319	12.875	3	A	1		817.493	51.093	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

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Common Measures:

Measure 1 = 256g: 1 cup

Measure 2 = 16g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 42171

Salad dressing, french dressing, reduced calorie

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.029				4		7.875	0.485	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.026				4		0.068	0.004	
17:1.....g									
18:1 undifferentiated.....g	2.964				4		7.706	0.474	
20:1.....g	0.026				4		0.068	0.004	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.527				4		19.570	1.204	
18:2 undifferentiated.....g	6.630				4		17.238	1.061	
18:3 undifferentiated.....g	0.884				4		2.298	0.141	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0						0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	120		0	FLA	4		312.858	19.253	
Carotene, alpha.....mcg	4		0	FLA	4		9.926	0.611	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	3843		0	FLA	4		9992.959	614.951	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

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Common Measures:

Measure 1 = 260g: 1 cup

Measure 2 = 16g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04020

Salad dressing, french dressing, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.798		1	A	1		2.075	0.128	
17:0.....g									
18:0.....g	0.301		1	A	1		0.783	0.048	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.898		0	NC	4		15.335	0.944	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	5.753		1	A	1		14.958	0.920	
20:1.....g	0.145		1	A	1		0.377	0.023	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.029		0	NC	4		13.075	0.805	
18:2 undifferentiated.....g	3.859		1	A	1		10.033	0.617	
18:3 undifferentiated.....g	1.170		1	A	1		3.042	0.187	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	289	20.276	3	A	1		752.267	46.293	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	70	2.333	3	A	1		182.867	11.253	
Lycopene.....mcg	2530	165.125	3	A	1		6578.000	404.800	
Lutein + zeaxanthin.....mcg	124		0	NR	4		321.534	19.787	

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Common Measures:

Measure 1 = 260g: 1 cup

Measure 2 = 16g: 1 tbsp

Calories Factors: Protein 2.44

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04142

Salad dressing, french dressing, reduced fat, without salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.798		1	A	1		2.075	0.128	
17:0.....g									
18:0.....g	0.301		1	A	1		0.783	0.048	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.898		0	NC	4		15.335	0.944	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	5.753		1	A	1		14.958	0.920	
20:1.....g	0.145		1	A	1		0.377	0.023	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.029		0	NC	4		13.075	0.805	
18:2 undifferentiated.....g	3.859		1	A	1		10.033	0.617	
18:3 undifferentiated.....g	1.170		1	A	1		3.042	0.187	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	289	20.276	3	A	1		752.267	46.293	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	70	2.333	3	A	1		182.867	11.253	
Lycopene.....mcg	2530	165.125	3	A	1		6578.000	404.800	
Lutein + zeaxanthin.....mcg	124		0	NR	4		321.534	19.787	

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Common Measures:

Measure 1 = 260g: 1 cup

Measure 2 = 16g: 1 tbsp

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04146

Salad dressing, french, cottonseed, oil, home recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 220g: 1 cup

Measure 2 = 14.0g: 1 tbsp

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04133

Salad dressing, french, home recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	20.700		0		1		45.540	2.898	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200		0		1		0.440	0.028	
17:1.....g									
18:1 undifferentiated.....g	20.500		0		1		45.100	2.870	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	33.700		0		1		74.140	4.718	
18:2 undifferentiated.....g	31.700		0		1		69.740	4.438	
18:3 undifferentiated.....g	1.900		0		1		4.180	0.266	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g									
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	176		0		4		387	25	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 220g: 1 cup

Measure 2 = 14.0g: 1 tbsp

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43017

Salad dressing, green goddess, regular

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	11.588				4		28.391	1.738	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.111				4		0.272	0.017	
17:1.....g									
18:1 undifferentiated.....g	11.321				4		27.736	1.698	
20:1.....g	0.098				4		0.240	0.015	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	28.395				4		69.568	4.259	
18:2 undifferentiated.....g	25.005				4		61.262	3.751	
18:3 undifferentiated.....g	3.340				4		8.183	0.501	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	40				1		98	6	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0					7	0.0	0.0	
Caffeine.....mg	0		0	Z		7	0	0	
Theobromine.....mg	0		0	Z		7	0	0	
Carotenoids:									
Carotene, beta.....mcg	3		0	FLA		4	7.714	0.472	
Carotene, alpha.....mcg	1		0	FLA		4	3.295	0.202	
Cryptoxanthin, beta.....mcg	1		0	FLA		4	2.913	0.178	
Lycopene.....mcg	0		0	FLA		4	0.000	0.000	
Lutein + zeaxanthin.....mcg	39		0	FLA		4	95.468	5.845	

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Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 15g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04134

Salad dressing, home recipe, cooked

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.800		0		1		9.690	0.608	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		0		1		0.255	0.016	
17:1.....g									
18:1 undifferentiated.....g	3.700		0		1		9.435	0.592	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.100		0		1		5.355	0.336	
18:2 undifferentiated.....g	2.000		0		1		5.100	0.320	
18:3 undifferentiated.....g	0.100		0		1		0.255	0.016	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	57		0		4		145	9	
Phytosterols.....mg	24		0		4		61	4	
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	3		0	RA	4		8.238	0.517	
Carotene, alpha.....mcg	0		0	RA	4		0.008	0.000	
Cryptoxanthin, beta.....mcg	1		0	RA	4		3.446	0.216	
Lycopene.....mcg	0		0	RA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	50		0	RA	4		127.662	8.010	

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Common Measures:

Measure 1 = 255g: 1 cup

Measure 2 = 16g: 1 tbsp

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04135

Salad dressing, home recipe, vinegar and oil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	14.800		0		1		37.000	2.368	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		0		1		0.250	0.016	
17:1.....g									
18:1 undifferentiated.....g	14.700		0		1		36.750	2.352	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	24.100		0		1		60.250	3.856	
18:2 undifferentiated.....g	22.700		0		1		56.750	3.632	
18:3 undifferentiated.....g	1.400		0		1		3.500	0.224	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	66		0		4		165	11	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLC	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 16g: 1 tbsp

NDB No. 04135

Salad dressing, home recipe, vinegar and oil

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04114

Salad dressing, italian dressing, commercial, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	3.298	0.144	3	A	1		7.750	0.485	
17:0.....g	0.000	0.000	3	A	1		0.000	0.000	
18:0.....g	0.953	0.246	3	A	1		2.240	0.140	
20:0.....g	0.073	0.036	3	A	1		0.171	0.011	
22:0.....g	0.150	0.019	3	A	1		0.353	0.022	
24:0.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	6.315		0	NC	4		14.841	0.928	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
17:1.....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated.....g	6.315	0.130	3	A	1		14.841	0.928	
20:1.....g	0.000	0.000	3	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	12.941		0	NC	4		30.411	1.902	
18:2 undifferentiated.....g	11.527	1.332	3	A	1		27.089	1.695	
18:3 undifferentiated.....g	1.413	0.356	3	A	1		3.321	0.208	
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	21	7.719	6	A	1		48.175	3.014	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	2	1.833	6	A	1		4.308	0.269	
Lycopene.....mcg	16	10.172	6	A	1		37.600	2.352	
Lutein + zeaxanthin.....mcg	0		0	NR	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 235g: 1 cup
 Measure 2 = 14.7g: 1 tbsp

Calories Factors: Protein 2.44 Fat 8.84 Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04143

Salad dressing, italian dressing, commercial, regular, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	3.298	0.144	3	A	1		7.750	0.485	
17:0.....g	0.000	0.000	3	A	1		0.000	0.000	
18:0.....g	0.953	0.246	3	A	1		2.240	0.140	
20:0.....g	0.073	0.036	3	A	1		0.171	0.011	
22:0.....g	0.150	0.019	3	A	1		0.353	0.022	
24:0.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	6.315		0	NC	4		14.841	0.928	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
17:1.....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated.....g	6.315	0.130	3	A	1		14.841	0.928	
20:1.....g	0.000	0.000	3	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	12.941		0	NC	4		30.411	1.902	
18:2 undifferentiated.....g	11.527	1.332	3	A	1		27.089	1.695	
18:3 undifferentiated.....g	1.413	0.356	3	A	1		3.321	0.208	
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	67		0		1		157	10	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	21	7.719	6	A	1		48.175	3.014	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	2	1.833	6	A	1		4.308	0.269	
Lycopene.....mcg	16	10.172	6	A	1		37.600	2.352	
Lutein + zeaxanthin.....mcg	0		0	NR	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 235g: 1 cup
 Measure 2 = 14.7g: 1 tbsp

Calories Factors: Protein 4.36 Fat 8.84 Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04636

Salad dressing, italian dressing, fat-free

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	85.95	0.925	3	A	1		198.53	12.03	
Energy.....kcal	47		0	NC	4		108	7	
Energy.....kj	195		0	NC	4		451	27	
Protein.....g	0.97	0.178	3	A	1		2.23	0.14	
Total lipid (fat).....g	0.87	0.051	3	A	1		2.00	0.12	
Ash.....g	3.47	0.089	3	A	1		8.01	0.49	
Carbohydrate, by difference.....g	8.75		0	NC	4		20.22	1.23	
Fiber, total dietary.....g	0.6		2	A	1		1.4	0.1	
Sugars, total.....g	8.85		2	A	1		20.43	1.24	
Sucrose.....g	0.29		2	A	1		0.66	0.04	
Glucose (dextrose).....g	2.82		2	A	1		6.50	0.39	
Fructose.....g	5.59		2	A	1		12.92	0.78	
Lactose.....g	0.00		2	A	1		0.00	0.00	
Maltose.....g	0.15		2	A	1		0.34	0.02	
Galactose.....g	0.00		2	A	1		0.00	0.00	
Starch.....g	2.58		2	A	1		5.96	0.36	
Minerals:									
Calcium, Ca.....mg	30	6.854	3	A	1		69	4	
Iron, Fe.....mg	0.40	0.070	3	A	1		0.92	0.06	
Magnesium, Mg.....mg	5	0.291	3	A	1		10	1	
Phosphorus, P.....mg	109	54.871	3	A	1		252	15	
Potassium, K.....mg	102	5.068	3	A	1		236	14	
Sodium, Na.....mg	1129	35.455	3	A	1		2608	158	
Zinc, Zn.....mg	0.36	0.108	3	A	1		0.82	0.05	
Copper, Cu.....mg	0.116	0.036	3	A	1		0.269	0.016	
Manganese, Mn.....mg	0.032	0.012	3	A	1		0.074	0.004	
Selenium, Se.....mcg	2.0		1	A	1		4.6	0.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.4				1		0.9	0.1	
Thiamin.....mg	0.031		1	A	1		0.072	0.004	
Riboflavin.....mg	0.053		1	A	1		0.122	0.007	
Niacin.....mg	0.135		1	A	1		0.312	0.019	
Pantothenic acid.....mg	0.000		1	A	1		0.000	0.000	
Vitamin B-6.....mg	0.000		1	A	1		0.000	0.000	
Folate, total.....mcg	12		1	A	1		27	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	12		1	A	1		27	2	
Folate, DFE.....mcg_DFE	12		0	NC	4		27	2	
Vitamin B-12.....mcg	0.31		1	A	1		0.71	0.04	
Vitamin A, IU.....IU	77		0	NC	4		177	11	
Vitamin A, RAE.....mcg_RAE	4		0	NC	4		9	1	
Retinol.....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.76		0	NR	4		1.76	0.11	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.6		0	FLA	4		3.6	0.2	
Lipids:									
Fatty acids, total saturated.....g	0.295		0	NC	4		0.681	0.041	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		0	Z	7		0.000	0.000	
10:0.....g	0.003		2	A	1		0.006	0.000	
12:0.....g	0.010		2	A	1		0.022	0.001	
13:0.....g	0.001		1	A	1		0.002	0.000	
14:0.....g	0.038		2	A	1		0.088	0.005	
15:0.....g	0.005		2	A	1		0.012	0.001	

NDB No. 04636

Salad dressing, italian dressing, fat-free

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.151		2	A	1		0.348	0.021	
17:0.....g	0.004		2	A	1		0.009	0.001	
18:0.....g	0.071		2	A	1		0.164	0.010	
20:0.....g	0.011		1	A	1		0.025	0.002	
22:0.....g	0.003		2	A	1		0.006	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	0.235		0	NC	4		0.543	0.033	
14:1.....g	0.005		2	A	1		0.010	0.001	
15:1.....g									
16:1 undifferentiated.....g	0.009		2	A	1		0.020	0.001	
17:1.....g	0.009		2	A	1		0.021	0.001	
18:1 undifferentiated.....g	0.210		2	A	1		0.485	0.029	
20:1.....g	0.000		0	Z	7		0.000	0.000	
22:1 undifferentiated.....g	0.003		2	A	1		0.007	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.192		0	NC	4		0.444	0.027	
18:2 undifferentiated.....g	0.163		2	A	1		0.377	0.023	
18:3 undifferentiated.....g	0.027		2	A	1		0.062	0.004	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g	0.002		1	A	1		0.005	0.000	
20:4 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	2		1	A	1		4	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0					7	0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	40	11.289	3	A	1		93.170	5.647	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	11	6.064	3	A	1		24.640	1.493	
Lycopene.....mcg	5	5.000	3	A	1		11.550	0.700	
Lutein + zeaxanthin.....mcg	0		0	NR	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 231g: 1 cup
 Measure 2 = 14.0g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 42140

Salad dressing, italian dressing, reduced calorie

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.660				4		10.066	0.652	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.040				4		0.086	0.006	
17:1.....g									
18:1 undifferentiated.....g	4.560				4		9.850	0.638	
20:1.....g	0.040				4		0.086	0.006	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	11.580				8		25.013	1.621	
18:2 undifferentiated.....g	10.200				4		22.032	1.428	
18:3 undifferentiated.....g	1.360				4		2.938	0.190	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 216g: 1 cup

Measure 2 = 14.0g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04021

Salad dressing, italian dressing, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.318		2	A	1		0.763	0.048	
17:0.....g	0.000		2	A	1		0.000	0.000	
18:0.....g	0.133		2	A	1		0.319	0.020	
20:0.....g	0.000		2	A	1		0.000	0.000	
22:0.....g	0.000		2	A	1		0.000	0.000	
24:0.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	2.190		0	NC	4		5.255	0.328	
14:1.....g	0.000		2	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	2.190		2	A	1		5.255	0.328	
20:1.....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.704		0	NC	4		4.088	0.256	
18:2 undifferentiated.....g	1.338		2	A	1		3.210	0.201	
18:3 undifferentiated.....g	0.366		2	A	1		0.878	0.055	
18:4.....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:5 n-3.....g	0.000		2	A	1		0.000	0.000	
22:5 n-3.....g	0.000		2	A	1		0.000	0.000	
22:6 n-3.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	6	0.278	3		1		14	1	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	7	7.333	3	A	1		17.600	1.100	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0	0.000	3	A	1		0.000	0.000	
Lycopene.....mcg	0	0.000	3	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	NR	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup
 Measure 2 = 15.0g: 1 tbsp

Calories Factors: Protein 2.44 Fat 8.84 Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04144

Salad dressing, italian dressing, reduced fat, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.318		2	A	1		0.763	0.048	
17:0.....g	0.000		2	A	1		0.000	0.000	
18:0.....g	0.133		2	A	1		0.319	0.020	
20:0.....g	0.000		2	A	1		0.000	0.000	
22:0.....g	0.000		2	A	1		0.000	0.000	
24:0.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	2.190		0	NC	4		5.255	0.328	
14:1.....g	0.000		2	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	2.190		2	A	1		5.255	0.328	
20:1.....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.704		0	NC	4		4.088	0.256	
18:2 undifferentiated.....g	1.338		2	A	1		3.210	0.201	
18:3 undifferentiated.....g	0.366		2	A	1		0.878	0.055	
18:4.....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:5 n-3.....g	0.000		2	A	1		0.000	0.000	
22:5 n-3.....g	0.000		2	A	1		0.000	0.000	
22:6 n-3.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	6		0		1		14	1	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	7	7.333	3	A	1		17.600	1.100	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0	0.000	3	A	1		0.000	0.000	
Lycopene.....mcg	0	0.000	3	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	NR	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup
 Measure 2 = 15.0g: 1 tbsp

Calories Factors: Protein 4.36 Fat 8.84 Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43329

Salad dressing, mayonnaise and mayonnaise-type, low calorie

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.628				4		10.737	0.671	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.076				4		0.176	0.011	
17:1.....g									
18:1 undifferentiated.....g	4.494				4		10.426	0.652	
20:1.....g	0.039				4		0.090	0.006	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	10.396				4		24.119	1.507	
18:2 undifferentiated.....g	9.151				4		21.230	1.327	
18:3 undifferentiated.....g	1.203				4		2.791	0.174	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.019				4		0.044	0.003	
20:5 n-3.....g	0.001				4		0.002	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.005				4		0.012	0.001	
Fatty acids, total trans.....g									
Cholesterol.....mg	26				1		60	4	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0						0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	94		0	BFZN	4		217.577	13.599	
Carotene, alpha.....mcg	1		0	BFZN	4		2.867	0.179	
Cryptoxanthin, beta.....mcg	27		0	BFZN	4		62.459	3.904	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	87		0	BFZN	4		200.901	12.556	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 232g: 1 cup

Measure 2 = 14.5g: 1 tbsp

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04018

Salad dressing, mayonnaise type, regular, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	9.000		0		1		21.150	1.323	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	9.000	0.176	73		1		21.150	1.323	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	18.000		0		1		42.300	2.646	
18:2 undifferentiated.....g	16.000	0.211	127		1		37.600	2.352	
18:3 undifferentiated.....g	2.000	0.050	127		1		4.700	0.294	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	26		2		1		61	4	
Phytosterols.....mg	97		2		1		228	14	
Amino Acids:									
Tryptophan.....g	0.013		0		4		0.031	0.002	
Threonine.....g	0.049		0		4		0.115	0.007	
Isoleucine.....g	0.052		0		4		0.122	0.008	
Leucine.....g	0.077		0		4		0.181	0.011	
Lysine.....g	0.061		0		4		0.143	0.009	
Methionine.....g	0.023		0		4		0.054	0.003	
Cystine.....g	0.016		0		4		0.038	0.002	
Phenylalanine.....g	0.039		0		4		0.092	0.006	
Tyrosine.....g	0.039		0		4		0.092	0.006	
Valine.....g	0.055		0		4		0.129	0.008	
Arginine.....g	0.062		0		4		0.146	0.009	
Histidine.....g	0.022		0		4		0.052	0.003	
Alanine.....g	0.045		0		4		0.106	0.007	
Aspartic acid.....g	0.075		0		4		0.176	0.011	
Glutamic acid.....g	0.110		0		4		0.259	0.016	
Glycine.....g	0.027		0		4		0.063	0.004	
Proline.....g	0.037		0		4		0.087	0.005	
Serine.....g	0.075		0		4		0.176	0.011	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	94		0	FLA	4		220.390	13.786	
Carotene, alpha.....mcg	1		0	FLA	4		2.904	0.182	
Cryptoxanthin, beta.....mcg	27		0	FLA	4		63.267	3.958	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	87		0	FLA	4		203.499	12.730	

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Common Measures:

Measure 1 = 235g: 1 cup

Measure 2 = 14.7g: 1 tbsp

NDB No. 04018

Salad dressing, mayonnaise type, regular, with salt

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04028

Salad dressing, mayonnaise, imitation, milk cream

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.700		0		1		4.080	0.255	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	1.700		2		1		4.080	0.255	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.300		0		1		0.720	0.045	
18:2 undifferentiated.....g	0.200		2		1		0.480	0.030	
18:3 undifferentiated.....g	0.100		2		1		0.240	0.015	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	43		1		1		103	6	
Phytosterols.....mg	6		0		4		14	1	
Amino Acids:									
Tryptophan.....g	0.030		0		4		0.072	0.005	
Threonine.....g	0.095		0		4		0.228	0.014	
Isoleucine.....g	0.127		0		4		0.305	0.019	
Leucine.....g	0.206		0		4		0.494	0.031	
Lysine.....g	0.166		0		4		0.398	0.025	
Methionine.....g	0.053		0		4		0.127	0.008	
Cystine.....g	0.019		0		4		0.046	0.003	
Phenylalanine.....g	0.101		0		4		0.242	0.015	
Tyrosine.....g	0.101		0		4		0.242	0.015	
Valine.....g	0.141		0		4		0.338	0.021	
Arginine.....g	0.076		0		4		0.182	0.011	
Histidine.....g	0.057		0		4		0.137	0.009	
Alanine.....g	0.072		0		4		0.173	0.011	
Aspartic acid.....g	0.159		0		4		0.382	0.024	
Glutamic acid.....g	0.439		0		4		1.054	0.066	
Glycine.....g	0.049		0		4		0.118	0.007	
Proline.....g	0.203		0		4		0.487	0.030	
Serine.....g	0.114		0		4		0.274	0.017	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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Common Measures:

Measure 1 = 240g: 1 cup
 Measure 2 = 15.0g: 1 tbsp

Calories Factors: Protein 4.36 Fat 8.84 Carbohydrate 3.8

Food Group: 04 Fats and Oils

NDB No. 04027

Salad dressing, mayonnaise, imitation, soybean

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.500		0		1		10.800	0.675	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		2		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	4.500	1.146	3		1		10.800	0.675	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	10.600		0		1		25.440	1.590	
18:2 undifferentiated.....g	9.000	2.351	3		1		21.600	1.350	
18:3 undifferentiated.....g	1.600	0.414	3		1		3.840	0.240	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	24		2		1		58	4	
Phytosterols.....mg	62		2		1		149	9	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	

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Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

NDB No. 04027

Salad dressing, mayonnaise, imitation, soybean

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04029

Salad dressing, mayonnaise, imitation, soybean without cholesterol

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	10.500		0		1		23.625	1.481	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	10.500	0.594	3		1		23.625	1.481	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	27.600		0		1		62.100	3.892	
18:2 undifferentiated.....g	23.000	1.560	3		1		51.750	3.243	
18:3 undifferentiated.....g	4.600	0.362	3		1		10.350	0.649	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		2		1		0	0	
Phytosterols.....mg	216		2		1		486	30	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 225g: 1 cup

Measure 2 = 14.1g: 1 tbsp

NDB No. 04029

Salad dressing, mayonnaise, imitation, soybean without cholesterol

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04641

Salad dressing, mayonnaise, light

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	3.483	0.046	3	A	1				
17:0.....g	0.036	0.005	3	A	1				
18:0.....g	1.389	0.028	3	A	1				
20:0.....g	0.159	0.041	3	A	1				
22:0.....g	0.113	0.002	3	A	1				
24:0.....g	0.000	0.000	3	A	1				
Fatty acids, total monounsaturated.....g	8.067		0	NC	4				
14:1.....g	0.000	0.000	3	A	1				
15:1.....g									
16:1 undifferentiated.....g	0.052		0	A	1				
16:1 c.....g	0.052	0.003	3	A	1				
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	8.015		0	A	1				
18:1 c.....g	8.015	0.341	3	A	1				
18:1 t.....g	0.000	0.000	3	A	1				
20:1.....g	0.068	0.016	3	A	1				
22:1 undifferentiated.....g	0.000	0.000	3	A	1				
24:1 c.....g	0.000	0.000	3	A	1				
Fatty acids, total polyunsaturated.....g	17.953		0	NC	4				
18:2 undifferentiated.....g	16.035		0	NC	4				
18:2 n-6 c,c.....g	15.791	0.329	3	A	1				
18:2 CLAs.....g	0.137	0.042	3	A	1				
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.107	0.041	3	A	1				
18:2 t not further defined.....g									
18:3 undifferentiated.....g	1.918		0	AS	1				
18:4.....g	0.000	0.000	3	A	1				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A	1				
20:5 n-3.....g	0.000	0.000	3	A	1				
22:5 n-3.....g	0.000	0.000	3	A	1				
22:6 n-3.....g	0.000	0.000	3	A	1				
Fatty acids, total trans.....g	0.137		0	NC	4				
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4				
Fatty acids, total trans-polyenoic.....g	0.137		0	NC	4				
Cholesterol.....mg	35	2.470	3	A	1				
Phytosterols.....mg									
Stigmasterol.....mg	21	1.237	3	A	1				
Campesterol.....mg	19	1.885	3	A	1				
Beta-sitosterol.....mg	48	3.036	3	A	1				
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	FLA	4				
Theobromine.....mg	0		0	FLA	4				
Carotenoids:									
Carotene, beta.....mcg	94		0	BFZN	4				
Carotene, alpha.....mcg	1		0	BFZN	4				
Cryptoxanthin, beta.....mcg	27		0	BFZN	4				
Lycopene.....mcg	0		0	BFZN	4				
Lutein + zeaxanthin.....mcg	87		0	BFZN	4				

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Common Measures:

NDB No. 04641

Salad dressing, mayonnaise, light

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.38

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04026

Salad dressing, mayonnaise, soybean and safflower oil, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	13.000		0		1		28.600	1.794	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	13.000		2		1		28.600	1.794	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	55.000		0		1		121.000	7.590	
18:2 undifferentiated.....g	52.000		2		1		114.400	7.176	
18:3 undifferentiated.....g	3.000		2		1		6.600	0.414	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	59		0		4		130	8	
Phytosterols.....mg	347		0		4		763	48	
Amino Acids:									
Tryptophan.....g	0.017		0		1		0.037	0.002	
Threonine.....g	0.055		0		1		0.121	0.008	
Isoleucine.....g	0.065		0		1		0.143	0.009	
Leucine.....g	0.095		0		1		0.209	0.013	
Lysine.....g	0.072		0		1		0.158	0.010	
Methionine.....g	0.035		0		1		0.077	0.005	
Cystine.....g	0.023		0		1		0.051	0.003	
Phenylalanine.....g	0.057		0		1		0.125	0.008	
Tyrosine.....g	0.046		0		1		0.101	0.006	
Valine.....g	0.074		0		1		0.163	0.010	
Arginine.....g	0.072		0		1		0.158	0.010	
Histidine.....g	0.026		0		1		0.057	0.004	
Alanine.....g	0.061		0		1		0.134	0.008	
Aspartic acid.....g	0.094		0		1		0.207	0.013	
Glutamic acid.....g	0.143		0		1		0.315	0.020	
Glycine.....g	0.037		0		1		0.081	0.005	
Proline.....g	0.044		0		1		0.097	0.006	
Serine.....g	0.088		0		1		0.194	0.012	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 220g: 1 cup

Measure 2 = 13.8g: 1 tbsp

NDB No. 04026

Salad dressing, mayonnaise, soybean and safflower oil, with salt

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04025

Salad dressing, mayonnaise, soybean oil, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	15.30	0.395	25		1		33.66	2.11	
Energy.....kcal	717		0	NC	4		1577	99	
Energy.....kj	2999				4		6598	414	
Protein (N x 6.25).....g	1.10	0.000	25		1		2.42	0.15	
Total lipid (fat).....g	78.20	0.554	6	A	1		172.05	10.79	
Ash.....g	1.50	0.053	25		1		3.30	0.21	
Carbohydrate, by difference.....g	3.90		0	NC	4		8.57	0.54	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g	0.48		0	FLA	4		1.05	0.07	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	18		0		1		40	2	
Iron, Fe.....mg	0.50		0		1		1.10	0.07	
Magnesium, Mg.....mg	1		0		4		2	0	
Phosphorus, P.....mg	28		0		1		62	4	
Potassium, K.....mg	34		0		1		75	5	
Sodium, Na.....mg	568	2.424	408		1		1250	78	
Zinc, Zn.....mg	0.16		1		4		0.35	0.02	
Copper, Cu.....mg	0.010		0		4		0.022	0.001	
Manganese, Mn.....mg									
Selenium, Se.....mcg	1.7	0.431	15	A	1		3.7	0.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.000		0		1		0.000	0.000	
Riboflavin.....mg	0.000		0		1		0.000	0.000	
Niacin.....mg	0.005		0		4		0.011	0.001	
Pantothenic acid.....mg	0.217		0		4		0.477	0.030	
Vitamin B-6.....mg	0.577		0		4		1.269	0.080	
Folate, total.....mcg	8		0		4		17	1	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	8		0		4		17	1	
Folate, DFE.....mcg_DFE	8		0	NC	4		17	1	
Vitamin B-12.....mcg	0.26		0		4		0.56	0.04	
Vitamin A, IU.....IU	280		0		1		616	39	
Vitamin A, RAE.....mcg_RAE	84		0		1		185	12	
Retinol.....mcg	80		0	FLC	4		176	11	
Vitamin E (alpha-tocopherol).....mg	5.22	0.372	6	A	1		11.49	0.72	
Tocopherol, beta.....mg	0.32	0.022	6	A	1		0.70	0.04	
Tocopherol, gamma.....mg	35.24	2.256	6	A	1		77.52	4.86	
Tocopherol, delta.....mg	7.54	0.531	6	A	1		16.60	1.04	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	42.2		2	A	1		92.7	5.8	
Lipids:									
Fatty acids, total saturated.....g	11.885		0	NC	4		26.146	1.640	
4:0.....g	0.000	0.000	6	A	1		0.000	0.000	
6:0.....g	0.000	0.000	6	A	1		0.000	0.000	
8:0.....g	0.000	0.000	6	A	1		0.000	0.000	
10:0.....g	0.000	0.000	6	A	1		0.000	0.000	
12:0.....g	0.000	0.000	6	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.068	0.003	6	A	1		0.150	0.009	
15:0.....g									
16:0.....g	7.905	0.083	6	A	1		17.391	1.091	
17:0.....g	0.074	0.015	6	A	1		0.163	0.010	
18:0.....g	3.254	0.043	6	A	1		7.159	0.449	
20:0.....g	0.292	0.011	6	A	1		0.642	0.040	
22:0.....g	0.291	0.005	6	A	1		0.640	0.040	
24:0.....g	0.000	0.000	6	A	1		0.000	0.000	

NDB No. 04025

Salad dressing, mayonnaise, soybean oil, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	6		0	FLC	4		12.787	0.802	
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	5		0	FLC	4		11.314	0.710	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	190		0	FLC	4		419.024	26.284	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 220g: 1 cup

Measure 2 = 13.8g: 1 tbsp

Calories Factors: Protein 4.36

Fat 8.85

Carbohydrate 3.68

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04145

Salad dressing, mayonnaise, soybean oil, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	59		0		1		130	8	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 220g: 1 cup

Measure 2 = 13.8g: 1 tbsp

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 42137

Salad dressing, peppercorn dressing, commercial, regular

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	14.840				1		1.989	3.858	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.229				4		0.031	0.060	
17:1.....g									
18:1 undifferentiated.....g	14.386				4		1.928	3.740	
20:1.....g	0.120				4		0.016	0.031	
22:1 undifferentiated.....g	0.001				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	32.972				1		4.418	8.573	
18:2 undifferentiated.....g	29.006				4		3.887	7.542	
18:3 undifferentiated.....g	3.861				4		0.517	1.004	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.037				4		0.005	0.010	
20:5 n-3.....g	0.001				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.010				4		0.001	0.003	
Fatty acids, total trans.....g									
Cholesterol.....mg	49				1		7	13	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	2		0	BFZN	4		0.315	0.610	
Carotene, alpha.....mcg	1		0	BFZN	4		0.134	0.261	
Cryptoxanthin, beta.....mcg	1		0	BFZN	4		0.119	0.230	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	29		0	BFZN	4		3.891	7.550	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 13.4g: 1 tbsp

Measure 2 = 26.0g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04639

Salad dressing, ranch dressing, commercial, regular

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	5.321	0.558	3	A					
17:0.....g	0.059	0.006	3	A					
18:0.....g	2.248	0.252	3	A					
20:0.....g	0.168	0.020	3	A					
22:0.....g	0.177	0.021	3	A					
24:0.....g	0.000	0.000	3	A					
Fatty acids, total monounsaturated.....g	11.394		0	NC					
14:1.....g	0.000	0.000	3	A					
15:1.....g									
16:1 undifferentiated.....g	0.065		0	AS					
16:1 c.....g	0.065	0.005	3	A					
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	10.987		0	AS					
18:1 c.....g	10.987	1.161	3	A					
18:1 t.....g	0.000	0.000	3	A					
20:1.....g	0.343	0.102	3	A					
22:1 undifferentiated.....g	0.000	0.000	3	A					
24:1 c.....g	0.000	0.000	3	A					
Fatty acids, total polyunsaturated.....g	28.329		0	NC					
18:2 undifferentiated.....g	25.267		0	AS					
18:2 n-6 c,c.....g	24.887	2.569	3	A					
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.380	0.207	3	A					
18:2 t not further defined.....g									
18:3 undifferentiated.....g	3.063		0	AS					
18:4.....g	0.000	0.000	3	A					
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A					
20:5 n-3.....g	0.000	0.000	3	A					
22:5 n-3.....g	0.000	0.000	3	A					
22:6 n-3.....g	0.000	0.000	3	A					
Fatty acids, total trans.....g	0.000		0	NC					
Fatty acids, total trans-monoenoic.....g	0.000		0	NC					
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	33	1.931	3	A					
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA					
Caffeine.....mg	0		0	FLA					
Theobromine.....mg	0		0	FLA					
Carotenoids:									
Carotene, beta.....mcg	2		0	FLA					
Carotene, alpha.....mcg	1		0	FLA					
Cryptoxanthin, beta.....mcg	1		0	FLA					
Lycopene.....mcg	0		0	FLA					
Lutein + zeaxanthin.....mcg	29		0	FLA					

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.8

NDB No. 04639

Salad dressing, ranch dressing, commercial, regular

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04638

Salad dressing, ranch dressing, fat-free

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.280	0.098	3	A	1				
17:0.....g	0.007	0.003	3	A	1				
18:0.....g	0.175	0.120	3	A	1				
20:0.....g	0.006	0.001	3	A	1				
22:0.....g	0.005	0.004	3	A	1				
24:0.....g	0.000	0.000	3	A	1				
Fatty acids, total monounsaturated.....g	0.446		0	NC	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0	AS	1				
16:1 c.....g	0.007	0.005	3	A	1				
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	0.425		0	AS	1				
18:1 c.....g	0.412	0.087	3	A	1				
18:1 t.....g	0.013	0.011	3	A	1				
20:1.....g	0.009	0.005	3	A	1				
22:1 undifferentiated.....g	0.005	0.007	3	A	1				
24:1 c.....g	0.000	0.000	3	A	1				
Fatty acids, total polyunsaturated.....g	0.802		0	NC	4				
18:2 undifferentiated.....g	0.715		0	AS	1				
18:2 n-6 c,c.....g	0.703	0.198	3	A	1				
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.012	0.006	3	A	1				
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.087		0	AS	1				
18:4.....g	0.000	0.000	3	A	1				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A	1				
20:5 n-3.....g	0.000	0.000	3	A	1				
22:5 n-3.....g	0.000	0.000	3	A	1				
22:6 n-3.....g	0.000	0.000	3	A	1				
Fatty acids, total trans.....g	0.013		0	NC	4				
Fatty acids, total trans-monoenoic.....g	0.013		0	NC	4				
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	7	4.389	3	A	1				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4				
Caffeine.....mg	0		0	FLA	4				
Theobromine.....mg	0		0	FLA	4				
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4				
Carotene, alpha.....mcg	0		0	FLA	4				
Cryptoxanthin, beta.....mcg	0		0	FLA	4				
Lycopene.....mcg	0		0	FLA	4				
Lutein + zeaxanthin.....mcg	4		0	FLA	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.8

NDB No. 04638

Salad dressing, ranch dressing, fat-free

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04640

Salad dressing, ranch dressing, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.842	0.061	3	A					
17:0.....g	0.003	0.003	3	A					
18:0.....g	0.370	0.037	3	A					
20:0.....g	0.061	0.027	3	A					
22:0.....g	0.036	0.008	3	A					
24:0.....g	0.000	0.000	3	A					
Fatty acids, total monounsaturated.....g	5.422		0	NC					
14:1.....g	0.000	0.000	3	A					
15:1.....g									
16:1 undifferentiated.....g	0.022		0	AS					
16:1 c.....g	0.022	0.010	3	A					
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	5.289		0	AS					
18:1 c.....g	5.289	2.617	3	A					
18:1 t.....g	0.000	0.000	3	A					
20:1.....g	0.111	0.055	3	A					
22:1 undifferentiated.....g	0.000	0.000	3	A					
24:1 c.....g	0.000	0.000	3	A					
Fatty acids, total polyunsaturated.....g	4.334		0	NC					
18:2 undifferentiated.....g	3.676		0	AS					
18:2 n-6 c,c.....g	3.587	0.254	3	A					
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.089	0.030	3	A					
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.658		0	AS					
18:4.....g	0.000	0.000	3	A					
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A					
20:5 n-3.....g	0.000	0.000	3	A					
22:5 n-3.....g	0.000	0.000	3	A					
22:6 n-3.....g	0.000	0.000	3	A					
Fatty acids, total trans.....g	0.000		0	NC					
Fatty acids, total trans-monoenoic.....g	0.000		0	NC					
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	21	7.740	3	A					
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA					
Caffeine.....mg	0		0	FLA					
Theobromine.....mg	0		0	FLA					
Carotenoids:									
Carotene, beta.....mcg	4		0	FLA					
Carotene, alpha.....mcg	2		0	FLA					
Cryptoxanthin, beta.....mcg	2		0	FLA					
Lycopene.....mcg	0		0	FLA					
Lutein + zeaxanthin.....mcg	49		0	FLA					

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.8

NDB No. 04640

Salad dressing, ranch dressing, reduced fat

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04015
Salad dressing, russian dressing

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	11.800		0		1		28.910	1.770	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		0		1		0.245	0.015	
17:1.....g									
18:1 undifferentiated.....g	11.600		0		1		28.420	1.740	
20:1.....g	0.100		0		1		0.245	0.015	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	29.400		0		1		72.030	4.410	
18:2 undifferentiated.....g	25.900		0		1		63.455	3.885	
18:3 undifferentiated.....g	3.500		0		1		8.575	0.525	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	18		0		4		44	3	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	181		0	FLA	4		443.495	27.153	
Carotene, alpha.....mcg	1		0	FLA	4		1.529	0.094	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	628		0	FLA	4		1539.720	94.269	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 15g: 1 tbsp

Calories Factors: Protein 3.4

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04022

Salad dressing, russian dressing, low calorie

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.900		0		1		2.340	0.144	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.900		0		1		2.340	0.144	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.300		0		1		5.980	0.368	
18:2 undifferentiated.....g	2.000		0		1		5.200	0.320	
18:3 undifferentiated.....g	0.300		0		1		0.780	0.048	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	6	0.324	3		1		16	1	
Phytosterols.....mg	10		0		4		26	2	
Amino Acids:									
Tryptophan.....g	0.007		0		4		0.018	0.001	
Threonine.....g	0.027		0		4		0.070	0.004	
Isoleucine.....g	0.029		0		4		0.075	0.005	
Leucine.....g	0.043		0		4		0.112	0.007	
Lysine.....g	0.034		0		4		0.088	0.005	
Methionine.....g	0.013		0		4		0.034	0.002	
Cystine.....g	0.009		0		4		0.023	0.001	
Phenylalanine.....g	0.022		0		4		0.057	0.004	
Tyrosine.....g	0.022		0		4		0.057	0.004	
Valine.....g	0.030		0		4		0.078	0.005	
Arginine.....g	0.035		0		4		0.091	0.006	
Histidine.....g	0.012		0		4		0.031	0.002	
Alanine.....g	0.025		0		4		0.065	0.004	
Aspartic acid.....g	0.042		0		4		0.109	0.007	
Glutamic acid.....g	0.061		0		4		0.159	0.010	
Glycine.....g	0.015		0		4		0.039	0.002	
Proline.....g	0.021		0		4		0.055	0.003	
Serine.....g	0.041		0		4		0.107	0.007	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	20		0	FLA	4		51.157	3.148	
Carotene, alpha.....mcg	1		0	FLA	4		1.623	0.100	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	628		0	FLA	4		1633.989	100.553	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 260g: 1 cup

Measure 2 = 16g: 1 tbs

NDB No. 04022

Salad dressing, russian dressing, low calorie

Calories Factors: Protein 2.44

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04016

Salad dressing, sesame seed dressing, regular

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	11.900		0		1		29.155	1.785	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	11.900	1.343	6		1		29.155	1.785	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	25.100		0		1		61.495	3.765	
18:2 undifferentiated.....g	23.200	2.518	6		1		56.840	3.480	
18:3 undifferentiated.....g	2.000	0.312	6		1		4.900	0.300	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.000	6		1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	21		0	BFZN	4		50.225	3.075	
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	2		0	BFZN	4		4.492	0.275	
Lycopene.....mcg	16		0	BFZN	4		39.200	2.400	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 15g: 1 tbsp

Calories Factors: Protein 4.03

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43019
Salad dressing, sweet and sour

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.000		0		4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000				7		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000				7		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 16g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04635

Salad dressing, thousand island dressing, fat-free

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.129		1	A	1		0.330	0.021	
17:0.....g	0.002		1	A	1		0.005	0.000	
18:0.....g	0.052		1	A	1		0.133	0.008	
20:0.....g	0.006		1	A	1		0.015	0.001	
22:0.....g	0.004		1	A	1		0.010	0.001	
24:0.....g	0.002		1	A	1		0.005	0.000	
Fatty acids, total monounsaturated.....g	0.342		0	NC	4		0.876	0.055	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		1	A	1		0.018	0.001	
17:1.....g	0.009		1	A	1		0.023	0.001	
18:1 undifferentiated.....g	0.285		1	A	1		0.730	0.046	
20:1.....g	0.018		1	A	1		0.046	0.003	
22:1 undifferentiated.....g	0.023		1	A	1		0.059	0.004	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.630		0	NC	4		1.613	0.101	
18:2 undifferentiated.....g	0.538		1	A	1		1.377	0.086	
18:3 undifferentiated.....g	0.088		1	A	1		0.225	0.014	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.004		1	A	1		0.010	0.001	
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	5		1	A	1		12	1	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0					7	0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0	0.000	3	A	1		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	13	6.557	3	A	1		33.280	2.080	
Lycopene.....mcg	1587	77.983	3	A	1		4062.720	253.920	
Lutein + zeaxanthin.....mcg	0		0	NR	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 256g: 1 cup

Measure 2 = 16g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04023

Salad dressing, thousand island dressing, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		2	A	1		0.000	0.000	
15:0.....g									
16:0.....g	0.524		2	A	1		1.283	0.079	
17:0.....g	0.000		1	A	1		0.000	0.000	
18:0.....g	0.223		2	A	1		0.545	0.033	
20:0.....g	0.000		2	A	1		0.000	0.000	
22:0.....g	0.000		2	A	1		0.000	0.000	
24:0.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	6.468		0	NC	4		15.845	0.970	
14:1.....g	0.000		2	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	6.285		2	A	1		15.398	0.943	
20:1.....g	0.183		2	A	1		0.447	0.027	
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.692		0	NC	4		6.594	0.404	
18:2 undifferentiated.....g	1.955		2	A	1		4.789	0.293	
18:3 undifferentiated.....g	0.737		2	A	1		1.806	0.111	
18:4.....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:5 n-3.....g	0.000		2	A	1		0.000	0.000	
22:5 n-3.....g	0.000		2	A	1		0.000	0.000	
22:6 n-3.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	1		1	A	1		3	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	154		2	A	1		376.075	23.025	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	65		2	A	1		159.250	9.750	
Lycopene.....mcg	3097		2	A	1		7586.425	464.475	
Lutein + zeaxanthin.....mcg	100		0	NR	4		243.775	14.925	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 15g: 1 tbsp

Calories Factors: Protein 3.9

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04017

Salad dressing, thousand island, commercial, regular

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	3.516	0.087	4	A	1		8.789	0.562	
17:0.....g	0.000	0.000	4	A	1		0.000	0.000	
18:0.....g	1.341	0.029	4	A	1		3.351	0.214	
20:0.....g	0.122	0.004	4	A	1		0.304	0.019	
22:0.....g	0.114	0.002	4	A	1		0.285	0.018	
24:0.....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	7.881		0	NC	4		19.703	1.261	
14:1.....g	0.000	0.000	4	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
17:1.....g	0.000	0.000	4	A	1		0.000	0.000	
18:1 undifferentiated.....g	7.727	0.344	4	A	1		19.318	1.236	
20:1.....g	0.154	0.004	4	A	1		0.385	0.025	
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	18.220		0	NC	4		45.549	2.915	
18:2 undifferentiated.....g	15.869	0.348	4	A	1		39.672	2.539	
18:3 undifferentiated.....g	2.351	0.063	4	A	1		5.877	0.376	
18:4.....g	0.000	0.000	4	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
20:5 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	
22:5 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	
22:6 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	26		2	A	1		65	4	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	92	6.726	6	A	1		229.167	14.667	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	52	3.276	6	A	1		130.000	8.320	
Lycopene.....mcg	2597	163.390	6	A	1		6491.250	415.440	
Lutein + zeaxanthin.....mcg	29		0	FLA	4		71.990	4.607	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 16g: 1 tbsp

Calories Factors: Protein 4.03

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04030

Sandwich spread, with chopped pickle, regular, unspecified oils

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.400		0		1		18.130	1.110	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	7.400	0.364	8		1		18.130	1.110	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	20.000		0		1		49.000	3.000	
18:2 undifferentiated.....g	18.100	0.848	8		1		44.345	2.715	
18:3 undifferentiated.....g	1.900	0.188	8		1		4.655	0.285	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	76	5.857	7		1		186	11	
Phytosterols.....mg	75		0		4		184	11	
Amino Acids:									
Tryptophan.....g	0.013		0		4		0.032	0.002	
Threonine.....g	0.049		0		4		0.120	0.007	
Isoleucine.....g	0.052		0		4		0.127	0.008	
Leucine.....g	0.077		0		4		0.189	0.012	
Lysine.....g	0.061		0		4		0.149	0.009	
Methionine.....g	0.023		0		4		0.056	0.003	
Cystine.....g	0.016		0		4		0.039	0.002	
Phenylalanine.....g	0.039		0		4		0.096	0.006	
Tyrosine.....g	0.039		0		4		0.096	0.006	
Valine.....g	0.055		0		4		0.135	0.008	
Arginine.....g	0.062		0		4		0.152	0.009	
Histidine.....g	0.022		0		4		0.054	0.003	
Alanine.....g	0.045		0		4		0.110	0.007	
Aspartic acid.....g	0.075		0		4		0.184	0.011	
Glutamic acid.....g	0.110		0		4		0.270	0.017	
Glycine.....g	0.027		0		4		0.066	0.004	
Proline.....g	0.037		0		4		0.091	0.006	
Serine.....g	0.075		0		4		0.184	0.011	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	94		0	BFZN	4		229.769	14.067	
Carotene, alpha.....mcg	1		0	BFZN	4		3.028	0.185	
Cryptoxanthin, beta.....mcg	27		0	BFZN	4		65.959	4.038	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	87		0	BFZN	4		212.159	12.989	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 15g: 1 tbsp

NDB No. 04030

Sandwich spread, with chopped pickle, regular, unspecified oils

Calories Factors: Protein 3.92

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04546

Shortening bread, soybean (hydrogenated) and cottonseed

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	33.000		0		1		67.650	4.224	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	33.000	3.373	7		1		67.650	4.224	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	40.600		0		1		83.230	5.197	
18:2 undifferentiated.....g	36.700	2.189	7		1		75.235	4.698	
18:3 undifferentiated.....g	4.000	0.641	7		1		8.200	0.512	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	200		0		4		410	26	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 205g: 1 cup
 Measure 2 = 12.8g: 1 tbsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04548

Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	54.200		0		1		111.110	6.938	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	54.200	1.609	3		1		111.110	6.938	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.100		0		1		28.905	1.805	
18:2 undifferentiated.....g	13.100	1.124	3		1		26.855	1.677	
18:3 undifferentiated.....g	1.100		1		1		2.255	0.141	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	200		0		4		410	26	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

NDB No. 04548

Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)

Calories Factors: Protein

Fat 8.82

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04551

Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.200		0		1		4.510	0.282	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	2.200	0.316	3		1		4.510	0.282	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.000		0		1		2.050	0.128	
18:2 undifferentiated.....g	1.000		1		1		2.050	0.128	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	86		0		4		176	11	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

NDB No. 04551

Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04550

Shortening frying (heavy duty), beef tallow and cottonseed

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	38.500		0		1		78.925	4.928	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	4.300		1		1		8.815	0.550	
17:1.....g									
18:1 undifferentiated.....g	34.200		1		1		70.110	4.378	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	8.800		0		1		18.040	1.126	
18:2 undifferentiated.....g	8.300		1		1		17.015	1.062	
18:3 undifferentiated.....g	0.500		1		1		1.025	0.064	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	100		0		4		205	13	
Phytosterols.....mg	32		0		4		66	4	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 205g: 1 cup
 Measure 2 = 12.8g: 1 tbsp

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04556

Shortening frying (heavy duty), palm (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	40.600		0		1		83.230	5.197	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	40.600	1.714	4		1		83.230	5.197	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.500		0		1		15.375	0.960	
18:2 undifferentiated.....g	7.500	2.186	4		1		15.375	0.960	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	49		0		4		100	6	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04552

Shortening frying (heavy duty), soybean (hydrogenated), linoleic (30%) stabilizers with silicon

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	43.700		0		1		89.585	5.594	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	43.700	0.519	8		1		89.585	5.594	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	33.500		0		1		68.675	4.288	
18:2 undifferentiated.....g	31.100	0.453	8		1		63.755	3.981	
18:3 undifferentiated.....g	2.400	0.213	8		1		4.920	0.307	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	132		0		4		271	17	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

NDB No. 04552

Shortening frying (heavy duty), soybean (hydrogenated), linoleic (30%) stabilizers with silicon

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04560

Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	73.700		0		1		151.085	9.434	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	73.700		1		1		151.085	9.434	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.400		0		1		0.820	0.051	
18:2 undifferentiated.....g	0.300		1		1		0.615	0.038	
18:3 undifferentiated.....g	0.100		1		1		0.205	0.013	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	181		0		4		371	23	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

NDB No. 04560

Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04547

Shortening frying (regular), soybean (hydrogenated) and cottonseed (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	58.200		0		1		119.310	7.450	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	58.200	1.657	7		1		119.310	7.450	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	22.000		0		1		45.100	2.816	
18:2 undifferentiated.....g	21.200	1.898	7		1		43.460	2.714	
18:3 undifferentiated.....g	0.800	0.230	5		1		1.640	0.102	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	200		0		4		410	26	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

NDB No. 04547

Shortening frying (regular), soybean (hydrogenated) and cottonseed (hydrogenated)

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04559

Shortening household soybean (hydrogenated) and palm

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	42.510		0		1		87.146	5.441	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		2		1		0.205	0.013	
17:1.....g									
18:1 undifferentiated.....g	42.220		2		1		86.551	5.404	
20:1.....g	0.190		2		1		0.390	0.024	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	26.640		0		1		54.612	3.410	
18:2 undifferentiated.....g	25.160		2		1		51.578	3.220	
18:3 undifferentiated.....g	1.480		2		1		3.034	0.189	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	148		1		1		303	19	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04549

Shortening industrial, lard and vegetable oil

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	40.700		0		1		83.435	5.210	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.400		2		1		2.870	0.179	
17:1.....g									
18:1 undifferentiated.....g	38.000	1.934	3		1		77.900	4.864	
20:1.....g	0.600		2		1		1.230	0.077	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	19.200		0		1		39.360	2.458	
18:2 undifferentiated.....g	18.100	0.683	3		1		37.105	2.317	
18:3 undifferentiated.....g	1.000		2		1		2.050	0.128	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	56		0		4		115	7	
Phytosterols.....mg	13		0		4		27	2	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 205g: 1 cup
 Measure 2 = 12.8g: 1 tbsp

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04554

Shortening industrial, soybean (hydrogenated) and cottonseed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	58.000		0		1		118.900	7.424	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	58.000	1.046	22		1		118.900	7.424	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	12.000		0		1		24.600	1.536	
18:2 undifferentiated.....g	11.400	1.028	22		1		23.370	1.459	
18:3 undifferentiated.....g	0.600	0.171	10		1		1.230	0.077	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	200		0		4		410	26	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

NDB No. 04554

Shortening industrial, soybean (hydrogenated) and cottonseed

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04570

Shortening, confectionery, fractionated palm

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	29.600		0		1		64.528	4.026	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	29.300		1		1		63.874	3.985	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.500		0		1		1.090	0.068	
18:2 undifferentiated.....g	0.500		1		1		1.090	0.068	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	49		0		4		107	7	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Calories Factors: Protein

Fat 8.62

Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04615
Shortening, household, composite

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	44.620			RA	4		91.471	5.711	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.170			RA	4		0.349	0.022	
17:1.....g									
18:1 undifferentiated.....g	44.280			RA	4		90.774	5.668	
20:1.....g	0.085			RA	4		0.174	0.011	
22:1 undifferentiated.....g	0.030			RA	4		0.062	0.004	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	30.875			RA	4		63.294	3.952	
18:2 undifferentiated.....g	28.450			RA	4		58.323	3.642	
18:3 undifferentiated.....g	2.385			RA	4		4.889	0.305	
18:4.....g	0.000			RA	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000			RA	4		0.000	0.000	
20:5 n-3.....g	0.000			RA	4		0.000	0.000	
22:5 n-3.....g	0.000			RA	4		0.000	0.000	
22:6 n-3.....g	0.000			RA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0			Z	7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0			Z	7		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 205g: 1 cup
 Measure 2 = 12.8g: 1 tbsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04544

Shortening, household, lard and vegetable oil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	44.400		0		1		91.020	5.683	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	3.100	0.226	14		1		6.355	0.397	
17:1.....g									
18:1 undifferentiated.....g	40.900	0.793	20		1		83.845	5.235	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	10.900		0		1		22.345	1.395	
18:2 undifferentiated.....g	9.700	0.476	20		1		19.885	1.242	
18:3 undifferentiated.....g	1.100	0.131	12		1		2.255	0.141	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	56		0		4		115	7	
Phytosterols.....mg	13		0		4		27	2	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	

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Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

NDB No. 04544

Shortening, household, lard and vegetable oil

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04031

Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	44.500		0		1		91.225	5.696	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	44.500	1.002	19		1		91.225	5.696	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	26.100		0		1		53.505	3.341	
18:2 undifferentiated.....g	24.500	1.106	19		1		50.225	3.136	
18:3 undifferentiated.....g	1.600	0.189	17		1		3.280	0.205	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	200		0		4		410	26	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

NDB No. 04031

Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04616
Shortening, institutional, composite

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	59.560			A	1		122.098	7.624	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.050			A	1		0.103	0.006	
17:1.....g									
18:1 undifferentiated.....g	59.440			A	1		121.852	7.608	
20:1.....g	0.040			A	1		0.082	0.005	
22:1 undifferentiated.....g	0.000			A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	12.090			A	1		24.785	1.548	
18:2 undifferentiated.....g	11.950			A	1		24.498	1.530	
18:3 undifferentiated.....g	0.140			A	1		0.287	0.018	
18:4.....g	0.000			A	1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000			A	1		0.000	0.000	
20:5 n-3.....g	0.000			A	1		0.000	0.000	
22:5 n-3.....g	0.000			A	1		0.000	0.000	
22:6 n-3.....g	0.000			A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0			RA	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0			Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 205g: 1 cup
 Measure 2 = 12.8g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04595

Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	50.973		0		1		104.495	6.525	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	50.973		1		1		104.495	6.525	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.204		0		1		29.118	1.818	
18:2 undifferentiated.....g	13.600		1		1		27.880	1.741	
18:3 undifferentiated.....g	0.604		1		1		1.238	0.077	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 205g: 1 cup
 Measure 2 = 12.8g: 1 tbsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04587

Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	29.583		0		1		60.645	3.787	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.230		1		1		0.472	0.029	
17:1.....g									
18:1 undifferentiated.....g	29.353		1		1		60.174	3.757	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	37.174		0		1		76.207	4.758	
18:2 undifferentiated.....g	33.984		1		1		69.667	4.350	
18:3 undifferentiated.....g	3.190		1		1		6.540	0.408	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04586

Shortening, special purpose for cakes and frostings, soybean (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	36.555		0		1		74.938	4.679	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	36.555		1		1		74.938	4.679	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	37.991		0		1		77.882	4.863	
18:2 undifferentiated.....g	35.790		1		1		73.370	4.581	
18:3 undifferentiated.....g	2.201		1		1		4.512	0.282	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04581
Vegetable oil, avocado

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	70.554		0		1		153.808	9.878	3.175
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	2.665		2		1		5.810	0.373	0.120
17:1.....g									
18:1 undifferentiated.....g	67.889		2		1		147.998	9.504	3.055
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	13.486		0		1		29.399	1.888	0.607
18:2 undifferentiated.....g	12.530		2		1		27.315	1.754	0.564
18:3 undifferentiated.....g	0.957		2		1		2.086	0.134	0.043
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 218g: 1 cup
- Measure 2 = 14.0g: 1 tbsp
- Measure 3 = 4.5g: 1 1tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04582
Vegetable oil, canola

low erucic acid rapeseed oil

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00		1		1		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		1927	124	40
Energy.....kj	3699		0	NC	4		8063	518	166
Protein (N x O).....g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1		1		218.00	14.00	4.50
Ash.....g	0.00		1		1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0		4		0	0	0
Iron, Fe.....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0		4		0	0	0
Phosphorus, P.....mg	0		0		4		0	0	0
Potassium, K.....mg	0		0		4		0	0	0
Sodium, Na.....mg	0		0		4		0	0	0
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		0		4		0.000	0.000	0.000
Selenium, Se.....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		4		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....mcg	0		0	Z	7		0	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	0		0	Z	7		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	17.10	1.506	7	A	1		37.28	2.39	0.77
Tocopherol, beta.....mg	0.02	0.016	7	A	1		0.03	0.00	0.00
Tocopherol, gamma.....mg	30.35	3.104	7	A	1		66.16	4.25	1.37
Tocopherol, delta.....mg	0.97	0.098	7	A	1		2.11	0.14	0.04
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	122.0	3.157	4	A	1		265.9	17.1	5.5
Lipids:									
Fatty acids, total saturated.....g	7.100		0		1		15.478	0.994	0.320
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	4.000		45		1		8.720	0.560	0.180
17:0.....g									
18:0.....g	1.800		45		1		3.924	0.252	0.081
20:0.....g	0.700		1		1		1.526	0.098	0.032
22:0.....g	0.400		1		1		0.872	0.056	0.018
24:0.....g	0.200		1		1		0.436	0.028	0.009

NDB No. 04582
Vegetable oil, canola

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	58.900		0		1		128.402	8.246	2.651
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200		22		1		0.436	0.028	0.009
17:1.....g									
18:1 undifferentiated.....g	56.100		45		1		122.298	7.854	2.525
20:1.....g	1.700		22		1		3.706	0.238	0.077
22:1 undifferentiated.....g	0.600		45		1		1.308	0.084	0.027
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	29.600		0		1		64.528	4.144	1.332
18:2 undifferentiated.....g	20.300		45		1		44.254	2.842	0.914
18:3 undifferentiated.....g	9.300		45		1		20.274	1.302	0.419
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 218g: 1 cup
 Measure 2 = 14.0g: 1 tbsp
 Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04047
Vegetable oil, coconut

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.800		0		1		12.644	0.789	0.261
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	5.800		19		1		12.644	0.789	0.261
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.800		0		1		3.924	0.245	0.081
18:2 undifferentiated.....g	1.800		19		1		3.924	0.245	0.081
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	0
Phytosterols.....mg	86	1.561	19		1		187	12	4
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	0.000
Threonine.....g	0.000		0		1		0.000	0.000	0.000
Isoleucine.....g	0.000		0		1		0.000	0.000	0.000
Leucine.....g	0.000		0		1		0.000	0.000	0.000
Lysine.....g	0.000		0		1		0.000	0.000	0.000
Methionine.....g	0.000		0		1		0.000	0.000	0.000
Cystine.....g	0.000		0		1		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		1		0.000	0.000	0.000
Tyrosine.....g	0.000		0		1		0.000	0.000	0.000
Valine.....g	0.000		0		1		0.000	0.000	0.000
Arginine.....g	0.000		0		1		0.000	0.000	0.000
Histidine.....g	0.000		0		1		0.000	0.000	0.000
Alanine.....g	0.000		0		1		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		1		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		1		0.000	0.000	0.000
Glycine.....g	0.000		0		1		0.000	0.000	0.000
Proline.....g	0.000		0		1		0.000	0.000	0.000
Serine.....g	0.000		0		1		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		1	A	1		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 218g: 1 cup
- Measure 2 = 13.6g: 1 tbsp
- Measure 3 = 4.5g: 1 tsp

NDB No. 04047
Vegetable oil, coconut

Calories Factors: Protein

Fat 8.62

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04583
Vegetable oil, mustard

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	59.187		0		1		129.028	8.286	2.663
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.216		2		1		0.471	0.030	0.010
17:1.....g									
18:1 undifferentiated.....g	11.607		2		1		25.303	1.625	0.522
20:1.....g	6.190		2		1		13.494	0.867	0.279
22:1 undifferentiated.....g	41.175		2		1		89.762	5.765	1.853
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	21.230		0		1		46.281	2.972	0.955
18:2 undifferentiated.....g	15.332		2		1		33.424	2.146	0.690
18:3 undifferentiated.....g	5.899		2		1		12.860	0.826	0.265
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 218g: 1 cup
- Measure 2 = 14.0g: 1 tbsp
- Measure 3 = 4.5g: 1 1tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04588
Vegetable oil, oat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	35.110		0		1		76.540	4.775	1.580
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200		238		1		0.436	0.027	0.009
17:1.....g									
18:1 undifferentiated.....g	34.900		238		1		76.082	4.746	1.571
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	40.870		0		1		89.097	5.558	1.839
18:2 undifferentiated.....g	39.080		238		1		85.194	5.315	1.759
18:3 undifferentiated.....g	1.790		238		1		3.902	0.243	0.081
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 218g: 1 cup
- Measure 2 = 13.6g: 1 tbsp
- Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04513
Vegetable oil, palm kernel

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	11.400		0		1		24.852	1.550	3.078
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	11.400		14		1		24.852	1.550	3.078
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.600		0		1		3.488	0.218	0.432
18:2 undifferentiated.....g	1.600		14		1		3.488	0.218	0.432
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	0
Phytosterols.....mg	95	0.000	14		1		207	13	26
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0		1		0.000	0.000	0.000
Threonine.....g	0.000		0		1		0.000	0.000	0.000
Isoleucine.....g	0.000		0		1		0.000	0.000	0.000
Leucine.....g	0.000		0		1		0.000	0.000	0.000
Lysine.....g	0.000		0		1		0.000	0.000	0.000
Methionine.....g	0.000		0		1		0.000	0.000	0.000
Cystine.....g	0.000		0		1		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		1		0.000	0.000	0.000
Tyrosine.....g	0.000		0		1		0.000	0.000	0.000
Valine.....g	0.000		0		1		0.000	0.000	0.000
Arginine.....g	0.000		0		1		0.000	0.000	0.000
Histidine.....g	0.000		0		1		0.000	0.000	0.000
Alanine.....g	0.000		0		1		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		1		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		1		0.000	0.000	0.000
Glycine.....g	0.000		0		1		0.000	0.000	0.000
Proline.....g	0.000		0		1		0.000	0.000	0.000
Serine.....g	0.000		0		1		0.000	0.000	0.000
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 218g: 1 cup
- Measure 2 = 13.6g: 1 tbsp
- Measure 3 = 27g: 2 tbsp (1/8 cup)

NDB No. 04513
Vegetable oil, palm kernel

Calories Factors: Protein

Fat 8.62

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04531
Vegetable oil, soybean lecithin

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	10.977		0		1		23.930	1.493	0.494
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.403		4		1		0.879	0.055	0.018
17:1.....g									
18:1 undifferentiated.....g	10.574		4		1		23.051	1.438	0.476
20:1.....g	0.000		4		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	45.318		0		1		98.793	6.163	2.039
18:2 undifferentiated.....g	40.182		4		1		87.597	5.465	1.808
18:3 undifferentiated.....g	5.136		4		1		11.196	0.698	0.231
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

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Common Measures:

Measure 1 = 218g: 1 cup
 Measure 2 = 13.6g: 1 tbsp
 Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 7.63

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04584

Vegetable oil, sunflower, oleic (70% and over)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	83.594		0		1		182.235	11.703	3.762
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	82.630		7		1		180.133	11.568	3.718
20:1.....g	0.964		6		1		2.102	0.135	0.043
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.798		0		1		8.280	0.532	0.171
18:2 undifferentiated.....g	3.606		7		1		7.861	0.505	0.162
18:3 undifferentiated.....g	0.192		6		1		0.419	0.027	0.009
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

- Measure 1 = 218g: 1 cup
- Measure 2 = 14.0g: 1 tbsp
- Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 42151

Vegetable oil-butter spread, reduced calorie

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	20.770				4		42.994	2.700	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.410				4		0.849	0.053	
17:1.....g									
18:1 undifferentiated.....g	20.160				4		41.731	2.621	
20:1.....g	0.000				4		0.000	0.000	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	11.150				4		23.081	1.450	
18:2 undifferentiated.....g	10.690				4		22.128	1.390	
18:3 undifferentiated.....g	0.460				4		0.952	0.060	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	54				1		112	7	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0						0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	610		0	BFZN	4		1262.700	79.300	
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	

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Common Measures:

Measure 1 = 207g: 1 cup
 Measure 2 = 13.0g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 42309

Vegetable oil-butter spread, reduced calorie, tub, salted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	19.722								
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.361								
17:1.....g									
18:1 undifferentiated.....g	19.128								
20:1.....g	0.000								
22:1 undifferentiated.....g	0.000								
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	11.299								
18:2 undifferentiated.....g	10.601								
18:3 undifferentiated.....g	0.698								
18:4.....g	0.000								
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000								
20:5 n-3.....g	0.000								
22:5 n-3.....g	0.000								
22:6 n-3.....g	0.000								
Fatty acids, total trans.....g									
Cholesterol.....mg	71								
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0								
Caffeine.....mg	0		0	BFZN					
Theobromine.....mg	0		0	BFZN					
Carotenoids:									
Carotene, beta.....mcg	610		0	BFZN					
Carotene, alpha.....mcg	0		0	BFZN					
Cryptoxanthin, beta.....mcg	0		0	BFZN					
Lycopene.....mcg	0		0	BFZN					
Lutein + zeaxanthin.....mcg	0		0	BFZN					

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Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 04600

Vegetable oil-butter spread, tub, salted

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	18.438					4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.018					4			
17:1.....g									
18:1 undifferentiated.....g	18.408					4			
20:1.....g	0.000					7			
22:1 undifferentiated.....g	0.000					7			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	12.573					4			
18:2 undifferentiated.....g	12.025					4			
18:3 undifferentiated.....g	0.549					4			
18:4.....g	0.000					7			
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000					7			
20:5 n-3.....g	0.000					7			
22:5 n-3.....g	0.000					7			
22:6 n-3.....g	0.000					7			
Fatty acids, total trans.....g									
Cholesterol.....mg	0					4			
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0					7			
Caffeine.....mg	0		0	BFZN		4			
Theobromine.....mg	0		0	BFZN		4			
Carotenoids:									
Carotene, beta.....mcg	610		0	BFZN		4			
Carotene, alpha.....mcg	0		0	BFZN		4			
Cryptoxanthin, beta.....mcg	0		0	BFZN		4			
Lycopene.....mcg	0		0	BFZN		4			
Lutein + zeaxanthin.....mcg	0		0	BFZN		4			

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Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 16 (2003)